

# CERTIFIED

## Self-Care Coach

*Lori Smallwood-Wheeler*

---



01/22/2024

This certificate acknowledges completion of training in self-care and boundary setting. This certification is offered and endorsed by Transformation Academy®.

A handwritten signature in black ink, appearing to read "Tasha Ina Church".

Tasha Ina Church  
ElleLiveAction

A handwritten signature in black ink, appearing to read "Natalie Rivera".

Natalie Rivera, President  
Transformation Academy®