

Dr Maria Zuschmann (Chiropractor)

Dr Maria Zuschmann or Dr M as she is affectionately known has a passion for helping the community to feel and function better in all aspects of their lives, and help them identify and remove interferences that are holding them back from their goals.



Dr M speaks and teaches with humour, warmth and realness whilst having the amazing ability to turn what may seem complex into easy and simple action steps to help you take your life to the next level.

She has been in the Health and Wellness industry for over 20 year. Outside of her hands on work in her Chiropractic practice she is a sought after speaker and has facilitated 100's of wellness workshops and has coached and mentored many other business owners.

She was highly commended in IWIB Business Woman of the Year in 2017. Dr M is a Chiropractor, Personal Performance Coach and Director of Inner Edge Wellness in Shellharbour, NSW.

Stress - How to use it in your business to your advantage!

At the IWIB Conference & Expo Day Dr Maria will share some of the secrets to recognise, manage and use your stress to increase your productivity.

She will unlock how to utilise Flow State in your work place to get more done while reducing your stress.

And in the moments that do become stressful, the key techniques to reduce your stress fast so you can use your stress to your advantage!