

Dr. Breanna Lafleche

Facilitator . Educator . Coach

Credentials:

- PhD in Behavioral Health
- Certified Relationship Coach
- Expert In Behavior Change
- Certified Mindfulness Facilitator
- Women's Retreat Facilitator



Approved
Headshot

PODCAST



THE ME FIRST MINDSET

A theory that you can only reach your destiny and live authentically if you build a practice of meeting your own needs first. Podcast, Masterclass, Newsletter, and Mastermind to help people practice the art of self-resourcing.

Approved Bio



Doctor Brea is a behavior & relationship expert, and a career facilitator. She has served as the Dir of Training for mindfulness based behavior change, hosted women's immersive somatic retreats, and facilitated for many other events. She is the owner of The Me First Mindset Podcast, Masterclass, and Mastermind, and coaches using the PIVOT Relational Alignment Curriculum.

Work
With Me



1:1
Coaching



Website



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YouTube