

Midas Touch Lymphedema Institute Introduces Life Coaching for Personal Growth in Miami

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South Miami, FL - Midas Touch Lymphedema Institute in South Miami is expanding its integrative care to include non-clinical life coaching services for personal growth. These coaching services are distinct from licensed medical, physical therapy, or mental health care, and are intended to support personal development rather than provide clinical treatment.

This new dimension of support builds upon the Institute's well-established approach to holistic, patient-centered wellness, which blends advanced physical therapy with approaches supporting emotional and mental wellness.

The addition of life coaching, led by Ana Mendieta, founder and licensed physical therapist, complements the clinical services offered at Midas Touch Lymphedema Institute by introducing holistic, non-clinical strategies that support personal growth. These services encourage self-reflection and goal-setting, but are not a substitute for licensed medical or mental health care. Ana notes that for many individuals managing chronic

conditions such as lymphedema, progress often involves both physical and emotional aspects.

Ana is also a certified Chopra Total Well-being Coach, a wellness credential issued by the Chopra Center. This designation is not a state-licensed certification in Florida but reflects completion of private training in non-clinical personal development coaching practices. This certification, awarded November 2, 2022, recognizes her training in guiding individuals in personal development and wellness.

The life coaching program at Midas Touch Lymphedema Institute draws from coaching methods influenced by research-based wellness principles and holistic philosophies designed for personal growth rather than clinical intervention. The program is intended to provide motivational support and personal development rather than therapy. Mendieta works with clients one-on-one to help them gain insight, set meaningful goals, and build practical habits for self-growth. These services do not include diagnosing or treating mental health conditions and are intended solely for non-clinical personal development.

Each coaching journey is designed to reflect the client's personal experiences and objectives. All coaching sessions are conducted in a confidential and professional setting that prioritizes client privacy and respect. Mendieta explains, "Physical therapy supports physical recovery, while life coaching aims to nurture emotional and mental wellness."

Beyond individual care, Midas Touch Lymphedema Institute remains committed to community wellness.

The Institute's comprehensive approach recognizes that individuals facing chronic health challenges often benefit from addressing multiple dimensions of their well-being simultaneously. While traditional medical interventions focus primarily on symptom management and physical rehabilitation, the integration of life coaching services acknowledges the interconnected nature of physical health, emotional resilience, and personal fulfillment. This expanded framework allows clients to explore how their health journey intersects with their broader life aspirations and values.

Ana Mendieta's unique background positions her to bridge the gap between clinical expertise and personal development guidance. Her extensive experience in lymphedema treatment has provided her with deep insights into the psychological and emotional challenges that often accompany chronic conditions. Many patients report feeling overwhelmed not just by their physical symptoms, but by the lifestyle adjustments, relationship changes, and identity shifts that can occur when managing a long-term health condition. The life coaching component addresses these broader life challenges through structured, goal-oriented conversations that help individuals rediscover their sense of purpose and direction.

The coaching sessions typically focus on areas such as building resilience, developing effective communication strategies, enhancing self-advocacy skills, and creating sustainable lifestyle modifications that

support overall well-being. Clients learn practical tools for managing stress, improving sleep quality, establishing healthy boundaries, and cultivating meaningful relationships. These skills complement the physical improvements achieved through medical treatment, creating a more comprehensive foundation for long-term wellness.

For more information or to inquire about available life coaching for personal growth, contact (305) 740-7292 or email info@midastouchlymphedemainstitute.com. Further details are available on the official website at midastouchlymphedemainstitute.com.

Midas Touch Lymphedema Institute continues to champion an integrative approach, fostering long-term recovery and sustained personal development.

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For more information about Midas Touch Lymphedema Institute, contact the company here:Midas Touch Lymphedema InstituteAna Mendieta(305) 740-7292m1dasmt1@yahoo.com7600 SW 57th Ave STE 302A, South Miami, FL 33143, United States

Midas Touch Lymphedema Institute

Midas Touch Lymphedema Institute offers a holistic path to wellness that nurtures one's body, mind, and spirit. Their all-inclusive approach is designed to support every aspect of one's well-being, helping them achieve balance, vitality, and inner peace.

Website: https://midastouchlymphedemainstitute.com/

Email: m1dasmt1@yahoo.com

Phone: (305) 740-7292