

ABOUT ME

Leslie is the Kizen Koach™, a certified Quantum Human Design™ Specialist, and an internationally celebrated speaker and author. In her private practice, she is helping folks reconnect to their own body, brain, and breath to have better relationships at home and in business. On stage and in front of the camera, she strives to share her message about the power of personal narrative because when you tell the story you want to live, you get to live a story you want to tell. Leslie combines her experience, education, and expertise in neuropsychology, marketing, and quantum physics to support her clients and audience members in understanding the importance of making aligned choices and how to become empowered to create tangible change and desired results in their lives and relationships.

**LESLIE
TANKERSLEY
ARBOLEDA**

THE KIZEN KOACH™

CONTACT ME

📞 720.925.1632

✉️ leslie@kizenwellness.com

📍 Denver, CO & Online

🌐 www.kizenwellness.com



➤ SPEAKING TOPICS

- **Resiliency** is Key: Reframing Failure into Feedback to Find Success
- **Integrity** is PRIME: 5 Ways to Feel Whole
- **Aligned** Entrepreneurs: The 5 Different Types of Successful Entrepreneurs
- The Quantum **Power** of Your Personal Narrative: Tell the Story You Want to Live
- **Joy** Is Your Birthright: Strategies for Living Happy, Healthy & Wealthy

➤ TESTIMONIALS

"Leslie has a beautiful talk that many women need to hear."
- Dussteen Scott, marketing expert

"Leslie has been a beacon of light for me."
- Tara Binette, realtor

"Leslie has a way of asking questions that helped me realize how to finally align to the answers that were right for me."
- Jon Boyer, entrepreneur

➤ FEATURED BY

