

Joey Donovan Guido Bio

Joey's road to being a life coach and facilitating GUTS programs began with his own self-care journey, when he nearly died from a condition called Crohn's disease in 1998.

Since then, he has been practicing mindfulness, meditation, and is a long-time student on the subjects of self-care, neuroplasticity, trauma, psychology, spirituality, goals, and relationships.

He also holds a Becoming a Teacher of Presence certificate from The School of Awakening (Eckhart Tolle), and has studied Native American spirituality, Buddhism, and the teachings of Ram Das.

These studies have drastically improved the quality of Joey's life and overall health, making it possible for him to manage his Crohn's disease without the use of medication.

In 2017, Joey's desire to dig deeper into these practices increased when his wife became sick with a severe case of fibromyalgia. In a very short time, work and home life were turned upside down, and the importance of self-care once again became increasingly clear.

As anxiety, fear, worry and exhaustion began to engulf him, Joey was experiencing high levels of stress, burnout — and was beginning to fall apart taking care of everyone except for himself. In a defining moment (which he talks about in his programs), Joey realized that self-care is not selfish — it's a necessity in order to maintain one's mental, physical, emotional and spiritual health — and effectively serve others.

These experiences led Joey to become a life coach and create the GUTS program for individuals and groups — all of which focus on mindfulness, meditation, self-care, and relationships, including the relationship we have with ourselves.