

Lynsie McKeown

Transforming the way we live, love, learn, and lead.

Email: lynsie.mckeown@gmail.com

Website: <https://www.lynsiemckeown.com/>

With her extensive transformative experience spanning over 20 years, Lynsie is an Intuitive Femme Founder, Feminine Empowerment Coach, Inspirational and Transformational Speaker, Yoga and Meditation Educator, and Neuroencoding Specialist. Her heart-centered and collaborative approaches empower individuals and organizations to embrace feminine leadership principles, fostering a harmonious synergy between mind, body, and spirit. This approach maximizes creativity, innovation, and sustainable, long-lasting success *without* burnout, instilling inspiration, confidence, and clarity in her clients and audience.

As the founder of Women Thriving *Unapologetically*, Lynsie has dedicated her career to helping women harness their full potential and purpose. Central to Lynsie's work is her signature HEAL | TRANSFORM | THRIVE approach. This three-step process begins with HEAL, restoring the body and nervous system. TRANSFORM reshapes belief systems and mindsets that contribute to overwhelm and burnout. **Thrive** connects individuals to their intuition and inner wisdom, ensuring their guidance is aligned and leads to genuine thriving.

She has given numerous talks and mentored countless individuals through personalized and group coaching. She designs immersive programs, workshops, and retreats that integrate ancient practices with modern science to foster mind-body-spirit connections.

Lynsie's success as a speaker is a testament to her ability to captivate and engage the audience, leaving them eager to hear more. She intuitively leads with compassion, insight, grounded awareness, and humor and effortlessly holds space for complex challenges while offering simple applied practices.

Lynsie finds solace in her walks in the woods and deep insights in her writing at sunrise. Her love of water extends to rivers, lakes, and beaches where she swims, paddleboards, and gets her feet muddy. Her dedication to the full spectrum of yoga keeps her heart open and her mind curious. She loves big-belly laughs and delights in sharing meals with new and old friends.

Connect with Lynsie and learn how to live, love, learn, and lead in ways that support true thriving.