

Theresa Nutt, Recognized By Influential Women, Serves As Transformational Coach Advancing Whole-Person Healing

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/EINPresswire.com/ -- Bridging Healthcare, Integrative Wellness, and Personal Transformation to Help Individuals Create Lives of Greater Alignment, Vitality, and Fulfillment

Huntington Beach, California — Theresa Nutt is a transformational coach, educator, and healthcare leader dedicated to helping individuals, particularly women, live and lead in alignment with their authentic selves. As the Founder of Your Deeper Calling, she empowers clients to reconnect with their inner wisdom, embrace their unique design, and create lives that reflect purpose, vitality, and fulfillment.



Through her work, Theresa challenges the belief that success must come at the expense of personal identity and well-being. She believes individuals can create meaningful professional achievements while remaining connected to who they truly are. Her approach focuses on helping people develop a more integrated, expressive, and energetically aligned way of living by combining practical strategy, intuitive insight, and holistic practices.

In her role as Administrative Director of Education for the Susan Samueli Integrative Health Institute, Theresa brings extensive expertise in healthcare education, curriculum development, program leadership, and integrative health initiatives. A nurse since 1995, she has worked in the integrative and whole-person care space since 1998, building a career that spans clinical practice, academia, education, and national-level consulting.

Early in her nursing career, Theresa recognized a recurring pattern in patient care: individuals would stabilize in the hospital, only to return with the same conditions because the deeper contributors to their health challenges had not been addressed. This realization sparked a lifelong pursuit to better understand what truly supports healing.

That curiosity led Theresa to explore stress management, energy healing, coaching, and other holistic modalities that address the interconnected nature of the mind, body, and spirit. Today, she continues bridging traditional healthcare with integrative approaches through her leadership, education, and program development work.

Theresa's path has been shaped by both professional dedication and personal experience. As the oldest of eight children, caregiving has been a lifelong thread throughout her journey. What began as a natural responsibility within her family eventually evolved into her nursing career and expanded into a broader calling to support human healing and transformation.

Beyond her healthcare leadership, Theresa works as an energy healer, health and life coach, and style consultant, helping clients express who they are while creating meaningful, self-directed lives. Her multidimensional approach reflects her belief that true wellness involves more than addressing symptoms—it requires understanding the whole person.

Theresa attributes her success to grit, passion, and innovative thinking. She describes herself as naturally curious about the world and everything happening within it. She has an ability to recognize connections between thoughts, ideas, and concepts that others may view as unrelated. This ability to integrate, coalesce, and distill complex ideas into meaningful insights has supported her throughout her career.

For Theresa, grit has been essential. She has always been willing to work harder, persevere, and rise again when life, people, or circumstances have created challenges. Because her mind is naturally innovative, she has experienced setbacks, obstacles, and delays throughout her journey. However, grit has allowed her to continue moving forward, even during moments when she wanted to quit.

Theresa's passion for changing the future of healthcare has remained a driving force since she was a young nurse in her 20s. She recognized early that many healthcare systems were not truly helping people until problems had already become significant. That realization fueled her personal mission to better understand the root causes of healing and explore approaches that support individuals before they reach a crisis point.

Her commitment to lifelong learning has also been central to her success. Theresa continuously expands her knowledge by studying research, reading books, engaging with experts, and exploring new ideas. Her desire to understand, grow, and evolve has helped her remain innovative throughout every stage of her career.

She also credits her parents and grandparents for shaping the values that guide her today. They taught her the importance of treating others with respect, recognizing the value of every person's contribution, and approaching life with compassion and responsibility. Their influence instilled in Theresa a desire to serve others while thinking independently and acting with integrity.

Theresa believes she is a builder by nature. When she encounters an idea, she continues developing it until it is fully formed and built to last. She believes in quality, sustainability, and creating work that can stand the test of time.

