

Noelle C. Stanley, BA, CHNE

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MyBodyBalanced



Noelle Stanley owns and operates My Body Balanced. She creates innovative techniques and concepts to inspire individuals and organizations to steadily incorporate holistic health by combining the best of ancient and modern nutrition.

Noelle is a highly motivating, dynamic public speaker and consultant promoting holistic nutrition and a healthier lifestyle. Noelle's captivating ability to share her extensive knowledge, concern and passion often inspires immediate changes. She breaks down complicated concepts and goals into manageable steps which promote awareness and an immediate feeling of success that create long term positive changes in behaviors, with genuine result.

Her ultimate goal in working with businesses, organizations and corporations is to improve the health of their employees through nutrition, behavioral changes, fitness, and a balanced lifestyle. She provides motivating presentations, workshops, corporate and individual consulting.

Top benefits Noelle's clients achieve are reduced health care costs, reduced absenteeism, increased focused and productivity, increased engagement with healthier and more energized employees. Noelle is committed in assisting her clients create a more calm and productive work environment.

Noelle is available for

- Motivating presentations and workshops
- Dynamic keynote addresses and conference breakout sessions
- Corporate wellness consulting
- Employee newsletter and professional journal articles
- Individual and Corporate consultations

Clients

BlueCross BlueShield
Cave Creek School District
Churches, clubs, and organizations
City of Phoenix
City of Surprise
Dillard's Department Stores
Dimo Digital Motion
Fitness Dynamics Center for Movement
Genesis Healing
Inn Suites

Insight
Kiwanis Groups
Muhammad Ali Parkinson's Center
Ping Golf
The Foundation for Senior Living
The Newcomers Club of Scottsdale
The Yoga Garden
Wellness Council of Arizona
Young Modeling Agency

Expertise

Child and adolescent nutrition
Cleansing and detoxification
Employee wellness and productivity
Fitness
Food allergies
Long-term healthy weight control

Nutrition for medical conditions
Nutrition for the aging
Stress reduction
Supplements
Traditional Chinese Medicine nutrition

Memberships

2018/2019 President of National Speakers Association of Arizona

Education/Trainings/Certifications

B.S. Psychology with minor in Spanish, University of Arizona
Studied abroad in Guadalajara, Mexico
Certified Holistic Nutrition Educator, Southwest Institute of Healing Arts
Certified Raw Foods Chef, Allisa Cohen
Certification in Raw Nutrition, David Wolfe and the Body Mind Institute
Certification in Reiki®
Detoxification Training Program, Donna Gates
Trained in "IAM" Meditation
Trained in "Shambavi" Meditation through the ISHA Foundation
Training in "Energy Medicine" from Donna Eden
Landmark Education: Landmark Forum, Advanced Course, Self Expression and Leadership Program, Communication Courses

Awards

Phoenix's Natural Choice Award, Favorite Natural Women's Health Specialist, 2010
Wellness Corporate Coach of the Year- Wellness Council of Arizona, 2009.

Clients, Meeting Planners, and Participants Say

"I have known Noelle Stanley since she became our Wellness and Health Coach at PING Golf. Her knowledge is spot on. She actually practices what she preaches. She is my go-to person for advice on nutrition, supplements, diet, yoga, and meditation. Her wisdom about life's journey and reaping the benefits for a happy, healthful and authentic life has helped me more than I ever imagined." Sandy Dressman

"Noelle Stanley is a phenomenal speaker. She is enthusiastic and full of energy and passion. I always walk away feeling much better after talking to her or hearing her speak. I'm inspired to change my life!"
Cindi Makuch

"Seeing Noelle was life changing. I'm off 10 medications, lost 100 pounds, and my blood work is perfect. No more high blood pressure, elevated cholesterol and bye bye Diabetes. I have kept the weight off for 2 years. She is inspirational." Marvin Amack

"I went to see Noelle after 3 months of no results from the team of doctors that were treating my fiancé. He had lost 38 pounds and we didn't know what was wrong. We had noticeable results within the first week of following Noelle's advice. My fiancé has continued to make remarkable improvement thanks to Noelle. I wish I had thought of seeing her sooner. " Jennifer Hadsell

"Noelle is AWESOME. She helped me lose over 80 pounds in 10 months. Because of my improved health, I no longer need blood-pressure medicines. Sleep apnea is gone; no more need for CPAP Machine. Her advice and expertise helped me heal my body and gain my health back. Thank you, Coach Noelle. May God bless you!!!" Art Garza

"After I was diagnosed with cervical cancer, I wanted a natural way to heal my body. I met Noelle and she taught me how to heal my body, mind and soul. I lost 152 pounds and I'm cancer free for 3 years. I feel healthier than I have ever felt before. Thank you, Noelle." Jeannie Nuestaeder

"Noelle did an excellent job of presenting to the Newcomers Club. She is a dynamic and motivating speaker who knows her topics extremely well, whether it is related to foods, health, or various disorders or children's issues. We would highly recommend Noelle to speak at any function. She is diverse and can relate to whatever type of group she is

presenting to. She is very knowledgeable regarding what she presents and can answer questions people have related to various topics." L. A. VP of Presidents and Program Chair, Scottsdale Newcomers Club

"We thank you so much. We learned so many ways to improve our health. We will eagerly pass the life changing information on to anyone who will listen at the Center. We hope you will facilitate more grants at our site." A.C. "Stretching Food Dollars for Healthier Living" at Peoria CAP Senior Center

"I am pleased to take this opportunity to express our sincere appreciation for your outstanding presentation on Heart Health and Nutrition. This was particularly valuable for the 175 Kiwanians present that day. You read our audience right and hit on all the major topics valuable to them. Your style, speaking voice and visual aids were superb. We eagerly look forward for you to present to our groups again soon." R.C., Programs Chairman of the Kiwanis Club