



# Victoria Johnson

#1 Amazon Best Selling Author  
Motivational Speaker / Spiritual Teacher and Writing Coach  
Heal Your Life® National Trainer and Life Coach  
Hay House Expert

Victoria's specialty is people. Helping people overcome feelings of being less than and transforming that belief into knowing that they are more than enough. She teaches that happiness comes from within and guides people to reconnect with and learn to love their true-selves through her writing, teaching, speaking, workshops and podcasts.

You will find Victoria to be highly personable and relatable. She has a large social media following and reach. Victoria has dedicated the last 17 years to helping others and in-turn has had the privilege of witnessing personal growth in thousands of others, as well as her own personal growth. She has studied under some of the greatest thought leaders of our time including Louise Hay, Debbie Ford, Dr. Wayne Dyer, Dr. Robert Holden and more.

As well as being a multi-certified international coach, Victoria is also certified to facilitate in depth business training for corporate leaders, employees and entrepreneurs alike. Victoria has held many executive positions within corporate business as a consultant and is a successful entrepreneur. Victoria hosts and teaches an annual Writer's Workshop Retreat that is well attended and sells out. Her students trust both her expertise as a writer and her passion for teaching metaphysical principles.

Victoria has both studied and taught in Canada, the USA, India and the UK. She has also authored a #1 Amazon Best Selling Book "Do That & Then Some-Transform Feelings of Less Than to More Than.

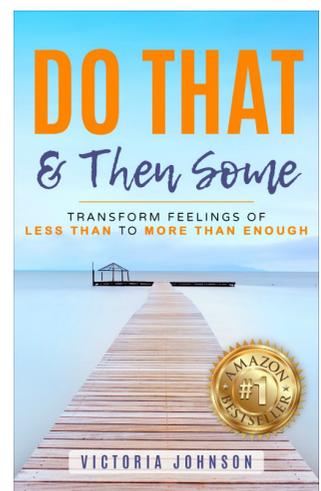


Heal Your Life®  
Talk Radio Show



Motivational Quotes &  
Inspirational Life Stories

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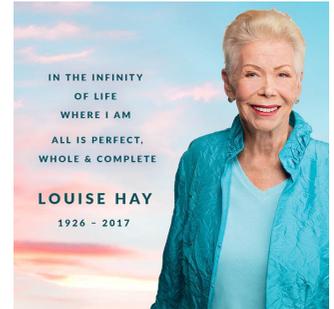
Do That & Then Some:  
Transform Feelings Of Less  
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By Victoria Johnson was  
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[www.TheTraining.ca](http://www.TheTraining.ca)

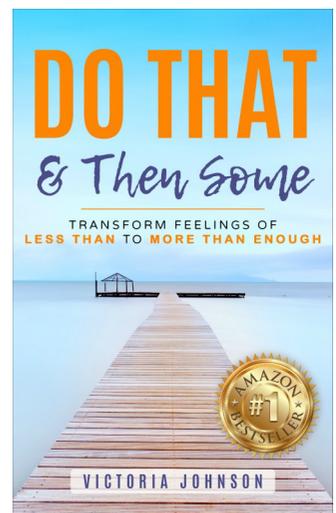


## Certifications and Achievements

- **Professional Speaker** – from 20 to 20K Victoria thrives when she is connecting with people as a speaker/trainer.
- **Successful podcast host** with listeners in 100+ countries
- **Recognized as an Hay House Expert.** Hay House is one of the largest independently owned mind-body-spirit and transformational enterprises in the world. With U.S. offices in Carlsbad, California; New York City; and Austin, Texas, and international divisions in the United Kingdom, Australia, and India, they deliver our products and services to millions of people in more than 35 countries. Victoria is listed on their website as an expert teacher.
- **Heal Your Life® Teacher Trainer & Coach Trainer** (1 of 22 worldwide) Instructs two week long trainings attended by people worldwide.
- **Managing Your Business with Heart and Mind Business Facilitator.**
- **Internationally Certified Business Coach and Trainer** with clients worldwide (Heal Your Life® Coach and Trainer).
- **Certified Big Business Coach and Rapid Results Coach.**
- **Certified Addictions Counsellor.**
- **Certification in Public Relations and Leadership** from the University of Victoria and a diploma in Economics from the University of British Columbia.
- **Dale Carnegie graduate** specializing in Leadership and Coaching.
- **Personality Dimensions® Facilitator** (Communications and Self-Actualization).
- **Multiple Franchise Owner** ranking #1 in sales worldwide for over 3 years.
- **Volunteer Experience:** Current President Grande Prairie & District Victim Services Association and Past President, Chamber of Commerce.