One of her greatest strengths is identifying what already exists, recognizing what is missing, and stepping in to elevate programs, ideas, and initiatives to the next level. "Stabilize and level up" serves as her internal motto for how she approaches challenges and opportunities.

Theresa is also skilled at reading people, building strong teams, and navigating complex environments with diplomacy. Her creativity is expressed through writing, speaking, creating books and journals, leading retreats, and inspiring others to embrace their own potential.

The best career advice Theresa has received is not to become too narrow in her thinking. She believes many people are encouraged to find one specific area of expertise and remain focused within those boundaries. However, Theresa has found the greatest inspiration from individuals who bridge different disciplines—the heart with science, spirituality with evidence, and the mind, body, and spirit.

She believes expansive thinking creates greater opportunities for innovation and meaningful impact. Her own educational and professional journey reflects this belief, as her diverse experiences have allowed her to approach challenges from multiple perspectives.

This broader mindset has helped Theresa become more innovative, creative, and holistic in her work. She believes connecting ideas across disciplines is one of the greatest strengths professionals can develop.

For young women entering her industry, Theresa encourages them to stay open, stay curious, and avoid limiting themselves too early in their careers. She believes women should explore different roles, perspectives, and opportunities to discover where their strengths truly align.

She encourages women to continue learning, ask questions, trust their voices, build meaningful relationships, and step into unfamiliar spaces with confidence. Growth often comes from experiences that initially feel uncomfortable, and remaining adaptable is essential in an evolving industry.

Most importantly, Theresa believes limiting one's mindset can also limit one's potential. She encourages women to think broadly, embrace possibilities, and allow their paths to develop with

intention rather than restriction.

Theresa believes healthcare is currently facing significant challenges, particularly around financial pressures, changing technology, and the need to redefine what true healing means. Working within academic healthcare, she has seen how budget restrictions and operational challenges influence the way care is delivered.

She also recognizes that artificial intelligence is creating both opportunities and challenges by changing how healthcare professionals approach their work and determine which processes can be improved or streamlined.

While Theresa believes traditional medicine remains an important and valuable part of healthcare, she also believes the industry must continue expanding toward approaches that consider the whole person. She sees an opportunity to integrate medical treatment with lifestyle approaches, emotional well-being, and practices that support the human spirit.

Theresa believes many low-cost, life-giving interventions struggle to receive attention because they do not always align with traditional healthcare revenue models. However, she sees this moment as an opportunity to expand the definition of healthcare beyond simply treating illness.

She believes the future of healthcare must include restoring hope, vitality, and humanity. Theresa references the perspective of her colleague, Dr. Tieraona Low Dog, who has emphasized the importance of both treating immediate health concerns and restoring what has been lost in a person's hope and spirit.

For Theresa, healthcare should not only focus on helping people survive—it should help them thrive. She envisions a future where individuals receive care that connects with their hearts and minds, while healthcare professionals collaborate across disciplines to support every aspect of human well-being.

The values that guide Theresa's personal and professional life are centered around humanity, integrity, quality, and care for others. She believes people are the most important resource on the planet and that better outcomes are created when society prioritizes the human experience.

She is deeply committed to doing meaningful work that reflects excellence and can withstand the test of time. She also believes strongly in supporting the people who provide care, recognizing that healthcare professionals have historically experienced burnout when their own well-being is neglected.

Theresa believes life is about more than productivity. She values self-care, personal growth, and nurturing the soul because individuals need lifestyles that actively support their well-being every

day.

Through her leadership, coaching, education, and advocacy, Theresa Nutt continues working toward a future where healthcare and human development are approached with greater compassion, integration, and purpose. Her mission is to help individuals reconnect with themselves, embrace their potential, and create lives where they do not simply function—but truly flourish.

Learn More about Theresa Nutt:

Through her Influential Women profile, <https://influentialwomen.com/connect/Theresa-Nutt> or through her website, <https://www.yourdeepercalling.com/>

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