

BIO ANNIE WHITE

Annie is a Holistic Kinesiologist who specialises in family care. She works with both adults and children to assist with stress reduction and trauma. She has acquired a vast skillset that she utilises whilst working one on one in her clinic environment.

Annie holds a Diploma of Kinesiology from the College of Complementary Medicine and is a fully qualified Reiki Master. Additionally, she has completed a specialist Kids Kinesiology course, so that she can help guide children through the emotions associated with trauma.

Annie graduated as a Spiral practitioner in early 2020 and she knows that this is the thing that really sets her apart. The skills that she gained have been life changing both personally and professionally.

Annie completed a Business Degree and worked for many years in the corporate sector in a sales capacity. Around this time, she experienced a major life trauma that was the catalyst for her life to take a whole new direction. She went back to university to study Chiropractic, and little did she know that was the start of a long journey to find her true passion. She was introduced to Kinesiology through Chiropractic and let's say the rest is history.

Annie is different to many other Kinesiologist's because she has experienced trauma first hand and has successfully overcome adversity. She combines her business experience that she gained in her earlier career with her extensive studies and passion to work with the complexities of the human nervous system through Kinesiology. She understands how stress and trauma affects us physiologically and emotionally. She also understands why this can hold us back from achieving our true potential.

When you engage Annie, you will get a genuine offering of insightful knowledge that delves into the intricacies of the human nervous system and how it deals with everyday stress and trauma. She has the capacity to offer real solutions that are delivered with true authenticity.

A portrait of Annie White, a woman with short blonde hair, smiling. She is wearing a light pink long-sleeved top with a ruffled neckline. Her hands are clasped in front of her, and she is wearing a ring on her left hand.

ANNIE WHITE
HOLISTIC KINESIOLOGY
SPIRAL PRACTITIONER

W:
WWW.ANNIEWHITE.COM.AU

E:
ANNIE@ANNIEWHITE.COM.AU

LI:
LINKEDIN.COM/IN/ANNIE-WHITE

FB:
FACEBOOK.COM/ANNIE-WHITE-KINESIOLOGY-100449201364417/

IN:
INSTAGRAM.COM/ANNIE.WHITEKINESIOLOGY/