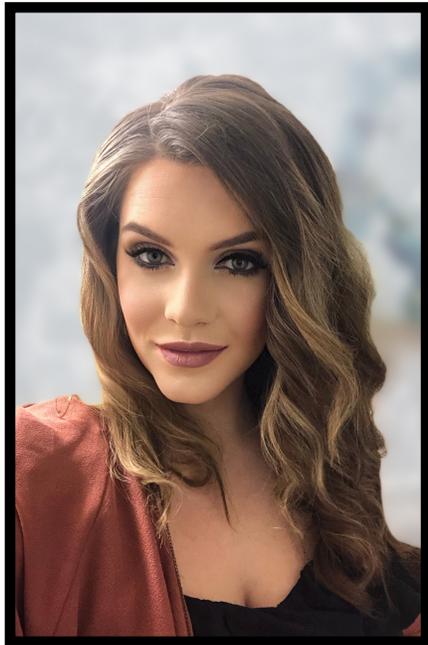


MEET THE COACH & EXPERTS



Kayla Walsh:



Kayla is the Founder and CEO of ISC Health.

Kayla created ISC Health because she is passionate about changing the stories and lives of Women and Youth.

ISC's fundamental belief is that Health matters. Whether it's physical, mental or emotional health, they each carry equal importance in maintaining and excelling ourselves.

Kayla is well versed in multiple disciplines including medicine, education, music, mental health and more, as well as being a mom of 3.

She's also been a nominee for both Alberta Women's Entrepreneur Award (AWE) and The Avenue Top 40 under 40 award. Kayla & ISC Health have been featured as A Woman A Day for Virgin Radio, which highlights incredible women in our City!

Lindsay Recknell:



Lindsay is a Calgary-based speaker, facilitator and mental health advocate who will teach you how your future can be better than today by taking action over the things you can control, using the Science of Hope.

Lindsay believes that “if you’re feeling stuck, sad, uninspired, or a lack of motivation, you don’t have to stay that way! With hope, your future will be better than it is today.

She has a degree in entrepreneurship and has been her own boss for most of her professional life.

Among many other things, Lindsay is the expert behind some powerful podcasts, Mental Health in Minutes (Corporate leadership education), and an expert in the science of hope.

~We are so lucky to have Lindsay and her incredible skills and knowledge returning to host her workshop in our September Women’s Program!

<https://www.expertinhope.com>

Lindsay Harle-Kadatz:



“I am a business owner, Values Vixen, branding specialist, mental wellness advocate, speaker, and author. Mindset, baby steps, and using the neuroscience of behaviour are how I move through life (and puns...lots of puns!). When not working with leaders, their teams, and small business brands, I am a vocal mental health advocate, speaker, and panellist, creating connection through humour. I even wrote a book about it called Depression Constipation: How Pooping Saved My Sanity...and Other Stories, a real-life tale of understanding depression in terms of

constipation, humour, and mental prune juice.

Some of the things you can't get me to shut up about (AKA: I speak on these topics) include mental health and the creative brain, veracious values and how to use them for impact in your business, and gaining brand trust through consistency, authenticity, and action. Most importantly, I aim to leave value through tangible takeaways while connecting with a bit of humour here and a well timed-pun there. I also am the host of the podcast, "Businesses are People Too! A Podcast!" where guests and I dive into the question, "What if...businesses realized that they are people too?" You can listen to it on Anchor, Apple Podcasts, and Spotify!"

~We are thrilled to have Lindsay with us this September! Her values align so nicely with what matters most to us at ISC Health and we are so excited for her to host her workshop at the Women's Program!

<https://quirkylindsayharle.com>

Theresa Bowker:



Our purpose for enhancing your quality of life stems from an understanding that you can have a more vital lifestyle. Our main clinic operates out of Airdrie, Alberta providing services such as The Bowen Technique, RMT Massage and Fascial Stretch Therapy. We also offer mobile treatments to Senior Care facilities and those who are unable to come to us. These therapies extend throughout central and southern Alberta. With over 20 years experience in the health and wellness industry we have seen thousands of our clients attain a greater measure of healing.

After several years as an RMT, I discovered a new therapy called the Bowen Technique. This became a game changer for our clients, releasing them from chronic pain patterns.

My passion for helping people get relief continues to grow as I observe countless clients getting back to enjoying their lives.

~We are lucky to have Theresa returning to our September Women's Program this September to offer her expert insight on the nervous system and body as a whole!

<https://bohm.ca>

Renee Little:



I've been a registered dietitian now for over 18 years (wow how time flies)! In the last 5 years my work has informed by the evidenced-based practice of Intuitive Eating and is set on a foundation of the Health at Every Size (TM) approach. In 2019, I became a certified in Intuitive Eating and continue to grow in my skills in the area of body image, mindful eating and to strive to serve individuals in the best way possible. Part of my recent self-work has been around understanding the intersections between racism, white

supremacy and chronic dieting/ disordered eating. In my work I highly value cultural and traditional foods and encourage these foods instead of conforming to the "kale and quinoa" food recommendations. In my work I value your life experiences as the center of all of our discussions. I also work closely with psychologists and regularly discuss the benefits with my clients of having a psychologist as part of their treatment team. I have connected with many local (Calgary) and virtual psychologists and have recommendations I can provide for you if this is an area of need. ~Renee will be returning to host her workshop on Intuitive Eating in our September Women's Program! She has so many great ideas to share that will add value to your every day nutrition and health!

<https://www.theambitiousrd.com>

Tanner Murtagh:



I am a therapist who primarily works with clients who have chronic pain. I am trained and experienced in assessing and treating chronic pain that has no structural cause, typically called neuroplastic pain, psychophysiological disorder or tension myoneural syndrome. I specifically utilize Pain Reprocessing Therapy to support my clients in eliminating or greatly reducing their pain. My therapeutic approach involves helping clients to stop fearing their pain and then processing their emotions through a lens of safety. I have also been trained in Cognitive Behavioral Therapy (CBT), Mindfulness, Accelerated Resolution Therapy, Dialectical Behavioral Therapy

(DBT), and Solution-Focused Therapy. In my early 20s I began to experience chronic back pain, hip pain, shoulder pain, and headaches. I was diagnosed with several conditions at the time including fibromyalgia, and I felt deeply confused because doctors and healthcare providers could not agree upon what was physically wrong with me. After several years of suffering in daily pain and having little success with various treatments, I realized through my own research that nothing was structurally wrong with my body and in fact I had neuroplastic pain. Utilizing the same techniques I use with my clients, I recovered and have been pain free and extremely active ever since.

~This is a new workshop to our Women's Program this year! We are delighted that Tanner has agreed to share his knowledge on the many ways our bodies communicate with us (including pain) and how to respond to it!

<https://www.painpsychotherapy.ca>