

Interview with Business Talk Radio

Recorded: August 20, 2019

Company Background:

Please give a description of your company and the products/services you offer:

I help women live their happiest and healthiest lives. This is done through expert coaching and intuitive energy work. Specifically, I support women through challenging times in their lives whether that's a big life transition, healing from relationship trauma, a change in career, or even stepping into motherhood. I use a unique suite of coaching and energy healing techniques to assist my clients in gaining the clarity and obtaining the peace that they desire. Basically we replace the painful stuff with a beautiful peaceful energy.

The services offered that facilitate these shifts include:

- Reiki coaching; is recommended for individuals who are looking to release blocks and heavy emotions they are carry, and who wish to regain a sense of peace and clarity. These individuals typically come to me tired of hurting or being stressed and are looking answers and relief.
- another stream is Meditation Coaching, which is great for those who want practical yet effective tools to manage stress on a daily basis and improve well being through a personalized meditation practice.
- Transformation Coaching for individuals who are ready for a big transformation. This is perfect for those who are ready to live a more joyous, love filled, purposeful life. This is the most personalized package, dives the deepest, and delivers the most exceptional results.

Tell us about your background of your business and yourself.

I have 6 master certifications in Reiki and a bachelors degree in Business Administration with a major in management from Mount Royal University in Calgary AB. This led me into the corporate life. I am grateful for my time in the corporate world because of the wonderful lessons I have learned and the incredible people I have met. But also because I believe this experience gives me a very grounded approach to the coaching and healing work I do with my clients. I understand the corporate life, and that allows me to better serve those clients.

My business began as a way to assist my friends and friends of friends, and people I had met in my corporate job with heavy emotions and blocks they were having trouble moving past. Katie Hunt Co. grew rapidly as my clients were thrilled with their results and they spread the word. As my client base grew I knew that I was being called to serve in a bigger way, and decided to move towards coaching and packaged sessions based model so I could better serve.

What inspired you to pursue your profession?

I was always sad and angry even as a child. As a logical person I was a skeptic of energy work in general. I had friends who would have card readings done and receive energy healing and I never believed in any of it! Until one day I reached an all time low point in my life and I was willing to try just about anything to help me through it. I went to my first Reiki session and my life was forever changed. I felt energy moving in my body for the first time, an overwhelming sense of calm, and when I got off the table I felt the absence of anxiety that had been living in my body for my whole life I didn't even know it was there it felt so normal! From there I became super inspired to share these tools with others because people don't need to suffer to the extent they do now. Life is hard. People shouldn't feel bad for where they're at, what they want, or who they are. Reiki personally helped me move through blockages by addressing the root cause. Reiki was the start for me on my journey to live a happy, healthy, and more confident life...this is what I am called and inspired to share with the world. Sharing this work became my mission immediately and here we are now!

Where do you see yourself in the near future?

I want to continue helping women achieve their best lives. In the future I hope to expand my reach and help more women through life changing seminars, healing retreats, and books containing all the things I've learned through my journey. Life can be challenging and I have experienced first-hand how transformational all of this work is. Now I just want to help others achieve their best life because I know it is totally possible for us all.

I'm currently refreshing my website, so stay tuned as there will be more information on my offerings and helpful information coming soon. You can find me at katiehunt.ca and on FB and IG at Katie Hunt Co