

Learn more at: www.mariaserbus.com

Maria Serbus - Shortened Bio

Maria Serbus is a coach, consultant & keynote speaker. As the CEO of Maria Serbus, LLC- her mission is to help ambitious women overcome overwhelm & self doubt through mind-body practices to enjoy the life they live now. Maria incorporates science backed strategies, physiological education & mindset tools to empower women to show up in their full power and create a life they love. She is the host of the [Unleash Your Potential Podcast](#) and lives with her family in southeast Minnesota.

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Maria Serbus Bio - regular bio

Maria Serbus, owner of Maria Serbus LLC, is on a mission to shift & transform the lives of ambitious high achievers, leaders & successful women in business. Founded in April 2021, her business is dedicated to helping individuals overcome stress and overwhelm through powerful mind-body practices that enable them to savor the life they live today while still chasing their wildest dreams.

Drawing from an eight-year career in occupational therapy across diverse settings in the southeast MN area, including the prestigious Mayo Clinic and community-based rehab centers, Maria brings invaluable experience to her role. In addition to her Masters degree in occupational therapy, she holds certifications as an anxiety management specialist and a HeartMath Biofeedback professional, along with training in the Emotional Freedom (acupressure) technique and other holistic mind-body tools, making her a seasoned expert in her field. Her practice is grounded in science to train busy minds and hustling go-getters how to calm and ground their body/nervous system from the inside out.

Maria's focus extends to building resilience among successful women, empowering them to elevate their lives and businesses with greater clarity and ease. She achieves this through a range of offerings, including interactive group workshops, captivating keynote speaking engagements, enlightening online courses, and a supportive membership community. Additionally, she hosts the inspiring podcast, "Unleash Your Potential with Maria Serbus" on Spotify & Apple Podcasts.

Outside of her professional pursuits, Maria resides in Rochester, MN, with her loving family – her husband, son, and two beloved dogs. In her free time, she enjoys yoga, listening to podcasts, exploring spiritual tools & modalities, embracing the outdoors, and adventures with her family from movie nights to dance parties.

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Discover more about Maria and her transformative work at mariaserbus.com and connect with her on Instagram [@maria.serbus](https://www.instagram.com/maria.serbus).