

## Jayn Stewart

**Soul Support Facilitator of Soul Recognition; HeartThread<sup>SM</sup>, Circuitry Alignment<sup>SM</sup>, and the Accelerated Thinking Process<sup>SM</sup>.**

**Jayn is an educator and life coach who understands** the joys and challenges of the human journey. She **assists people** in empowering their authentic self, living creatively, and following the guidance of their heart and soul. Each person has inherent wisdom and unique gifts, and as these become more apparent, individuals see their life's purpose more clearly. Jayn's coaching clients develop their abilities to live a balanced and healthy life, create strong relationships, meet life's challenges, and make choices in alignment with their true selves.

### **Other services:**

- Workshop facilitator—Unleashing Your Creative Spirit; Living Your Personal Legend Writing from the Inside Out: Discovering Your Authentic Voice; The Art of Storytelling
- Organizational coaching— Creative Thinking and Innovative Solutions; Interpersonal Communication Skills; Dynamic Presentations

- Educational consulting— School Presentations and Classes:
  1. Simple Techniques to Reduce Stress and Anxiety—for children, teens, counselors and teachers
  2. Everyone Can Learn—motivating all types of learners
- Writing and Editing—books and other publications

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