

Happiness expert

“ My mission is to transform the ordinary into the extraordinary! To engage peoples’ natural healing capacity and tap into one’s own intuition.. Through humor, love, and passion, my goal is to assist others to lead more fulfilling, joyful lives. ”



With ever increasing life demands & stress coupled with the world’s harsh economic times, individuals need *hope* more today than ever in history.

As a professional with a degree in Education and a 1st Degree Black Belt in TaekwonDo, Elizabeth brings over 20 years of empowering individuals to have the courage to live richly, fully and to their ultimate potential. Whether health, wealth, or great happiness, Elizabeth knows that she can tangibly change your life with her affirming tools and techniques while expanding your joy and laughter.

Elizabeth combines her degrees with a variety of holistic designations including; a Certified Clinical Hypnotherapist, Reiki Master & Yoga Instructor.

Elizabeth Manuel, B.Ed., CACE*

- Happiness expert
- Author
- Writer
- Speaker
- Life Coach
- Yoga Instructor
- 1st Degree Black Belt (TaekwonDo)
- Corporate Trainer
- Reiki Master
- Certified Clinical Hypnotherapist

* Certificate in continuing and adult education