Louise Hay, over 50 Million books sold, Founder of Hay House Publishing.  
Victoria Johnson Is The Heal Your Life® Teacher and Coach Trainer For Canada!



**Do That & Then Some: Transform Feelings Of Less Than To More Than Enough** By Victoria Johnson was released on January 2019 and was awarded an Amazon #1 Best Seller in 7 Categories!

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Are you looking for a motivational speaker, media guest, self-help / personal growth expert, podcast guest or a featured author?

Victoria is committed to building synergistic partnerships with like-minded people and businesses.  
Contact us to see how we can work together.

## Victoria is available for:

- In person speaking engagements
- Workshops and seminars
- Online webinars and workshops
- Being a guest on Podcasts, live video interviews and both online and inperson events
- Magazine articles within the health, wellness, and success sector
- Guest posting for your blog or website

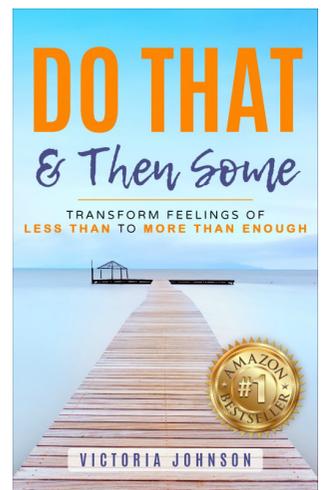


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## Speaking / Training Topics

All courses are now available on an online format as well as in person.

Victoria can create a custom workshop for you based on your needs or you can choose from her most popular speaking topics as listed below:

1. Transform Feelings of Less Than to More Than Enough. Workshops can be focused on topics such as: Health, relationships, your spiritual life your way, transform your passion into prosperity in your career and more. (1 hour to 3 hours)
2. Personal Development: Including such topics as – Reducing Stress from the Inside Out, The Power is Within You, Experience Your Best Life Now, How to Take Action Towards Your Goals, Deserve-ability, Relationships. (1 hour to 1 day)
3. Managing Conflict and Improving Communication - This can include Personality Dimensions Training. (1 hour to 4.5 hours)
4. Personality Dimensions for workplace teams, non profit groups, or any group looking to understand themselves more, improve their communication skills, and have a great time learning about why they are they way they are. (Min. 3.5 hours but prefer 1 day)
5. The Female Entrepreneur – Strategies for Mastering the Inner and Outer Game. (1 hour to 3 hour)

Additional Personal Development talks (30 mins to 1 hour)  
Suitable for Podcasts, Live Video and Facebook Live Events, and In Person Seminars and Workshops

1. Your Inner Child is a Superhero
2. Emotional Intelligence
3. Personal Transformation Mastery
4. Using Affirmations for Success
5. Mastering Your Psychology about Money
6. The Anatomy of Ambition
7. Overcoming Challenges
8. The Key to Happiness (Freedom in Forgiveness)

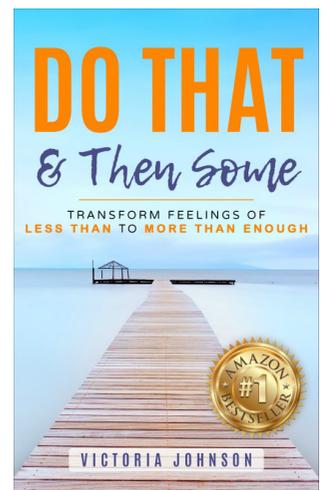


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## Testimonials from Recent Events

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*"Victoria is an excellent leader, speaker, coach and trainer."*

*"What an absolutely profound experience. Whether you want to pursue this as a career or for personal growth you NEED this training. You will not regret it."*

*"One of the best and most personable trainings I've ever had."*

*"I had forgotten how much LOVE is in me. This training has re-awakened my TRUE SELF."*

