

MEET YOUR FITBIT HEALTH COACH

COACH GIOVANNA



HOW LONG HAVE YOU BEEN COACHING?

I am a Holistic Registered Nurse Coach and I have been coaching for 3 years.

WHAT IS YOUR BACKGROUND?

I have 18 years of experience as a bilingual Registered Nurse, working with cardiology, neurology, and intensive care. I earned my Bachelor's Degree in Nursing from the Universidad Autonoma de Centro America in Costa Rica, and my Licentiate in Nursing from Universidad Santa Lucia in Costa Rica. I am currently in the process of receiving national certification by the Board of Nursing of Texas as a Health and Wellness Holistic Nurse Coach.

HOW DID YOU GET STARTED?

I decided to become a Nurse Coach after overcoming my own personal health issues, and now I want to use my experience to help others conquer their obstacles and be the best version of themselves. I believe that the power to heal is within each of us.

It's just a matter of finding the path that can get you in touch with your true self, while creating the blueprint of the life that you desire

WHY ARE YOU STILL PASSIONATE ABOUT IT TODAY?

I'm passionate about taking better care of all humans and our planet, and helping you to do the same.

WHAT DO YOU ENJOY DOING IN YOUR FREE TIME?

I am a proud resident of Texas, and a mother of two. When I'm not working, I spend time exercising at home, cooking with my husband, and creating great memories with my family. For fun, I love playing video games, as well as singing and dancing. Although my family and dog don't enjoy my voice at all! My favorite treat is dark chocolate with mint.

WHAT'S YOUR MANTRA WHEN IT COMES TO HELPING OTHERS?

I am perfectly imperfect, and all is well in my world. Everything is working out for my highest good.