

STARTUP
ENTREPRENEUR
ACADEMY™

Setting you up for business success

Module 5
Guest Instructor
Joy Carter, MSW

GUEST INSTRUCTOR PROFILE



Joy Carter is a mindfulness and spiritual coach, and masters level social worker. As a coach and social worker, Joy has extensive experience supporting people with overcoming barriers to achieve their goals and improve their professional and personal lives. Through mindfulness techniques and practices, Joy has helped the people she serves reduce their anxiety, alleviate stress, improve their mood, increase their focus, get better sleep, and have better health. Joy's clients have improved their overall well-being by finding peace amongst chaos using practices that are easy to apply to everyday life.

Joy Carter, MSW

Mindfulness Coach/Instructor