

## BIO for Joy Caffrey

Joy moves her audiences into their own brilliance. Her audiences feel inspired, motivated, empowered, and equipped to fully engage with their personal and professional lives. Joy offers tools to diminish anxiety, self-sabotage, lack of motivation, and perfectionism. She offers pathways to increased self-care, self-love, and compassion.

Joy connects with audience members with transparency, ease, humor, and insight. She brings 25 years of experience in the healing, life coaching, mentoring, and creative arts. Joy has lectured and conducted workshops across the country and spoken internationally.

In her private practice, Joy coaches effective and compassionate communication, offers pathways to raise awareness, foster creative solutions, and manifest successful collaborations. Her clients release self-limiting beliefs, and gain clarity, vitality, and purpose.

Joy Caffrey completed a two-year Energy Medicine program in the 1990s. She has been an energy medicine practitioner for over 25 years. She is a certified yoga teacher (E-RYT 200). Joy earned a bachelor's degree in Fine Arts from the Rhode Island School of Design and is an accomplished visual artist. She resides in Fayetteville, Arkansas with her husband, Tim Caffrey. They have three grown children.

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