



**Meet the
Coach & Director**
Anne Wondra...

I am the founder and director of WonderSpirit Coaching and Kindred Spirit Center, both components of WonderSpirit Resources, Inc. I'm a soul coach, sister, spirit lifter, muse, mentor, teacher, and wellness coach. I have degrees and certifications in religious studies, education, business and human resource management, wellness coaching, and at one time, youth ministry. I have worked in human resources, specializing in training, wellness, and general administration; I have also worked in a law office and as a youth minister, and now as a small business owner. I love what I do and what I've created. I also love art, animals, family, friends, and being happy.

Specialties

- Soul coach for women in work and personal transition, including spiritual and entrepreneurial
- Love-Your-Life® course and private programs
- Wellness coach and sister perspectives for great guys
- Help-from-the-hiring-Desk and motivational wellness seminars for high school seniors, young adults, and college groups

Summary

I engage people in uncommon conversations, to help make sense out of life, feel better, empower their vision and gift, and be who they are.

“ I can't tell you how much I appreciate all that you did for me. I don't feel stuck any more. - M ”

Schedule an Appointment

262-544-4310

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WonderSpirit Coaching
Kindred Spirit Center
2312 N. Grandview Blvd. (Hwy T), Suite 101
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WonderSpirit
CELEBRATING THE FEMININE SPIRIT

Anne Wondra

Founder
Director
Soul Coach
Wellness Coach
Community Educator
Muse

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imagine...

A personal coach who helps you...

- Clarify, focus, and tell your story the way you want it to be...and live it.
- Listen to your heart, and observes, affirms and encourages you with supportive openness and presence.
- Find your passion, your voice, and your soul; to own and appreciate your life and gift.
- Confidentially strategize and navigate the particular – and sometimes sensitive – challenges (and challengers) that sabotage your success and self-esteem.
- Evolve, with meaningful conversations, positively, intuitively, insightfully.
- Be the person you really want to be.

“ I wanted to tell you that K. just raves about how wonderful, innovative and insightful you are! She thanked me for getting you two together. She is so excited about her new business... She cannot say enough about you and how wonderful you are. - L. ”

Mission

WonderSpirit empowers the spirit, frees the soul, heals the heart, and energizes the imagination.

Celebrating the feminine

(and still appreciating great guys)

- The feminine spirit, wisdom and ways of knowing; honoring nature and process, compassion, creativity, intuition; relationships, collaboration, connection.
- Applying and honoring feminine principles in business, relationships, money, confidence, career, and creative pursuits.
- Open bridges of understanding; empowering women (and men) to live lighter, happier, more connected with who they are.

“ I've attended several leadership seminars but this one had the 'woman's touch' and so it spoke to my soul as well as my mind. - P. ”

Soul Coach, Muse

I have a passion to empower. Being empowered goes to the core beliefs about who we are...which influences and supports all other areas of life, health, wealth, and happiness. I deal with the heart and soul level, everyday life, spirit, creative expression; I use universal, inclusive, empowering and inspirational concepts. I make it easy, keep it simple. I start from a different place with a different objective...to help you find your own answers, ones that fit, empower, and inspire you; ones that support and sustain the rest of your life.

empower, energize...

“ Go confidently in the direction of your dreams. Live the life you have imagined. - Henry David Thoreau ”

Wellness Coach

Certified wellness coach using the *Wellness Mapping 360° model*, a holistic lifestyle and behavior change program to improve, support and sustain personal wellness endeavors.

Groups, Private Programs, Products

- Love-Your-Life® classes
- Spirituality of Women
- Goals & Dreams and Help from the Hiring Desk
- Sister perspective for Guys



Kindred Spirit Center

of holistic arts practitioners

Memberships, practitioners, classes, groups and services information at KindredSpiritCenter.com



Member # 1058621

Healing-grade, organic, essential oils;
Natural options in health and home medicine
www.YoungLiving.org/annewondra