

A Story of Healing, A Journey to Wellness with V. Lynn Hawkins

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

As a single mom, health practitioner, and female entrepreneur, V. Lynn Hawkins is no stranger to struggle. Though she lived in survival mode for many years, a life-changing injury introduced her to the world of holistic healing. As a result, she found her passion and discovered her purpose as an advocate for health, nutrition, and alternative medicine. She now empowers other healthpreneurs to market their messages of healing through her own business design, development, and digital marketing business. V. Lynn's story is inspiring and her heart-centered approach is contagious as she encourages us to embrace the possibilities for healing and wellness so we can thrive in life!

In this Episode, V. Lynn:

- Shares how she helps healthpreneurs be heard and be more visible by leveraging the power of technology and through collaborative efforts.
- Basks in the nostalgia of how she survived her seemingly-busy days as she juggled her responsibilities as a single mom, athlete, health-preneur and coach.
- Reminisces the time when she left the corporate world, eventually discovering her purpose of helping healthpreneurs and expanding her capacity to be of service to others.
- Discusses the amazing benefits of shifting into a life of motion and nutrition as she educates everyone that the body is capable of holistic healing.
- Encourages us to embrace a life of growth that includes adjustments, challenges, and jumping into the unknown to evolve into the person we all aspire to be.

V. Lynn is the CEO of the P3 Academy Business Design. The P3 Academy empowers and assists Healthpreneurs with business development through digital marketing so they get more visible, get heard above the crowds, and help more people. Their aim through collaborations and digital marketing is to disrupt the current thinking and resulting actions around wellness so together, they can Unite to help heal the world, one person, one community, one continent at a time.

V. Lynn is a Former Athlete, Author, Coach, Whole-Plant Lifestyle Advocate, Certified Hypnotherapist, Digital Marketer, and HOST of the Health, Wisdom, and Wealth Show on which are Powerful

Conversations with health, nutrition, alternative medicine, healthy lifestyle, and cause advocates about healing our body, mind, and spirit, our environments, communities and our planet.

Quotes from this Episode:

“Help someone else with what they need and you in turn will get what you need.” – V. Lynn Hawkins

“The biggest challenge that I had to get over was *me*.” – V. Lynn Hawkins

“What got you here is not going to be what takes you there.” – V. Lynn Hawkins

Resources:

Website: <http://p3academy.com>
Facebook: <https://www.facebook.com/v.lynn.hawkins>
<https://www.facebook.com/p3academyse>
<https://www.facebook.com/groups/p3healthpreneurs>
LinkedIn: <https://www.linkedin.com/in/vlynnhawkins/>
Instagram: https://www.instagram.com/vlynn_p3healthpreneurs
Twitter: <https://www.twitter.com/vlynnhawkins>
LinkTree: <https://linktr.ee/p3academy>
<https://www.facebook.com/groups/p3healthpreneurs>
<https://www.facebook.com/cfhackerworx>

Golden Timestamp:

52:43 – 54:10 - V. Lynn Hawkins shares her words of encouragement for people who want to break free from living in a mundane life through one simple action.

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