



## A Wellness Revolution: A Step Towards Holistic Healthcare

An increased focus on healthy living, wellness, and illness prevention in recent years have wheedled the field of nutrition, and we are making great strides in advancing our understanding of how the human body works. Healthcare and the wellness industries are also part of this significant shift and are thus rapidly evolving. There is a definite transition in the meaning of 'health,' and we soon realize that it is more than just physical well-being.

A Wellness Revolution, an organization founded by Integrative Health Coach Cathleen Beerkens in 2018 in Amsterdam, was created to bring new information and understanding to help this transition. This course aims to train and Certify Health and Wellness Coaches from a holistic perspective as they integrate the understanding and complexity of the connections between the body, mind and spirit. The Coaches at A Wellness Revolution learn the significance of the cellular level on all levels of body, mind, and spirit, bringing to their clients a much deeper, more robust definition of self-care.

A Wellness revolution offers and intensive 6 month online certified course which is designed for anyone interested in learning about health and wellness as well as Practitioners who are interested in adding value to their already existing businesses.

After completing the course, the students can work on an official credential of Associate Certified Coach (ACC) with the International Coaching Federation (ICF).

## A Mission for Integrative Science & Holistic Health

### The Genesis

Through her earlier work as a nurse, Cathleen realized something deep was missing in the health of her patients. Over time she came to understand that there was one common thread, disconnection at the cellular level. As she came to learn more about these developing sciences, she started to realize the important connections between our cellular health and our emotions, the environment, food choices and how we manage stress. These lifestyle factors can have consequences to our cells and our health. Cathleen is amazed everyday by how powerful coaching clients can be. Health and Wellness Coaches can lead the way in helping people to make these profound changes.

### Outwitting the Convention

The students are exposed to the newly evolving and developing Sciences of Epigenetics, Neuroscience, and Glycoscience, which offer a more comprehensive meaning of what 'wellness' really means. The science of Epigenetics shows that one's lifestyle habits, tremendously impact the fate and health of one's cells and gene expression. Neuroscience teaches the students

the connection between brain health, our thoughts and belief systems. The students learn the importance of positive Psychology and how our thoughts influence who we become. Glycoscience teaches the students the importance of cell communication and the relationship between what we eat, what we think, how we feel and how our cells can function.

The company has Educators and Health and Wellness Coaches that have been practicing in the field of health and wellness for years. They understand the connections of holistic wellness, and they offer personal support during the course to the students. These mentors spend a lot of direct individual time with the students, which helps the students manage their transition throughout the course.

### The Future Path

A Wellness Revolution will continue to strive to develop their coaching program and incorporate new research in the areas of Behavioral Science, Nutrition Science and Quantum Theories that are showing us the many contributing factors affecting our health and wellness. Cathleen also believes that we as a society have been entering an informational age and we need to develop new understanding of who we are in every aspect of our life including re-evaluating our way of living and working. She believes there will be a need for more trained entrepreneurs to fill new roles in our changing, modern world.





## Meet The Passionate Pioneer

As a nurse, teacher, and certified Health Coach, Cathleen Beerkens has helped people for many years, grow and become the best versions of themselves. Cathleen firmly believes that each individual's unique path is connected to all areas of their life. Since we live in an ever-evolving technological world, our bodies are constantly having to adjust and adapt to these changes which can lead to the consequence of imbalances on all levels of our existence. She propagates that health and wellness coaches are instrumental in helping people make adaptations and changes to their lives that help them cope and become more physically, emotionally, and spiritually aligned.

Cathleen graduated from the University of Maryland with a BS in Health Education in 1983 and continued her education by receiving a BSN from Georgetown University Nursing School in 1985. She began her nursing career at Georgetown University Medical Centre in Washington, DC, where she worked for 10 years across various positions. Cathleen also enjoyed many years as a TA (Teacher's Assistant) at the Georgetown University Nursing School, conducting childbirth education and working with midwives.

In 1996, Cathleen moved with her family to Amsterdam, where she and her husband raised their three children. As the years went by, she found herself turning to many different forms of complimentary medicine, as she realized that her medical background was unable to offer complete solutions to promote healing. Cathleen was constantly amazed by the positive changes these ancient and new discoveries of healing could bring and found real value in nutrition, dietary adjustments, emotional, and energetic healing.

In the meantime, she received certification in Polarity Healing, Reflexology, and Reconnective Healing. She graduated in March 2017 from the Institute of Integrative Nutrition from NYC as a Health Coach and is Certified with her ACC accreditation from ICF. Cathleen has been studying many of the sciences that are evolving and being revealed as essential pieces to the holistic perspective of health and is determined to bring this vital education to the world.







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