

## **Dr Maria Zuschmann**

Integrative Chiropractor | Podcaster | Speaker | Facilitator

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 make 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 20years....



Outside of her hands on work in her Chiropractic practice she is a sort after speaker and has facilitated hundreds of wellness workshops over the last 14 years.

She has mentored other business owners from around Australia and is an award winning Business Woman. Dr M is Chiropractor, Speaker, Podcaster, Personal Performance Coach, Director of Inner Edge Wellness in Shellharbour, NSW. The founder of "The Queen of Stress" and the co-founder of The Momentum Architects.

### **Topic:**

### **Stress - How to Use it to Your Advantage in Work and Life!**

In today's fast pace world it can be easy to feel like you're constantly behind the 8 ball.

Dr M aka The Queen of Stress will share the key components and tools so you can recognise, manage and use your daily stresses to your advantage in both your work and home life.