

Meet Anne Wondra

Anne Wondra is in the life-enjoyment business. She is a life / wellness coach, creative muse, and workshop leader on life skills, like personal path finding, confidence, whole-life whole-person wellness, help from the hiring desk, and healthy relationships. Anne has a passion to empower and bring out all that is good and beautiful and honorable in the human person. She has a master's certification in human resource management and business, a bachelor of science in religious studies and education, and is a certified *Wellness Mapping 360°* coach. Her career covers fifteen years in corporate human resource, training, and wellness administration, work as a youth minister / director, and a paralegal. She is the founder and president of WonderSpirit Resources, Inc. (WonderSpirit Coaching) and co-founder / director of Kindred Spirit Coaching & Wellness Center in Waukesha.



Anne is a member of the National Wellness Institute (NationalWellness.org) and the Coachville coaches community, and active locally. She is the author of many resource articles on the web, including *Opportunity Knocks in Job Loss; Getting Married? Keep your Name;* and *Health Care: What if we Play the Games Differently?* And a resource guide for professionals, *The Cover Your Assets (CYA) Guide: 7 Ways to Prepare for Your Next Job* (while working in the one you have).

Her website, wonderspirit.com, has more information and help to start making your life easier, more enjoyable, successful, and satisfying.

There are a lot of things we don't have. But time is not one of them. Time is all we have. One lifetime under this name, to create a body of work that says, this is how I saw the world. Your work is worthy of whatever time it takes.

Jan Phillips
Marry your Muse

Life Wisdom from the WonderSpirit collection

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