



**Jill Garaffa** is a Licensed Occupational Therapist, Professional Certified Coach and Energy Leadership Master Practitioner. Jill is the owner and founder of Seeds of Change Health & Wellness Coaching which provides lifestyle coaching services to individuals and groups, from families to corporations. Jill proudly coaching clients from all over the globe, in five different time zones from the United States to the United Kingdom.

In addition to working with personal & corporate coaching clients, Jill also conducts on-site trainings at hospitals for health care professionals. During these trainings, nurses, physicians & therapists get trained in basic life coaching skills to incorporate during patient interactions in order to improve Patient Satisfaction. She also facilitates health &

wellness programs for hospital staff members to manage stress, make better food choices and improve teamwork & communication.

To learn more about Jill, visit  
[www.seedsofchange coaching.com](http://www.seedsofchange coaching.com)