Dominique Lewis, Spotlighted By Influential Women, Connects Life Science Expertise With Holistic Wellness

WASHINGTON, DC, UNITED STATES, September 28, 2026 / EINPresswire.com/ -- A Career Rooted in Scientific Knowledge, Personal Growth, and Meaningful Transformation



Washington, DC – Dominique Lewis has developed a distinctive professional path that brings together life sciences, scientific communication, and holistic wellness. With a Bachelor of Science in Biology from Nova Southeastern University and a certification in Life and Health Coaching, she has built a career that reflects both her scientific background and her passion for helping others create healthier, more balanced lives.

Dominique began her academic journey on a pre-med track before recognizing that biological research offered a more integrative and research-driven approach to healthcare. Her studies in biology provided a strong foundation in biotechnology, laboratory methods, and scientific analysis, establishing the knowledge base that would later support her work across the biotech and pharmaceutical industries.

Professionally, Dominique has gained experience in upstream manufacturing, technical writing, and life science reporting. Her work with organizations including MilliporeSigma and Terumo Aortic has involved technical documentation, standard operating procedures, and maintaining accuracy throughout drug development and medical device processes. Through life science writing, she has found an opportunity to translate complex scientific information into clear, compliant, and accessible documentation that supports product safety and regulatory standards.

At the same time, Dominique has developed a parallel career in wellness and coaching. Her areas of focus include nervous system regulation, mindfulness, and functional nutrition, allowing her to explore health from a perspective that considers the connection between the mind, body, and soul. Through coaching, writing, and community education at wellness events, she helps individuals address stress, challenge limiting beliefs, and develop healthier habits.

Dominique is currently expanding her coaching practice with an emphasis on sustainable emotional and behavioral change. Her approach incorporates mindfulness, meditation, and mindful eating practices, encouraging individuals to become more aware of their experiences while making intentional changes that support their overall well-being.

For Dominique, success is ultimately measured by the positive impact she can have on others. She describes success as helping people reach a better state, whether that involves their state of mind, state of health, or spiritual well-being. Seeing positive feedback from practice clients and the people she works with reinforces her belief that meaningful transformation is one of the most rewarding aspects of her work.

A guiding principle throughout Dominique's career has been advice she received while shadowing a doctor: "go where you're called, and allow yourself to evolve." That perspective has remained especially meaningful as she has navigated career transitions and pursued opportunities that align with her evolving interests and gifts.

Integrity, balance, and purpose remain central to Dominique's professional and personal life. Outside of work, she enjoys spending time in nature through biking and hiking, while her appreciation for music and vinyl records provides another source of grounding and inspiration. Together, her scientific expertise and commitment to wellness reflect a career dedicated to continuous growth, meaningful work, and helping others move toward healthier, more fulfilling lives.

Learn More about Dominique Lewis:

Through her Influential Women profile: https://influentialwomen.com/connect/dominique-lewis

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