

Massage Coaching

with Donna Kraft- Smith, L.M.T. , Massage Therapy School
Director, Massage Teacher, Certified Kripalu Yoga Instructor

MISSION: To help existing massage therapists, new and seasoned, clearly promote and express themselves in all business communications and therapy sessions; and develop more of a holistic body / mind /spirit connection while performing a bodywork session (regardless of the modalities used).

Are you finding the way you work leaves your body tired and prone to injury?

Would you like individual help exploring **your body mechanics** when you're actually at the table?

Do you want constructive input of how your own unique body, might actually stretch and strengthen, and protect your joints while you work?

Do you need improved skills (e.g. breathwork) to keep your energy clear and strong while you work?

Want to possess clearer **communication skills**?

Are you having trouble defining your work?

Do you need help finding the words to write up a brochure, talk to potential clients, etc. about the specific, integrated work you utilize?

Do you want to develop clearer professional boundaries with your clients with their specific situations and needs, yet remain caring, friendly and ethical?

Want to explore ideas to create a more **expanded business plan** concept utilizing all your skills and passions to help your business grow? Need help thinking about what modalities to study next to deepen your work?

*I can give you individual attention
to explore your potential as a bodyworker
and find what lights you up !*

Consider using my 24 years of experience as a successful massage therapist, and 12 years as a massage instructor, as a resource, to help you holistically move further in developing your practice and business. I'll listen to your ideas, and/or observe you as you work, giving you feedback that will expand your way of thinking of yourself in your practice

Use this as CEU credit too!

<p>Phone & In-Person Consultations: \$35.00 per hour with Donna Kraft- Smith, L.M.T. (207) 947.7087 or 876.4174 Offices in Bangor & Guilford, ME</p>
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