

Coaching with Danielle Levitan, ACC

Helping people and organizations thrive.



If you're trying to move forward but feeling overwhelmed and stuck, let's work together!

You'll go from floundering to flourishing as you learn to regulate your nervous system, strengthen your mind-body connection, and build the mental fitness to better navigate change and challenge.

I offer 1:1 coaching and group sessions.

CURIOUS?

Schedule a free strategy session: [**dani@curiousmindopenheart.com**](mailto:dani@curiousmindopenheart.com)

How does it work?

I start by meeting you where you are, and I support you to do the same for yourself. We partner together to figure out your goals, make a plan to reach them, handle the obstacles that arise, and build momentum.

When you are more in command of your nervous system rather than at the mercy of it, what becomes possible for you?

EVERYTHING!

With humor and compassion, I integrate mental fitness tools, mind-body integration practices, Positive Intelligence (PQ), applied polyvagal theory, and thought work.

You will experience a greater sense of well-being and the ability to be at your best in all kinds of contexts, at work and at home, in your relationships and at play.

I hold certifications in multiple modalities:

- ACC credential from the International Coaching Federation
- Certified PlayZone Pro Polyvagal-Informed Coach from the Polyvagal Institute
- Certified Wayfinder Life Coach from the Martha Beck Institute
- Certified yoga and mindfulness instructor, E-RYT from Yoga Alliance
- Positive Intelligence (PQ) Coach

What my clients say

Dani's warmth, empathy, and depth of understanding were evident in every word she spoke. I cannot fully express how grateful I am for the subtle insights and gentle encouragement she offered in that single hour. Dani's ability to instantly create a comfortable and nonjudgmental space allowed me to open up and share aspects of my life that I hadn't discussed with anyone previously. I left my session with a refreshed outlook on my future and a reinvigorated sense of purpose. I would recommend Danielle Levitan without reservation to anyone seeking a positive and meaningful change in their life.

—Adam

As a facilitator and somatic practitioner, I am very particular about who and how I let someone guide me in explorations of my inner terrain. Danielle is exceptional in her presence, ability to meet me where I am, her compassion, and her encouragement for me to discover my very best life and live into it. Danielle's coaching has been invaluable for me as I navigate a myriad of life-changes. She is able to meet me with grace and I can feel her care and her support of me to live into a life that is in alignment with my values and with my deepest longings.

—Arlyn

I find Dani to be a very open and courageous coach. Our sessions together have broadened my perspective on topics such as starting my own business, leaning into my creative pursuits, and discovering what is getting in the way of meeting my goals. I feel fully seen in ways I have never experienced. In addition, I walk away with clear next steps, and the inspiration to follow through on our agreed-to actions which has improved my sense of hope and empowerment.

—Paula

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