



*Elisabeth Lava*

Author, Speaker, Holistic Coach

## Bio:

*Elisabeth Lava is the author of "Stillness and Wilderness: A Bold Ride from Despair to Deep Wisdom and Love".*

*"The Healer of Healers", Elisabeth is a thought leader on the intertwining of mental health and spiritual growth. She became an expert during her regional leadership of a large federal mental health grant and simultaneously experiencing deep depression from loss and trauma that sparked a spiritual emergency. She then studied with experts on the psychology of awakening, and spiritual emergence/emergency.*

*She is a former deadly disease investigator, community health leader, and veterinarian, who helped prepare for and respond to the pandemic. Elisabeth was pushed into spiritually transformative experiences that led her to powerful healers, mindfulness, meditation, yoga, Ayurveda and spiritual practices of deep wisdom.*

*Now Elisabeth bridges the world as a transformational health, life, and spiritual emergence coach®. Healthcare providers, veterinarians, and conscious leaders hire her to support them to return to wholeness through deep selfcare or transition to a different career to find inner joy and peace.*



*Empowering you to BEE the True You*

## Suggested Topics:

- *When Transformation Becomes a Crisis & Available Resources to Thrive*
- *The Spectrum of Rapid Spiritual Awakenings: Psychological & Spiritual Crises*
- *How to Survive, Ground, and Thrive after a Rapid Spiritual Awakening*
- *The need for Spiritual Competency in Healthcare*
- *How Mental Health and Spiritual Growth Intertwine*
- *How to best tap into both Life Coaches and Mental Health Professionals*

## Suggested Questions:

- *In your book, you shared parts of your spiritual emergence that turned into a spiritual emergency. What is a spiritual emergence?*
- *What is a spiritual emergency?*
- *What is Spiritual Emergence Coaching®?*
- *In your book, you share about loss, grief, and trauma that triggered your awakening. How did you continue your healing journey after the end of the book?*
- *As a health leader, what do you think is needed in the toolbox of mental and healthcare providers? You mention spiritual competency on your profiles. Can you explain how that can be helpful to patients?*
- *How do you support your coaching clients to transform their lives?*

## Connect with Elisabeth

Press Contact: Sean Douglas, 801-682-0322, [sean@TheSuccessCorps.com](mailto:sean@TheSuccessCorps.com), [www.TheSuccessCorps.com](http://www.TheSuccessCorps.com)

E-mail: [beetrueyou@outlook.com](mailto:beetrueyou@outlook.com)

Website: <https://www.elisabethlava.com>

Facebook: <https://www.facebook.com/stillnessandwilderness>

LinkedIn: <https://www.linkedin.com/in/elisabeth-lava-lawaczeck-dvm-66916725>

Instagram: <https://www.instagram.com/stillnessandwilderness/>

