



Love your life—professionally, personally, spiritually.

Specialties:

- Program and curriculum development
- Training Relational Brain Skills and Immanuel Prayer
- Coaching and counseling
- Writing

Qualifications & Credentials:

- Florida Licensed Mental Health Counselor, #MH7892
- Qualified Supervisor
- Chaplain, Corporate Care Partners
- Ambassador, Central Florida Christian Chamber of Commerce
- Member, International Association of Trauma Professionals
- Columnist, *50-Plus FYI magazine*
- Guest expert on various local television and radio outlets



Founder and Head Coach of HSW Connections, Dawn Whitestone, MA, LMHC, not only lives her message (Love your life!) she helps her clients live it. Her friends and colleagues call her the “Joy Bucket Lady,” based on one of the neurobiological concepts she teaches with simple, everyday language. Dawn equips her clients and workshop participants with practical tools, fun activities, and usable information to:

- Increase joy and self-confidence
- Decrease anxiety, irritability and low mood
- Improve relationships with co-workers, clients and family
- Connect in healthier relationships with others, themselves and God
- Discover what’s holding them back and get it out of the way so they can be successful at work and at home

Previously, Dawn was a program manager at a large, non-profit counseling and addictions agency in Central Florida. While there, she developed and managed four programs, including expanding the primary program to multiple locations, increasing referrals, completions, staffing and funding. She also successfully developed and implemented two new program components, and revised the data-collection and analysis systems. She also appeared in media outlets for the agency, and helped to write and produce a television program for Orange TV on medication interactions in older adults.

In 2013, Dawn left her management position to start HSW Connections. She has leveraged her experience in program development, her understanding of Relational Brain Skills, and an effective prayer modality to help organizations and individuals thrive. She has a growing



coaching practice in Winter Park, Florida, and is sought out for workshops and presentations by groups such as:

- Foundation for Orange County Public Schools-Read 2 Succeed program
- Central Florida Christian Chamber of Commerce
- Orange County Public Schools
- Mid-Florida Community Services-Head Start program
- Orange County Office on Aging-Counsel for Caregivers program
- Orange County Citizens Commission for Children/Neighborhood Centers for Families
- Retired Seniors Volunteer Program (RSVP)-now Volunteers for Community Impact
- Office of Wanda Talley Schebel, C.P.A.
- Michelle Ogden and Company

Dawn's passion for joyful living is rooted in a strong family, vibrant faith, and familiarity with suffering. Her personal experiences with divorce, deaths of loved ones, and family illness give her a compassion that undergirds her love for life and passion for people. Dawn fills her joy bucket raising her two children, and spending time with friends in Winter Park, Florida.