



# Mind Body Resilience

Are you feeling stressed, lacking a sense of connection with your purpose, or needing some time to reboot your wellness regime?

## Hit reset with MBR

***Where resilience meets empowerment!***

Craft a new chapter for a life rich in purpose and vitality, one mindful step at a time.

- Coaching
- Online programs
- Workshops
- Retreats

**Create  
meaningful  
change in  
your life  
today!**

“ Everything is within  
your power, and your  
power is within you. ”  
- Janice Trachtman

In the whirlwind of our overstretched lives, we face a mounting crisis of stress and disconnection. Allow Dr Sam to guide you on a transformative journey, reigniting your passion, unlocking freedom and empowering you to live a life with heartfelt authenticity.

## Dr Sam Clarke (PhD)

Sam is passionate about empowering people's health and wellbeing whilst guiding them to rediscover and connect with their purpose.




With over 20 years in the field of psychology, Sam is a seasoned expert at identifying limiting beliefs and patterns which hinder people from achieving their desired lives. Integrating coaching with her expertise in personal training, mindfulness and nutrition, her unique approach unlocks wellness and vitality, establishing a robust foundation for individuals to pursue and achieve their goals.



Sign up today to stay  
up to date with our  
latest events!

[www.mindbodyresilience.com](http://www.mindbodyresilience.com)

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