

Virginia Oman

Inspirational Speaker Profile



**Transform the Impossible
You can RISE above anything!**

Virginia “Gin” Oman, MA LCMHC NCPT
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***Let me jump start you or your company
to obtain anything you want or need.
I'll share with you how I did it and you can too!***

Summary

In 1988 Gin was diagnosed with MS which progressed to secondary progressive in 2003. After watching her body decline and losing all hope of having a meaningful future she decided to forge her own path and developed her own tools in hope of finding improvement. She found much more than just improvement. She has completely transformed her life not only back to a place of total health but with 100 times more energy and excitement than ever before. She even developed a plan which allowed her to ride a two wheel bicycle again, which everyone including her doctors said would be impossible!

Transforming lives through the specialized knowledge of utilizing the incredible Mind-Body Connection, Positive Psychology, and helping individuals achieve demonstrated and measurable success in increasing their sense of well-being and happiness.



Secrets to the Powerful Mind-Body Connection

I work each day on five major areas of life and in Secrets to the Powerful Mind-Body Connection. I describe in detail one of those areas that I used to change my health and happiness. Are you ready to Transform your life?

Take the next step! [Subscribe](#) now for your [FREE guide](#).

Qualifications

- Licensed Professional Counselor (30+ YEARS)
- Chosen by the MS Association of America to be their National Ambassador
- Chosen by the YMCA for life transformation
- Trained Life Coach (by Life Mastery Institute)
- Nationally Certified Personal Trainer (Certified by the National Academy of Sports Medicine)
- Behavior Change Motivation (Certified by the National Academy of Sports Medicine)
- Corrective Exercise (helping to improve movement capabilities - Certified by the National Academy of Sports Medicine)
- Trained as a Harp Therapist through the International Harp Therapy Program
 - Harp Therapist for Hospice
 - Specific training in the power of sound to heal and energize the body (Cymatics)
- Graduate of Northwest Outward Bound School (1973)
 - One month intensive survival course in the Oregon Cascade mountain wilderness.

Topics I Can Discuss

- Transform the Impossible
 - You can RISE above anything!
 - Details Gin's journey to overcome obstacles related to MS and accomplish riding a two wheel bike on her own.
<https://TheFightToRideABike.com>
 - [Why I Swim](#) : Multiple Sclerosis Association of America produced this video on Virginia "Ginny" Oman and why she swims.
 - The Mind-Body Connection:
 - Author of "[Secrets to the Powerful Mind-Body Connection](#)"
 - What is it and why is it the Key to happiness?
- Positive Psychology
 - My chosen modality in the field of psychology is Positive Psychology (*knowledge of what makes people happy and flourish*)
 - Chosen Mindset:
 - Understanding the extreme influence of attitude in your life and gaining the tools for change.
 - Learning and harnessing the amazing principles of Positive Psychology.
 - Overcoming ANYTHING! Think what you are facing is too big to overcome? Think again!
 - Change Your Thinking, Change Your Life:
 - How to get "unstuck" when life gets sticky.
 - Utilizing the incredible Power of Sound for happiness and centering.
 - Choosing your "soundscape" the auditory form of visual "landscape"
 - Understanding Cymatics and implementing specific music into your life.
- Physical Wellness and Health (<https://Soar2Happiness.com>)
 - The Magic of Movement:
 - Where does the "magic" come in??
 - What does it mean to be healthy and "fit"?
 - The answer might surprise you!
 - In-Home Fitness:
 - As a National Certified Fitness Training I can show you hundreds of ways to move and exercise including in your own home or virtually!
 - How to Get motivated towards health and happiness and how to STAY motivated
- Goal Setting:

- The specifics of effective goal setting and the empowerment of small steps of daily action!
- Tracking Your PROGRESS! How to do it to keep you excited and motivated.

