Spring Health

September 2026 Coach Spotlight



Danielle Palli
Florida, USA

Meet Danielle!

I am a free-spirited outlier, enamored with life, and I think life is more fun when you color outside the lines. I approach life with playfulness, curiosity, and a sense of wonder.

As a nationally Board-Certified Positive Psychology & Mindfulness Coach, Intuitive Coach, and Spiritual Advisor, I support those seeking more joy, peace, and purpose in life—helping people build self-confidence, reduce stress, become more mindful, and tap into personal power for greater clarity and direction. As a Relationship Coach, I help individuals and couples communicate more effectively, strengthen their relationships, and resolve conflicts in a loving way.

I am also a Book & Creativity Coach, multi-genre author, and multimedia content creator who loves helping people use creativity as an emotionally healing outlet.

My coaching style blends over twenty-five years of training and experience in meditation, spirituality, self- and social awareness, compassionate communication, and a deep understanding of personality. Prior to my work as a coach, I taught yoga and Pilates for 18 years.

It is my belief that everyone should have the freedom to create a life of their design.

What inspired you to become a coach?

I became a coach because I wanted to provide people with the support and resources I wish I would have received in my younger years, and to pass on the wisdom I learned from those who did step up to offer me guidance. Learning mindfulness and meditation, understanding healthy boundaries and compassionate communication, and developing emotional regulation and self-confidence all helped me thrive. I eventually got there... but I wished I'd discovered these tools sooner. I want to support others in creating the life they want for themselves with greater ease.

What do you enjoy most about coaching with SH?

I have the opportunity to coach people from all over the world—people whom I might not have ever had the chance to meet through my own private practice. Spring Health provides a space for me to make a real difference, and that feels very rewarding.

Do you have a proud coaching moment?

I had been working with a member on trusting their intuition and choices, finding their unique purpose, and learning to quiet their very active mind through various mindfulness and meditation tools. I gave them a meditation exercise to try on their own. During their last session with me, they said, "That exercise you gave me was life-changing. I can't tell you how grateful I am for all your support."

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What areas or challenges do you most commonly support clients with?

There are three areas that I tend to see most often in my coaching: helping clients discover meaning and purpose in life (this could include linking their values with their career or exploring how their spirituality guides their decision-making and emotional well-being); supporting clients who are dating or in a partnership in understanding what a healthy relationship looks like; brainstorming with those seeking to cultivate their creative side (this could be writing a book, hosting a work event related to a special interest, or learning art or music).

I am honored to create a safe space where clients feel comfortable bouncing ideas around without fear of judgment or someone telling them, "That's impossible," "You're wrong," or "You'll never make any money at that!"

What advice would you give someone who's new to coaching or considering it?

Coaching can be among the most rewarding work you might ever do. But with it comes the danger of over-caring—worrying incessantly about our clients' well-being outside of a session. Remember that it's not our job to "fix" anything or anyone, and we have to put healthy boundaries around our emotions (not just our time). I recommend having some type of ritual before you start your sessions and when you are done for the day that helps you compartmentalize coaching from the rest of your life. One example might be dedicating time to meditation before starting the day and journaling, going for a walk in nature, or doing some other activity that brings the day to a close.

Outside of coaching, what are some of your passions or hobbies?

I love writing fiction and nonfiction books (including producing audiobooks); theater and the arts; travel and time in nature; yoga and spiritual pursuits; good food and cooking; playing the piano and ukulele, and singing; and dancing around the living room while our dog, Simone, chases me (she equates dancing with "playtime"!).

Is there a book, quote, or practice that strongly influences your coaching?

One of my favorite quotes comes from the poet Atticus: "Watch carefully the magic that occurs when you give a person just enough comfort to be themselves." I think this sums up coaching perfectly.

Favorite place you've traveled to recently?

I recently visited Italy for the first time—Rome, Florence, and Venice. My most joyful moment was sitting in a gondola floating through Bacino Orseolo while being serenaded by an opera singer and an acoustic guitarist. It was magical!