

Bonnie Kowaliuk of Senses Mindfulness Coaching to be Featured on Close Up Radio

INVERMERE, BRITISH COLUMBIA,
CANADA, October 14, 2020

[/EINPresswire.com/](https://EINPresswire.com/) -- Most people have a very narrow perspective of what leadership is. In truth, each and every person carries a leadership role or responsibility.

Leadership, like all personal growth, is a journey, not a destination. You're constantly evolving and growing and changing and transforming yourself to meet the needs of any circumstance as it surfaces, which means leaders must be adaptive and resilient.

Bonnie Kowaliuk is an eclectic mindfulness coach, leadership consultant and founder of Senses Mindfulness Coaching, where she provides mindfulness coaching and transformational leadership for individuals, teams and organizations.



With an extensive background as a registered social worker and accredited music therapist, mindfulness leadership coach and consultant, Bonnie employs a unique approach to transformational leadership. She combines music integrated mindfulness techniques and coactive coaching which supports and empowers leaders toward new ways of thinking, feeling, being and responding.

"There is no agenda or script as to how I'm going to work with my clients," says Bonnie. "Much of it is very spontaneous, improvisational so I can be responsive to their needs in the moment and meet them where they are at. I've never been a traditionalist. I think it's more effective to think outside of the box, so I've always been looking for alternative ways I can support meet my clients."

Senses Mindfulness Coaching sessions allows leaders to explore and discover ways to restore mental health and improve performance. Bonnie empowers clients by integrating mindfulness practices to support the client's inner resources and self-awareness. Even a small reduction in stress can lead to transformation and higher levels of adaptivity.

"The approach I take is about fun and a mindset of playfulness. And in that relaxed state of being, you can tap into your strengths, creativity and capacity for change," says Bonnie. "I take a strengths-based approach. To be effective as leaders or mentors, we have to understand the importance of being rooted in values and learning adaptive skills on an ongoing basis."



Close Up Radio will feature Bonnie Kowaliuk in an interview with Jim Masters on October 16th at 12pm EDT

Listen to the show on [BlogTalkRadio](#)

If you have any questions for our guest, please call (347) 996-3389

For more information, visit www.sensesmindfulness.com

Lou Ceparano
Close Up Television & Radio
+1 631-850-3314

[email us here](#)

Visit us on social media:

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/528381462>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable

in today's world. Please see our Editorial Guidelines for more information.

© 1995-2020 IPD Group, Inc. All Right Reserved.