

# Speaker's Bio: Jasmine Rae Stromberg

Doctor of Physical Therapy  
Happiness & Success Coach



[Click Here to Watch a video of Jasmine Speaking](#)

## Career Highlights:

- National Recognition by the American Physical Therapy Association
- International Happiness & Success Mindset Coach
- In House Mindset Coach for International Business Coach, Cailen Ascher

## Expertise:

- Strategist for Increasing Happiness & Overall Life Satisfaction
- Success Mindset Coaching for High Level Achievement
- Belief Change & Subconscious Reprogramming
- Life Transformation & the Empowered Co-creation process
- Strategies to manage 'Imposter Syndrome'

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## Speaker's Experience:

Jasmine Rae Stromberg is a Doctor of Physical Therapy, a Happiness/Success Mindset Coach and Certified Neuro-linguistic practitioner.

Jasmine has been featured as a guest on NPR's "Well Woman Show" by Giovanna Rossi, (featured in Forbes), as well as on the "3 Day WorkWeek Podcast" by host Cailen Ascher, an International business coach and founder of the 'Success Made Simple' method.

Jasmine has been a guest speaker at various Local and International Wellness Retreats on the topic of boosting happiness and building resilience. Jasmine has been hired to speak to High Level Business Memberships & Masterminds on the topic of mindset, removal of limiting beliefs and more.

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## Career & Education

Jasmine has cultivated a love for learning and leadership, graduating top 10 from her graduating High School class, Summa Cum Laude with her Bachelors in Exercise Science, and participated as a Resident Advisor & New Student Orientation Leader at the University of New Mexico during undergrad.

Jasmine received national recognition upon graduating with her Doctorate in Physical Therapy for her work in assisting local young women of color access notable allied health professions.

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## Career & Education (cont.)

Jasmine is a Certified Life & Success coach, a Certified NLP practitioner, has been certified as a 'Happy for No Reason' Trainer by Marci Shimoff, Co-author of the book 'Chicken Soup for the Women's Soul and a certified 'Infinite Possibilities' Trainer by Mike Dooley, Author of 'Notes from the Universe'.

Jasmine enjoys helping others understand & experience their true potential, teaching that we are all true creators of our lives. Jasmine breaks down concepts of success & happiness in a way that's accessible, practical and easy to understand and implement.

Jasmine currently works part time as a clinical physical therapist in her home town of Albuquerque, New Mexico, as well as an International Happiness & Success Coach and Group Breathwork Facilitator, helping others to cultivate a resilient and empowered mindset to overcome personal limitations to achieve their desired goals and create fulfilling lives.



## Client Testimonial:

"When I was thinking about who I wanted to bring in to talk to my mastermind about mindset and creating a fulfilling, happy life, it was a no-brainer to work with Jasmine. She is so gifted and her energy lights up a room. The group calls that she led for my mastermind members were a highlight for every single one of them, and each member walked away with powerful takeaways that are helping them grow their business and improve their life as a whole. Thank you, Jasmine! Can't wait to work with you again!" -**Cailen Ascher, 6 Figure Business Coach and Creator of the Success Made Simple Method**

## Client Testimonial:

"Jasmine brings an infectious energy to her sessions! It is clear that she is working in her zone of genius as she leads and coaches. Jasmine has an incredible warmth as she invites people to uncover what is possible for them. Her session at my virtual retreat was an absolute hit and I cannot wait to have her back at future events. Thank you for everything you do Jasmine!"

-**Emma Jack, Physiotherapist & Performance Coach for High Achieving Clinicians & Owner of Press Play Physiotherapy and Pilates studio, Toronto**

## Contact:

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