

Joanne R. Kanute



In 1978 Guy and I married, we have two grown children; a son and a daughter. Both of our children are married, we have a grandson, who we adore.

We moved to Tucson in 1985, we both were raised in a small farming community in northern North Dakota; we had a huge adjustment to make.

For 29 years I have been an active salon owner/hairstylist. Hair is a small portion of the cosmetology industry; the greater portion is life coaching! We coach our clients through their many challenges. As Dr. Lew, a psychologist said, "My clients listen to their hairstylist more than me, they tell their stylist everything."

Our eating habits and lifestyle is reflected through our health. Health & Wellness has a major impact on our future. As my mothers caregiver for 5 ½ years, this became very real to me. Life can bring complexity, challenges and great stress. Many times we need someone to help us steer our way through life. There are many paths to travel; it is always good to have a navigator traveling with you.

Stress can be reduced by prioritizing our time; how we spend our time is our choice. We all have been given 24 hours in a day, we all need to figure out how to use our time wisely, we can never get it back. Other factors that impact our stress level in life are: your image, self-esteem, self worth, success or failure. Joanne's goal is to help maximize your potential and contribute to the success of others.

Joanne is a member of American Association of Christian Counselors, Christian Coaching Alliance and Toastmasters. She also volunteers at Calvary Tucson East Campus bookstore and Pima Council on Aging.

Education:

International Fitness Association

Senior Fitness Instructor Certification
Aerobic Instructor & Personal Trainer Certification
Sports Nutritionist Certification

Light University

Professional Life Coaching, Certification
Professional Health & Wellness Coaching, Certification

Dale Carnegie Course

Effective Communications & Human Relations

Global College of Natural Medicine

Nutritional Consultant

Skill path

Assertive Communication

TEB Associates International

Master Certified Image Consultant

School of Fitness & Nutrition

Fitness & Nutrition

International School of Correspondence

Fashion Merchandising

Ritters School of Beauty

Cosmetology