

**FEATURED
ENTREPRENEUR**

Christine Wilcox
Holistic Health Practitioner & Certified
Yoga Instructor, Inner Radiance



From a young age, Christine Wilcox fell in love with teaching. A black belt in karate at age nine, Christine began teaching lessons to people of all different ages and skill levels – and enjoyed every minute of it. Attending college in the pursuit of becoming a teacher, Christine’s original focus was on chemistry and math.

Between her time as an undergraduate and graduate student, Christine encountered some serious health challenges, including anxiety, depression, and digestive disorder. Frustrated by doctors whose only methods of prescribing various medications and generic advice like ‘reduce your stress’ were not addressing the root causes of her symptoms, she began researching alternatives to Western medicine. After determining natural remedies through nutrition and exercise that helped her to get through difficult times, she realized that she wanted to pursue this mindset and ultimately use what she had learned to guide others.

While working full-time, Christine has been building her credentials and working in the startup phase of

her yoga and wellness consulting business. Just recently, she has cut back her full-time hours to pursue her startup goals. “The mission of my work is to affect positive change in people’s lives,” she says. “I am here to make a difference.” Her vision is to offer holistic services that focus on health and healing through yoga, nutrition, and lifestyle counseling, along with incorporating nature, herbs and supplements.

“The most significant challenge I have faced has been me, myself and I,” Christine says. Self-discovery and self-improvement has been a deeply rewarding experience throughout this process. Strengthening and embracing her own character, working on business goals with a counselor at the WISE Women’s Business Center and continuous support from family and friends has enabled Christine to move past the fear and self-doubt that was holding her back from pursuing her goals.

“Do not give up and do not lose sight of your dreams,” she says. “You are worth the investment. Find your Inner Radiance!”

PHOTO BY CINDY BELL PHOTOGRAPHY
PAGE DESIGN BY ISCA DESIGN STUDIO

*wise words
of wisdom...*

*“Do what you love and be
someone you admire.”*

– Christine Wilcox

WISE HAPPENINGS:

Ask the Attorneys: Are You Working ON Your Business or IN Your Business?
Aug 5, 12:00 - 1:30PM

The Building Blocks for Starting a Business
Aug 6, 12:00 - 1:00PM
Aug 27, 5:30 - 7:00PM

Meet the Entrepreneur Series
Aug 14, 12:00 - 1:00PM

► Check out wiseconference.com/events for a complete list of upcoming events!

A women’s business center... run for women, by women.

All events, unless otherwise indicated, are held at the **WISE Women’s Business Center @ The Tech Garden** // 235 Harrison Street // Syracuse, NY 13202
(315) 443-8634 // wisecenter@syr.edu // www.wisecenter.org // **FIND US ON:**