



What Will Set You Free

Certified Coach

Glenda Wyatt-Franklin

Glenda Wyatt-Franklin is a Metaphysical Wellness Coach and Registered Nurse with over 20 years of experience in holistic health, clinical care, and spiritual transformation. She specializes in helping clients release excess weight and reclaim their health—not through willpower or struggle, but by aligning with the innate wisdom already within. She is deeply inspired by her own health journey, having released over 70 pounds through the very principles she now teaches—without punishing workouts or restrictive dieting.

Glenda believes that losing weight and changing your health doesn't have to be hard work, despite what we've been conditioned to believe. While diet and exercise have their place, they are not the starting point. Instead, she helps clients access the deep internal resources—energetic, emotional, and spiritual—that make radical transformation effective, lasting, and free of deprivation. This approach brings forth the healthiest version of self that is already seeking to emerge.

Her signature program, *Dramatic Health Ownership*, blends metaphysical principles like the Law of Vibration with plant-based nourishment and identity shift work to support profound and lasting change—physically and energetically.

Glenda is also the author of the forthcoming book, *Dramatic Ownership: The Master Keys to Reclaiming the Health You Didn't Know You Could*, a bold and inspiring guide to healing through personal responsibility, self-trust, and spiritual alignment.

Glenda is especially passionate about working with clients who are in mid-life or beyond, have spent years battling excess weight, and feel disheartened by the limits of conventional weight-loss approaches. She supports those who are open to metaphysical principles and ready to fully engage in a radical, soul-led transformation of their health—one that goes far beyond diet and exercise to awaken lasting change from within.

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