



# Dr. Celina Talks

Dr. Celina is renowned for her clarity, purpose and her humour. She is a leadership strategist, a health leader and an entrepreneur all in one. Her relentless pursuit of bringing out the best in humanity will leave you inspired and hungry for more.

## About Dr. Celina:

She holds a Bachelor of Physical Education and a Doctorate of Chiropractic. Is also a sought after public speaker, run/lifestyle coach and author. She has been recognized internationally as Chiropractor of the Year in 2010 and her practice, Well Within Chiropractic, was voted Best Health Clinic in 2010 by her community.

*“Dr. Celina’s ability to deliver a message and create a shift in the way people perceive situations or circumstances is unmatched by anyone I’ve ever met. She has changed the way I view myself and the world with her passion and inspires me to be a better version of myself.”*

— Sara Mills

*“Dr. Celina... what can I say, I’m 50 lbs down! You’ve given me the skills to raise a healthy family.”*

— Monique Barley

## Talk topics:

### Grit

**You are not born with it, you earn and develop it.**

GRIT is the most important character trait to being the best. Dr. Celina shares tools that have been pivotal in changing her life as well as the lives of her coaching clients, patients and their families. The relentless pursuit of excellence.

### Game Day

**The how to, for prepping your brain and body for ridiculous success.**

Dr. Celina takes you on a journey of simple things that will have a profound effect on your everyday experience of health and wellness. She also helps to prepare the foundation that you will need to be ready when opportunity strikes.

### Gifts

**Not what you may think!**

Dr. Celina helps you to identify and recognize the obstacles that are thrown in your direction throughout your life as the purest of opportunities and gifts.

## *RUTHLESS* Compassion

Dr. Celina’s 21 Day Challenge

Start your relentless pursuit today:

Sign up at **RuthlessCompassion.Biz**





## Dr. Celina Bio

**Dr. Celina is renowned for her clarity, purpose and humor. Her passion for three dimensional health and wellness combined with her no nonsense approach will inspire and motivate you to: Be Fit. Eat Right. Think Well.**

### Education

Dr. Celina's wellness education started as an athlete playing basketball at the University of Calgary where she obtained her Bachelor of Physical Education. She continued that passion and drive at the Canadian Memorial Chiropractic College, where she received her Doctorate of Chiropractic.

### Leadership Strategist, Speaker, Health Leader, Coach

Dr. Celina currently practices at Well Within Chiropractic. She is a sought after leadership coach, public speaker and is now author of **7 Secrets to Life Success**. Her mission is to develop leadership capacity for your audience by educating them on the tools of grit, game day readiness and gift recognition.

### Recognition

Dr. Celina has been recognized internationally as Chiropractor of the Year in 2010 for her commitment to her community, her colleagues and spreading the wellness message. Her community of Truro and Colchester County, also acknowledged her by voting her clinic, Well Within Chiropractic, as the Best Health Clinic in 2010.

### Praise

*“Dr. Spence is a powerhouse in the Chiropractic and Wellness industry. Her passion for helping people live a better and more fulfilling life comes out the moment you meet her. If you desire a speaker to motivate, inspire and empower your group or organization...*

*book Dr. Spence for a lecture...today!!!”*  
— Dr. Larry Arbeitman

*“Dr. Celina has an uncanny ability to get people engaged to design their best health and life. Her honest and truthful approach is sure to get them empowered, re-charged and taking action!”*

— Dr. Nathalie Beauchamp

*“Celina has a knack for connecting with diverse populations, showing genuine care and concern for their well being as they begin / continue their journey toward wellness.”*

— Janine Boutillier

*“To be in a room when Dr. Celina begins to talk is mesmerizing. Her passion and caring to help people achieve the life of their dreams is captivating. You can't help but be motivated to do.”*

— Dr. Jessica Dietrich-Marsh

