

Influential Women Features Jacqueline Akeret: Founder Of Inner Balance Coaching And Wellness

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Combining Somatic Coaching, Nervous System Education, and Compassionate Support to Help Individuals Move From Survival Mode Toward Resilience and Self-Trust

Jacqueline Akeret is a Certified Mental Wellbeing Practitioner, Somatic Trauma-Informed Coach, Narcissistic Abuse Specialist, Domestic Abuse & Coercive Control Practitioner, Trauma-Informed Positive Psychology Practitioner, and Founder of Inner Balance Coaching and Wellness, based in Galloway, New Jersey. She is also a partner with The Mental Wellbeing Company based in the United Kingdom. Through her work, Jacqueline



supports individuals, families, schools, and organizations in understanding the connection between trauma, the nervous system, and emotional well-being.

With a professional background spanning Financial Systems Accounting and more than 25 years in education, Jacqueline brings a unique combination of analytical expertise, teaching experience, and deep personal understanding to her practice. Her approach is grounded in both professional training and lived experience, allowing her to connect with individuals navigating chronic stress, emotional overwhelm, trauma recovery, and significant life transitions.

Today, Jacqueline is dedicated to creating compassionate, accessible spaces where people can better understand their internal experiences without judgment. Through one-to-one coaching, educational workshops, and community-based programs, she helps individuals develop practical tools for emotional regulation, resilience, and personal growth.

Jacqueline's work is rooted in the understanding that trauma is not only something people think about, but it is also something the body holds. Through somatic and embodied practices, she helps clients develop awareness of their nervous system patterns, expand their capacity for regulation, and reconnect with a stronger sense of safety, choice, and control.

Integrating approaches such as the "Traffic Lights of Tolerance" and parts-informed work, Jacqueline guides individuals in recognizing their responses to stress and overwhelm while reducing shame and increasing self-understanding. Her goal is to help people move beyond survival patterns and develop healthier ways of responding to life's challenges.

"I help individuals understand the connection between trauma, the nervous system, and emotional wellbeing. My work focuses on creating awareness, building nervous system capacity, and supporting people in moving from survival mode toward greater resilience, regulation, and self-trust," expresses Jacqueline.

"I believe healing is not about returning to who you were before adversity. It is about becoming who you were always meant to be: stronger, wiser, and more connected to yourself. Through compassionate, trauma-informed coaching, education, and workshops, I help individuals, schools, workplaces, and communities create safer, healthier environments where people can heal, grow, and thrive."

Jacqueline's work is especially meaningful for individuals recovering from narcissistic abuse and coercive control. She provides a supportive environment that honors each person's experience without judgment or labeling, focusing instead on restoring safety, confidence, and trust in oneself.

Her approach is grounded in compassion, patience, and respect for each individual's unique healing process. Rather than focusing only on what happened, Jacqueline helps clients understand how those experiences continue to influence their thoughts, emotions, relationships, and nervous system responses.

Her transition into trauma-informed coaching began through her own experiences of healing, growth, and transformation. Having navigated significant life challenges, including divorce, extreme betrayal after forty years, along with the impact of narcissistic abuse, she understands firsthand how trauma can shape the way we think, feel, relate, and move through the world. More importantly, she knows that healing is possible.

As a former educator, Jacqueline began introducing nervous system tools into classroom environments, helping students improve emotional regulation, self-awareness, and overall well-being. That experience reinforced her belief that early education and emotional support can create meaningful change.

Today, she continues expanding that mission through Inner Balance Coaching and Wellness, helping individuals and organizations create environments where people feel seen, supported, and empowered to move forward in ways that are sustainable and aligned.

Jacqueline attributes much of her growth to a powerful realization: remembering that she mattered, her needs mattered, and her life had deep value. This understanding became a defining moment in both her personal transformation and professional purpose. It changed the way she viewed herself and strengthened her commitment to helping others recognize their own worth.

There were moments when Jacqueline felt overwhelmed and uncertain, times when she reached a place of complete surrender and acknowledged that she could not carry everything alone. During those seasons, she leaned into her faith and trusted that guidance, support, and the right opportunities would appear when they were needed most.

Looking back, Jacqueline recognizes how those experiences shaped her resilience and sense of purpose. The challenges she faced became part of her growth and helped her understand the importance of compassion, self-respect, and healing.

Today, she reflects on her journey with clarity and gratitude, recognizing both the effort and progress that have brought her to where she is now. Jacqueline understands that healing is not always linear, but she believes it is deeply transformative. Each step forward reinforces a powerful message: she matters, and so does every person walking their own path.

For young women entering her industry, Jacqueline encourages developing a deeper understanding of the nervous system and how it influences thoughts, emotions, responses, and decision-making. She believes that recognizing personal patterns, especially during moments of pressure, uncertainty, or connection, creates opportunities for more intentional and grounded choices.

She also emphasizes the importance of understanding personal capacity and learning what can be held without becoming overwhelmed. For Jacqueline, this awareness is not about perfection, but about recognizing what feels safe, what feels challenging, and what helps individuals return to a regulated state.

She believes learning to listen to the body's signals and respecting personal boundaries is one of the most valuable tools women can develop, not only in their careers, but also in their relationships and overall well-being.

Within her field, Jacqueline identifies limited resources, particularly in schools and community settings, as one of the greatest challenges. Budget limitations can restrict access to trauma-informed education and support, while continued awareness-building is needed to help more people understand nervous system-informed approaches.

At the same time, Jacqueline sees tremendous opportunity. As more individuals and organizations recognize the connection between behavior, emotional health, and nervous system regulation, there is growing openness to approaches centered on safety, prevention, and resilience.

She believes bringing these concepts into schools, workplaces, and communities can help strengthen emotional well-being, improve relationships, and interrupt cycles of trauma that may otherwise continue across generations.

At the foundation of Jacqueline's work are values of faith, compassion, service, and connection. Her faith provides grounding and perspective through both peaceful and uncertain seasons, while her belief in the inherent worth and dignity of every person shapes how she supports others.

Jacqueline is deeply committed to serving women, young people, and communities by honoring individual experiences and creating spaces where people feel safe to be seen and heard. Her family also remains a central source of connection and meaning, reminding her of the importance of balance and what truly matters.

Through Inner Balance Coaching and Wellness and the Mental Wellbeing Company, Jacqueline Akeret continues to create meaningful change by helping individuals better understand themselves, develop emotional resilience, and reconnect with their own strength. Her work reflects a lifelong commitment to healing, education, and empowering others to live with greater awareness, confidence, and balance.

Learn More about Jacqueline Akeret:

Through her Influential Women profile, <https://influentialwomen.com/connect/Jacqueline-Akeret> or through her website, <https://ibcoaching.thementalwellbeingcompany.com/>

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