*"An amazing, beautiful way of healing and connecting with other wonderful souls."*

*"I am forever changed and grateful for the love, support, and encouragement."*

*"This workshop was transformational. I can't wait to share this with as many people as I can."*

*"It truly was an amazing learning session where I discovered the many layers of myself, and found that I do love myself."*

*"Thank you Victoria, your workshop teacher training completely transformed my life!"*

*"Victoria is a warm and loving coach who encourages others to be more."*

*"Victoria taught me that loving unconditionally starts with loving yourself first."*

*"Victoria's training was exceptional, thank you so much for the wisdom and experiences you shared."*

*"Your workshop opened my eyes, I will treasure this experience for the rest of my life."*

*"Victoria's knowledge and enthusiasm to deliver the material in the workshop was beautiful."*

*"Victoria is the most beautiful teacher, I am so blessed to be part of her training."*



## Amazon Reviews, Do That and Then Some: Transform Feelings of Less Than to More Than Enough

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*"I have enjoyed reading this book. The author reveals her own struggles in life which she so masterfully overcame. She provides specific tools for the readers to overcome the adversities in their lives and to live a life of freedom from fears, guilt, shame and resentments. She draws a clear map for achieving one's full potential with optimism and joy. This is a book of victory. The author's name, Victoria, is truly her omen. Such an inspirational book!" Jelena Bankovic, Ph.D.*

*"The author really opens up her heart and talks about the adversities in her life, that will probably hit home for many of us. However, unlike many other books, she also shares powerful exercises on how to get through these issues."*

*"I loved her instructions on overcoming our limiting beliefs which we acquire throughout our lives without even knowing it. This is a true how to heal yourself on the inside book."*

*"This book is extremely well written. I enjoyed the stories that I myself can relate too. The exercises in the book have been helpful in my growth. I highly recommend this book to anyone wanting to grow and develop the self."*

*"This was a fabulous read. It is written in a style that is matter of fact and easy to understand, and yet is packed full of wisdom that can be applied to every day life! I definitely suggest reading this if you are looking for some real world, down to earth, writing that can help you to change your life!"*

*"Victoria writes authentically, straight from the heart. Her sharing in such a deep and personal way propels me forward, page-by-page! This book is not only highly informative, it is an invaluable resource. Her courage to share her personal story lights the way for us all to embrace our own story and bring it to the light! This is truly, "the and then some."*



# Victoria Johnson Featured Videos, Podcasts, Social Media and Contact Information

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 [www.VictoriaJohnson.org](http://www.VictoriaJohnson.org)

 [www.TheTraining.ca](http://www.TheTraining.ca)

 [https://wikitia.com/wiki/Victoria\\_Johnson\\_\(author,\\_speaker\)](https://wikitia.com/wiki/Victoria_Johnson_(author,_speaker))

 <https://www.facebook.com/healyourlifetraining/>

 <https://www.instagram.com/healyourlifecanada/>

 [www.youtube.com/c/victoriajohnsonauthor](http://www.youtube.com/c/victoriajohnsonauthor)

Featured video: Forgiveness Meditation with Victoria Johnson:

[https://www.youtube.com/watch?v=AFWGFdnHQIc&list=PLVs22q86Q\\_PGD66Y75DgG0I77oeoLbAi&index=13](https://www.youtube.com/watch?v=AFWGFdnHQIc&list=PLVs22q86Q_PGD66Y75DgG0I77oeoLbAi&index=13)

 **Podcast Series:**

Heal Your Life® Talk Radio Show: <https://anchor.fm/healyourlife>

Motivational Quotes and Inspirational Life Stories: <https://motivationalquotes.buzzsprout.com/>

 **Do That & Then Some: Transform Feelings of Less Than to More Than Enough On Amazon:**

<https://www.amazon.com/Do-That-Then-Some-Transform-ebook/dp/B07M7LM9TD/>

Featured Video For “Do That & Then Some”: <https://youtu.be/0q9tA6INzpw>

 **Writers Workshop Retreat**

Visit this link to get on the waiting list for the next event as these fill up quickly:

<https://victoriajohnson.org/writers-workshop-retreat/>

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## Contact Information

**Victoria Johnson**

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[victoria@thetraining.ca](mailto:victoria@thetraining.ca)