

Wendy Vigdor-Hess, Visionary, Sacred Intuitive Empowerment Coach, Author

*Nourishing the Relationship with Your Inner Guidance for an Empowered and Aligned Soul, Mind, and Body”

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Bio

Wendy Vigdor-Hess is a Visionary, Sacred Intuitive Empowerment Coach and Author. She brings her gifts as an empath to identify and uncover the sacredness of the human body and spirit by combining both the physical sciences and spiritual understanding. Wendy uses a unique, multi-petaled approach to guide and open people to create their sacred connection with Source, nature, and their authentic selves. This invites them to awaken and listen with clarity to their inner voice.

As a current Certified Coach, Registered Dietitian Nutritionist, Reiki Master Teacher, Healer, Shaman, Herbalist, Akashic Records Practitioner and Certified Emotion Code Practitioner, as well as a prior Certified Personal Trainer, Nia Teacher and Pre and Perinatal Professional Training, Wendy engages her passion and helps people awaken and illuminate their inner gifts in order to transform. This inner transformation creates results that increase feelings of love, freedom, ease, connection, sovereignty, and grace in all areas of peoples' lives.

Wendy loves time with her husband, children and animals. She enjoys communing with nature, walking barefoot, dancing, hiking, any beach, ritual, magic, yoga, travel and connection with family and friends.

Wendy has Multiple Signature Talks on a variety of topics that can be conducted for both live groups and teams online or in person, as well as listening audiences, through podcasts and radio shows. Her style is authentic, relaxed and to the point. Contact her to discuss your desires and needs.

Speaking Experience:

- Large corporate venues, small, intimate Q&A groups and interviews since 2000.
- Speaking formats include podcasts, workshops, tele-classes, interviews, live online and webinars

Here is one testimonial:

“Thank you again for being part of our cherished Jewish Book Festival. We loved having you here and the reviews have been great! Everyone is still buzzing about your presentation and I hope you feel proud of your contributions both written and verbal.”

– LH, Festival Director, NY

Here is one podcast interview on Creative Conversations with Hollis Citron:
Topic: Helping Parents Live More Fully Into Their Authentic Selves

<https://www.podbean.com/ei/pb-xf4rb-f9a2f5>