

# Dr. Melissa Turner

Holy Spirit-Led Rapid Transformation Coach, 2X-Author, Speaker

Hello! I'm Dr. Melissa Turner. I'm a Holy Spirit-Led Rapid Transformation Coach and founder of Turnaround Wellness. I help women break free from unworthiness, anxiety, and emotional overwhelm through Spirit-filled, heart-centered coaching that sparks rapid, lasting change.



God didn't create you to live defeated. He sent His son, Jesus, to die on the cross for our sins so that we could have "life and have it abundantly" (John 10:10). That's why I walk alongside women so they can heal their nervous system, renew their identity in Christ, and step into a life of beauty, purpose, and wholeness.

## SIGNATURE TOPICS



**Healing the Nervous System-** practical tools to regulate, reset, and restore safety in your body



**Breaking Free from Self-Sabotage** to overcome perfectionism, overthinking, and guilt



**Faith and Transformation-** how God's truth sets us free to live with peace and purpose

*Dr. Melissa is thrilled to tailor a presentation uniquely crafted for your audience and organizations' needs.*

## CLIENT FEEDBACK

"This workshop helped me release the feeling of worthlessness I've carried for decades. I'm able to be my authentic self and advocate for myself at work. I wasn't able to do that before. I'm so thankful for what we've accomplished together."

**Stephanie T.**

**Fog to Freedom Bootcamp**

Please scan the QR code to fill out the "Book Me" form or email [melissa@tarheelpgxconsulting.com](mailto:melissa@tarheelpgxconsulting.com) and we'll be in touch!



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