

# PROGRESS

with Michael Bernoff



**Dr. Christina  
Kovalik**  
on the path  
to confidence



# Dr. Christina Kovalik

Naturopathic Medical Doctor and  
Acupuncturist

**Home**  
Scottsdale, Arizona

**Husband**  
John

**Children**  
John IV, 8  
Alexander, 6



In 2007, I decided to start my own practice as a Naturopathic Medical Doctor and Acupuncturist. Embarking on this new journey, I didn't have much confidence. In many ways I saw myself as a timid little girl who was rather introverted and frightened of failure. My fears were holding me back from being successful in my business. Little did I know back then just how capable I was of making positive life changing decisions.

Later that year, I joined a networking group where a friend introduced me to Michael Bernoff. After participating in Michael's Call2Action course, Michael had me thinking in ways that I had never thought before. My mind opened up to see new perspectives. Originally, my primary focus for taking the course was to develop my business, but he soon brought me to realize that I needed to work on myself first to achieve my goals. The idea of personal development was a completely foreign concept to me and turned out to be absolutely life changing. I found that anytime I personally progressed, anytime I became stronger and more centered, my business grew.

Over the past several years, I have made many breakthroughs working with Michael. The one that resonates the most with me was a training I was having with Michael back in 2010. He talked about taking that leap of faith towards my dreams and not letting fear get in the way. At that time I was renting a small room in a chiropractor's office. After that training, I made the decision to move into my own office space. It was a dream of mine to have my own practice. This advice was given to me at a time when I was spreading myself thin between two businesses and I believe it gave me the confidence to solely focus on my own practice.

From that point on my practice has doubled, as has my profit. I was able to arrange a work schedule that comfortably fit around my family and lifestyle. I was grateful for the opportunity to push myself to grow and make progress towards what I desire in my life. Everything started to fall into place.

**"I focus on the ripple effect, what i put forward will make a lasting impression in all I come in contact with."**



“I am much more confident in who I am and what I have to offer my patients on their journey towards optimal health.”

From there I took all I've learned studying naturopathic medicine and all I learned from Michael to serve my patients at an extremely high level. To me it is about meeting the patient where they are and guiding them along their healing journey. I feel honored to be a part of it and get excited when the patient's progress exceeds their expectations.

What I believe also makes me unique is that I address the emotional side of every illness and disease by looking at the energetic body of each patient. This allows for the healing to occur.

The work I've done working with Michael through Call2Action, Core Strength Experience, Human Interaction Technology and Leadership has reflected in every facet of my life. My thinking process is forever changed for the better. My relationships with family, friends, and clients have all been enhanced due to me improving my communication skills. Now I feel like I'm operating at my full potential and that was not something I could say several years ago.

I am much more confident in who I am and what I have to offer my patients on their journey towards optimal health.





# Thoughts from Michael

## on Confidence

Dr. Kovalik is an incredibly special woman and if there was ever anyone perfectly suited for her career...it's her. She has a calm and kind manner that immediately makes you feel a sense of peace when you are speaking with her. Being a naturopath comes naturally to Dr. Kovalik because that holistic approach is how she views the world...naturally. When I began working with Dr. Kovalik she already possessed the knowledge and skills she needed to be an excellent physician. Her focus was on growing her business. As she worked on her skills, she realized it was time to focus on improving her internal communication. Which she did. This allowed her to have the confidence to speak up and use that calm and peaceful voice more frequently. All these things played together...her internal communication, her voice, and her confidence. It has made such a tremendous impact on her ability to run a successful business and to have personal relationships that thrive.

### **Now That's Progress.**

I've watched Dr. Kovalik grow and improve and it's been outstanding to see her results. There is one thing I've noticed most about Dr. Kovalik and that is this...she's removed her hesitancy when she's speaking and replaced it with direct conversation that is strong, knowledgeable and exudes confidence. It's awesome to see that transformation. What's best about that is her patients get to receive the benefit of that direct communication. When you go to a physician for care you want them to be assuring. Dr. Kovalik is. I have known many people that have benefited from her care as a patient. They can comfortably rely on her and trust her with their health. As she works with her clients she is able to share with them how they too can grow their confidence and because they respect her, they listen to her. So she is able to improve their health...both physically and emotionally.

### **Now That's Success.**

**Ready to begin *really* living your life?**

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