



Chanel Barkley

INTUITIVE WELLNESS COACH

I help others learn to listen, use discernment, and trust their inner voice while creating a holistic lifestyle, recognizing the connections between themselves and the Divine through mindfulness practices, naturopathy, astrology & numerology.

PRIMARY OFFERINGS

SERVICES:

- Personalized 1:1 Wellness Coaching
- Intuitive Readings

COMING SOON!!!

- Loose Leaf Tea Blends
- Digital Downloads
- Merchandise

CONTACT INFORMATION

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EDUCATION HISTORY

COACH TRAINING EDU

Wellness Coach Training Program

A 6-month course meeting the International Coach Federation (ICF) accreditation standards teaching core principles and practices of a Health and Wellness Coach.

ABOUT ME

My journey into becoming an Intuitive Wellness Coach began after the loss of my son, Dorian, in 2018. When Dorian was born, doctors ran a series of genetic tests and advised me that he would be lucky to live to be 2 years old. He was 22 when he passed. This wasn't my first, or only time facing major heartbreak. I was introduced to the process of grief recovery in 2008, following my mom's passing; however, before then, I experienced life without her physical presence. My mother lived in a vegetative state for 23 years, which stemmed from a diagnosis with Multiple Sclerosis in 1985.

Reflecting inward as bereaved parent, I noticed the synchronicities between the lives of my mother and child, the prevalence of the number two—and the dualities within these critical events as they occurred in my life. I have always had a strong connection to the unseen and believe we inherit power not only from our inner spirit as we learn to become silent, listen and trust; but also from our names. We carry our purpose in our names. My mother named me Chanel. The translation in French, being "canal" or "channel" both serve as a bridge, or conduit. I realized the connect I have between the physical and spiritual worlds. This is how *channeling | twos™* was formed. Between my name and my experiences, I channel in twos.

As an Intuitive Wellness Coach, I hold myself accountable to serve as a caring and non-judgmental channel helping my clients identify the grey areas between their current challenges (of mind, body, heart, spirit) and the lives they envision. My primary Love Language is Acts of Service, and I maintain a strong passion to help others as they rediscover, fearlessly nurture, and joyfully claim wholeness within themselves, while gaining all the freedoms this life has to offer.

For the past 11 years, I have called Sacramento, California home. I am driven by creativity and bringing awareness to the value of education, equity, health and wellness. Over the years I have professionally contributed to several educational agencies as a Program Coordinator and Event & Marketing Strategist.

I am most fulfilled when in nature; the connection I feel between worlds is pure magic. I experience the greatest sense of peace when spending time soaking up the sun, toes dug in the sand, listening to the waves dancing along the shore. I have always loved expressing myself through the universal language of art.

More than my love for nature, the arts and building meaningful connections, I find myself in a constant state of gratitude for each moment I get to spend with my amazingly talented daughter, and closest loved ones.