

Lea Appleton, MA, MDiv, PCC, NBC-HWC

Founder at Wild Wayfinding

Short Bio/Intro:

Lea Appleton walks. A lot. And she thinks you might like it too. As the author of *Walking & Wayfinding: How to Create Your Own Mindful Practice, One Step at a Time* and the voice behind the Hip Hiker blog, Lea has spent years exploring what happens when people slow down enough to notice what they're actually longing for. She has discovered for herself that the path to clarity usually begins by putting on shoes and getting outside. A certified Wellbeing Coach (ICF-PCC and NBC-HWC), she's been featured in Forbes, AARP, and Everyday Health, and has appeared on podcasts around the world. When she's not coaching people navigating change, you'll find her on neighborhood sidewalks, local trails, the mountain ranges of California with her husband, or hosting a labyrinth walk for anyone who needs to find their way back to themselves. More at www.wildwayfinding.com.

Longer Bio:

Lea Appleton is a certified professional coach (PCC | NBC-HWC), author, speaker, and experiences guide. Her book, *Walking & Wayfinding: Create Your Own Mindful Practice, One Step at a Time*, is an Amazon #1 Bestseller in Walking. She hosts the Hip Hiker blog where she chronicles her adventures walking, hiking, and backpacking with friends and family, and her zirconium hip. She's coached over 425 clients, across 22 countries and six continents, which means she has a lot of experience listening, too—over 1850 hours, in fact. She's been featured in Forbes, AARP, and Everyday Health, and has appeared on podcasts around the world. Her offerings include a variety of portable labyrinths that she can bring to your workplace or retreat center as well as guiding Wayfinding Days where she invites people to experience her approach to mindful walking. Her professional background is in higher education administration where she spent nearly twenty-five years helping to create multicultural, interreligious, and diverse communities. She is a Professional Certified Coach (PCC) with the International Coaching Federation and a National Board-Certified Health and Wellness Coach (NBC-HWC). She also holds the Erickson Solution-Focused Coach Diploma, a Master of Arts in Music from the University of California, Riverside, and a Master of Divinity from Pacific School of Religion in Berkeley. When not working, she spends her time on outdoor adventures far and wide, cultivating her vegetable garden in her backyard, and taking photographs of things that catch her eye. She lives in Southern California with her husband and has three adult children.