



Shawniel Chamanlal, LCSW
THERAPIST | SPEAKER | LIFE COACH

Bio and Background

Shawniel Chamanlal is a Licensed Clinical Social Worker, Life Coach, and Founder of Healing Springs Wellness Center, a thriving mental health and wellness practice. Her 15 years of clinical experience as a licensed therapist, fuels her passion for empowering individuals to heal their trauma, resolve limiting beliefs, and achieve emotional wellness.

Shawniel has specialized training in EMDR (Eye Movement Desensitization and Reprocessing), Cognitive Behavioral Therapy, Reiki, and Mindfulness Based Stress Reduction, which aid in the treatment of anxiety, depression, trauma, and relationship issues.

As a speaker, Shawniel provides engaging and thought provoking content that inspires individuals to transform on a deeper level and create lasting change. She provides practical steps to achieve emotional wellness, improve mindset, and cultivate meaningful personal and professional relationships.

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Signature Speaking Topics

- ▶ **Emotional Wellness in BIPOC Communities**
- ▶ **Mindful Ways to Heal Your Anxiety and Prevent Burnout**
- ▶ **A Holistic Approach to Emotional Wellness**
- ▶ **Reprogram Your Relationship Mindset**
- ▶ **The Art of Manifesting: Creating Your Abundant Life**
- ▶ **Cultivate Happiness and Success in Your Professional Life**



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Book Shawniel for Speaking Engagements

Together we can create a package that works best. Customized collaboration options are available; I'm open to a creative discussion to further my services for your brand!

Connect With Me!   

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 www.healingspringswellness.com

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