



Ivonne Hanks



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Ivonne E. Hanks

Integrative Health & Wellness Strategist

Author



Ivonne Hanks is passionate about the ability that lies in every individual to live a purpose driven life of significance. She believes that everyone can find their way to a more balanced existence by embracing their true loving and conscious nature from a place of presence.

She has had a lengthy career in public service within the health and human services field. She holds advanced degrees in the fields of political science and public health.

She is President of Health is You!, LLC an integrative transformative health and wellness strategist practice which coaches and helps individuals and families find balance in a heart-centered, purpose-driven life. Ivonne is also the President of Worldwide Culture-Link, LLC, an innovative and strategic communications consulting firm in social marketing, cultural intelligence, multiculturalism, and mindful leadership.

Today, Ivonne offers a wide range of transformative and mindful leadership strategies and interventions from individual and group coaching to seminars, and guest speaking appearances.



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www.health-is-you.com

Biography



Turning adversity into opportunity while living in in the Corona virus pandemic:

As we “shelter-in-place” many people find ways to stay upbeat and not get down in the dumps. As President and CEO of Health Is You!, Ivonne Hanks helps individuals and families find balance in their lives with fulfillment and purpose. Living under this pandemic, Ivonne encourages people to practice positive behaviors while being present. Positive behaviors include embracing a creative spirit such as learning a new language or how to play a new instrument. Behaviors also entail being people being aware of their finances to make sure that they aren’t spending so much and to do simple things to not spread COVID-19 such as not touching the face, washing hands and keeping distances.

Helping Businesses Create Welcoming Environments

Having a diverse workforce is an important ingredient as American companies build and grow. Sometimes, there are stressful situations that can stem from bias and prejudice toward employees from different ethnic groups. Ivonne Hanks, owner of Worldwide Culture-Link, a strategic communications consulting firm, helps businesses, government entities and organizations removes these barriers and obstacles so managers and their teams can work successfully across cultural situations. Ivonne can give some recent examples of how she has helped businesses and what some of the trends are.

Story Ideas



Finding Your Inner Voice:

When Ivonne Hanks left her homeland of Puerto Rico in the early 1980s, it was her inner voice that guided her to chart a new life in America as a public health educator and case manager in New York and human services counselor to an entrepreneur. She advises people to listen to that inner voice and to embrace the love they have within themselves. She can talk about how she changed her life after being married and having a child at a young age, experiencing divorced and remarriage and forging her own life.

Using Mindfulness in Building Communities:

Mindfulness is the state of being conscious or aware of something, focusing on one's awareness on the present moment. As CEO of Health is You!, Ivonne Hanks coaches individuals to find their inner calling, have balance in their lives and make a difference in their civic engagement. For example, we have responsibility for communities to know about their elected representatives, their policies and participating in events where representatives can describe their plans. Then they can genuinely be present in the voting process.

Supporting pregnant teens:

During her time working as a public health educator and a family case manager in the health and human services field, Ivonne Hanks has counseled many teens who had unplanned pregnancies find the support and services to help them finish high school and build their futures. Some of those teenagers were young Latinas. As a young woman growing up in Puerto Rico, Ivonne remembers what it was like being a young bride at 16 and have her first child a few years later. Ivonne can talk about how communities no matter what their ethnic backgrounds are can support these girls and overcome the cultural norms.

Story Ideas



Ivonne was featured in Today's Inspired Latina Volume V: Life Stories of Success in the Face of Adversity.

Today's Inspired Latina™ is an award-winning book series of inspiration and hope told through a poignant collection of personal stories that can activate anyone's passions. They are success stories that are told, to motivate our communities for generations to come.

Ivonne shares her story in Volume 5 and has travelled to Chicago and New York City for the much-anticipated anthology book launches. Ivonne participated in a collaboration between Latino Thought Makers and Today's Inspired Latina in an interview panel with fellow Latina authors from the series. Most recently she was a featured speaker in the Today's Inspired Latina International Summit hosted in Puerto Vallarta, Mexico.

Today's Inspired Latina



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