Interview Questions You Can Ask Me

1. What drew you to becoming a licensed therapist and life coach?
2. You are the author of “[Secrets to the Powerful Mind-Body Connection](#)” (available for free download on website). Would you share a little about what the Mind-Body connection is and why you feel that it is so significant?
3. You achieved the amazing accomplishment to ride a bike in spite of having secondary progressive MS and being told by your doctors that it is impossible. How did that idea come to you and how long did it take you to achieve it? What were some of the hardest aspects you encountered during that process?
 - a. Details Gin’s journey to overcome obstacles related to MS and accomplish riding a two wheel bike on her own.
<https://TheFightToRideABike.com>
4. I understand that the MS Association of America chose you to be their National Ambassador. They sent a film crew from NYC to Asheville NC to film you in a lap pool doing amazing things. Tell us a bit more about your swimming experience. Have you always been a strong swimmer? And why did you decide that swimming might be the answer?
 - a. [Why I Swim](#) : Multiple Sclerosis Association of America produced this video on Virginia "Ginny" Oman and why she swims.
5. Positive Psychology (*knowledge of what makes people happy and flourish*):
 - a. It says here that your chosen modality of providing therapy is “Positive Psychology.” Can you tell us exactly what that is and why you have chosen that as your approach to helping people?
6. I understand that you are proficient in American Sign Language, is this something that you use in your careers?
7. I also understand that you are quite a musician, how do you use music in your work to help people?
 - a. I do webinars and workshops on “the Power of Sound” on our bodies and psyche.
 - b. I completed harp therapy training through the International Harp Therapy Program.
 - c. With my degree in music and expertise playing many different musical instruments, I utilize principles of music therapy in my work.
8. You are also a National Certified Personal Fitness Trainer with extensive qualifications in health and fitness. Why do you feel that this qualification directly relates to helping people achieve mental health and wellness?
 - a. My Physical Wellness and Health site: <https://Soar2Happiness.com>
 - b. Some of the many topics I provide workshops and seminars include
 - i. The Magic of Movement: Where does the “magic” come in??

- ii. What does it mean to be healthy and “fit”? The answer might surprise you!
 - iii. How to Get motivated towards health and happiness and how to STAY motivated
 - c. In-Home Fitness:
 - i. As a National Certified Fitness Training I can show you hundreds of ways to move and exercise including in your own home or virtually!
9. Why do you include Goal Setting as being so important to transforming your life?
 - a. The specifics of effective goal setting and the empowerment of small steps of daily action!
 - b. Tracking Your PROGRESS! How to do it to keep you excited and motivated.
10. In 1973 you completed a one month intensive survival course in the Cascades mountains of Oregon. You must have been very young, I am wondering what prompted you to want to do that? Can you talk about how that experience helped you later on in your adulthood?
 - a. Conquering the impossible and confronting your deepest fears.
 - b. I recently gave a webinar for Northwest Outward Bound on the amazing influence that had on my life and why it is so important especially for young women to have that type of opportunity.

Public Media

[Swim for MS - Why I Swim with Ginny Oman](#) - YouTube

[Virginia Oman: Transform the Impossible](#) - YouTube

[YMCA of WNC: Gin's Story](#) - YMCA YouTube

[The Fight to Ride a Bike](#)

Three Front Page Articles in Asheville Citizen-Times newspaper:

- [Personal Trainer Refuses to let Disease Define Her Life](#)
- [Beyond Beating MS: Fight to Ride a Bike](#)
- [Winning the Fight to Ride a Bike](#)

How will Gin Promote the Event

- Blog post and Link on www.virginiaoman.com
- Post on Social Media: [Facebook](#), [LinkedIn](#), [YouTube](#)

Sample Intro for Host

Virginia Oman is a licensed professional counselor with 30+ years of experience, a certified behavior change motivation instructor and trained Life Coach. A Nationally Certified Personal and Corrective Exercise Trainer, Gin, as she likes to be referred to, was chosen by the MS Association of America to be their National Ambassador and she was chosen by the YMCA for life transformation instruction.

Gin grew up 30 minutes outside New York City and has lived all across the country including Colorado and Arizona and now resides in Asheville NC. With her degree in music and expertise playing many different musical instruments, she utilizes principles of music therapy in her work. She is also American Sign language trained at Gallaudet University enabling her to work directly with deaf clients.

In 1988 Gin was diagnosed with MS which progressed to secondary progressive in 2003. After watching her body decline and losing all hope of having a meaningful future she decided to forge her own path and developed her own tools in hope of finding improvement. She found much more than just improvement. She has completely transformed her life not only back to a place of total health but with much much more energy and excitement than ever before. She even developed a plan which allowed her to ride a two wheel bicycle again, which everyone including her doctors said would be impossible!

Gin is now an entrepreneur with two careers she absolutely loves. Her passion is to share her knowledge and techniques with others so that they can Transform the Impossible and find a life of health, joy and fulfillment no matter what seems to be standing in their way.

Welcome Gin, I am happy to have you with us today.