**Demara Stamler Professional Bio**

As a Life Coach, certified by Brave Thinking Institute and the Association for Research and Enlightenment, Demara Stamler can help you design and master a life that’s in harmony with your soul’s purpose.

Demara inspires and empowers people to live their highest vision from the place of love, purpose and meaning. Her passion is teaching clients to unlock their true potential, achieve outrageous success, and live a life they LOVE living!

She grew up in California and moved to Northern Virginia to raise her family over 40 years and from there began her entry into the healing arts as a massage therapist. With her extensive background in the healing arts as a practitioner, teacher and administrator, Demara has a particular passion for helping massage therapists create successful businesses and maintain their love and commitment to their craft – or – help them discover and build the next chapter in life. She specializes in guiding people toward their personal mission and purpose.

Demara is an inspiring speaker, passionate educator, and a highly sought-after transformational coach. Now combining this background with the proven Brave Thinking® technology, Demara is helping clients achieve extraordinary results in accelerated time – helping them transform their lives and close the gap between the life they were living and a life they absolutely LOVE living.

What makes Demara unique is her ability to intuitively see through blocks that stop people from achieving what they want then steering them in the direction they do want. Demara uses a variety of creative solutions, specific tools to work with, and proven principles they can experiment with to achieve those results.

Demara offers content-rich, interactive workshops that take participants on a journey in which they design, define, test, and experience a crystal-clear vision of the life they would love – a life that is in alignment with their highest purpose. They will have a unique opportunity to “step into” the life they are imagining and feel a resounding “yes, I would love that!”

Demara is proud to be certified as a DreamBuilder Coach with the Brave Thinking Institute (BTI) since 2016 and as a Life Coach by the Association for Research and Enlightenment (ARE) since 2017. She’s also certified as a Meditation Teacher and Mentor. Anyone who asks her why she chose to do this work will get the same answer every time, “I absolutely love this work. Coaching and teaching fulfill my mission and purpose”. Her dream is to have every client find a life that they love, too.