



White Plains Hospital
Exceptional, every day.

Liz Gluckstern, CWPC, CLC, RYT-200 Well-Being Coach



Liz is a trained crisis counselor and holistic healthcare practitioner who specializes in mindfulness based stress reduction (MBSR), with a focus on guided meditation and yoga instruction.

Liz's individualized approach to healthcare looks at the whole person as she heals the physical, mental, emotional, spiritual, and energetic systems. Believing that "we are what we eat, think and breathe", Liz's coaching incorporates positive psychology, movement, gratitude, intuitive eating, mindfulness meditation and breath-work to reduce stress and treat the root cause of dis-ease.



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In addition to working for over ten years in project management and wellness events, Liz's well-being tool belt includes certifications in Vinyasa yoga, Reiki energy healing, mindfulness meditation, compassion cultivation, human resources, life coaching and wellness programming. "Little by little, a little become a lot" is Liz's favorite mantra and it represents her passion for guiding clients in making simple yet effective behavior changes as well as her remarkable ability to bring clients minds and bodies back to balance.

Liz practices what she preaches, so don't be surprised if you see her stretching or taking a mindful pause throughout the day! Outside work, Liz's favorite stress reduction tools include riding her road bike, spending time in nature, and creating mixed media art projects. Liz is thrilled to support WPH employees by providing powerful, personalized stress management tools and helping them achieve their wellness goals.

