

Charlene Savoie of Peace Within Me and Peaceful Families to be Featured on CUTV News Radio

MONCTON, NEW BRUNSWICK, CANADA, September 13, 2018 /EINPresswire.com/ -- People are multi-dimensional. There's no one quick fix for everybody. Different ideas speak to us differently and resonate with us differently. If a practitioner can be open to different modalities, they have a better chance of finding what's right for the client and making the difference they've set out to make.

Charlene Savoie is a naturotherapist, parenting and family coach, and founder of Peace Within Me and Peaceful Families, where she helps individuals and families release trauma, anxiety, depression.

"I've always been attracted to helping individuals," says Charlene. "I wanted to work with families because family is where everything starts. Working with families is really how you change your self and society and help people live a happier, more peaceful life. Don't we all want those Hallmark moments?"

As a naturotherapist, Charlene approaches her clients from a holistic perspective.

"We're talking about how to encourage your kids to do basic things like brush their teeth and chores and homework to how to positively and therapeutically discipline your child," explains Charlene. "But we all have experienced trauma, big and small. That affects our parenting. We can be triggered by our past very easily by our children. In fact, children will trigger things we didn't even know were inside us. So we have to figure out how we're going to release it. How you are taking care of yourself mentally? How you can take care of yourself therapeutically? How can you give to others and still fill yourself up?"

Still, Charlene says, you're the expert of your child. So no matter who she's working with, it's all about understanding what their value system is. As a Naturotherapist Charlene is trained in NLP, hypnotherapy, timeline therapy, reality theory and choice theory, but says the most profound modality has been Emotional Freedom Technique, or EFT. Charlene is an accredited, certified EFT practitioner.



"EFT is fabulous for most of my clients," says Charlene. "Most people don't want to deal with uncomfortable feelings. Uncomfortable feelings trigger our insecurities. So I want people to leave my office with more peace within, but also with a tool that when life flares up, they can take control of the situation and keep themselves out of the terrible spiral people often get themselves into."

CUTV News Radio will feature Charlene Savoie in an interview with Jim Masters on September 17th at 12pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Peace Within Me and Peaceful Families, visit www.peacewithinme.ca

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