

· **T**eacher · **R**eiki Healer · **U**-hold the key · **S**peaker · **T**ransformational
Life Coach · Hypnotherapist

MIND & BODY WELLNESS

DELPHINA JOYCE

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After serving in the field of public education, she came to a cross road.

Then, came her spiritual awakening. One day she says, “My soul just woke up! I lived a beautiful and wonderful life. I just wasn’t sure what was missing.

So, I prayed as I have always done. And, I asked what is my purpose? What does my heart and soul yearn to accomplish?”

She received answers and said it was the 1st time in her life that she really did not have the “whole plan”. She knew that her path would be lit one step at a time and she trusted that every occurrence in her life was for her greater good and evolution. This she expressed to be challenging at times and understands that many others experience situations of this sort.

She says God’s grace and mercy continues to massage and soothe her life and soul.



DELPHINA JOYCE

is a Mind & Body Wellness Practitioner.

She is a Teacher who holds a Master’s Degree in Education from Northern Arizona University.

As a Motivational Speaker, Certified Life Coach and Certified Hypnotherapist, she assist many in discovering their strengths and realizing their dreams.

She is a Master Reiki Teacher from the Nationally Accredited Southwest Institute of Healing Arts in Tempe, Arizona.

Holistic healing can be traced in Delphina’s Ancestry for many generations. The power of prayer and healing have always been crucial to her everyday living. Helping people spiritually, emotionally, and physically is her calling and passion.



**“OUR THOUGHTS
CREATE OUR REALITY;
CHOOSE WORDS OF
INSPIRATION
&
ENCOURAGEMENT.”**

Messages of JOY

What would you do if
money didn't matter?

•

Is there something you really
want to accomplish but just
"can't" do it?

•

What's holding you
back from being the
best you can be?

•

Are you settling for good
when there's something
better?

•

Are you willing to do
what you love and
love what you do?

**If you're ready,
I'm here to help
you move forward
and take action.**

What is Transformational Life Coaching?

Life coaching is creating clarity and assistance to move a client into action. Coaching is meeting a person where s/he is, and moving him or her forward.

- www.whatislifecoaching.com
- www.findyourcoach.com/discover-coaching-lvl.htm

What is Hypnotherapy?

Hypnotherapy is a "tool" that offers the opportunity to create a healthy balance of mind, body and spirit. It is using visual imagery to assist in deep relaxation.

Hypnosis is a state of highly focused concentration, which allows one to access information stored in the subconscious mind. This may be used to program or reprogram thought patterns for a specific desired outcome.

The subconscious mind will not do anything it does not agree with.

- www.hypnosisaz.org/about-hypnosis.php

What is Reiki Healing?

Reiki means universal life force energy. It is a non-invasive method that accesses energy to heal the spirit, mind, emotions, and body.

- www.reiki.org/FAQ/FAQHomepage.html
- www.christianreiki.org

What is a Motivational Speaker?

A motivational speaker is a professional who delivers speeches intending to share knowledge and learning in an uplifting manner.

Presentations are tailored to specific audience goals.

I know your
greatest dreams can be
created and fulfilled.



Services Offered:

- Transformational Life Coach
- Reiki Healer
- U—hold the Key
- Speaker
- Teacher

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