

Professional Profile

Isabelle Cunningham

Industry Leader in Holistic Wellbeing | Educator | Mentor | Founder



Isabelle Cunningham is an internationally recognised industry leader in holistic wellbeing, known for her heart-centred approach to therapy, education, and practitioner mentoring. With more than four decades of experience as a therapist and over 18 years training others to work professionally in the holistic field, Isabelle brings a rare blend of wisdom, practical insight, and integrity to everything she does.

Her work is grounded in a deep respect for the individual — supporting people *not* by diagnosing or advising, but by empowering them to reconnect with their own inner strength, clarity, and capacity to heal.

Founder & Leadership



Isabelle is the Founder and Managing Director of **Mind Body Education**, a global training provider in the holistic wellbeing industry.

Founded in 2008 (originally as Inner-Voyage College), Mind Body Education has grown into an internationally respected organisation delivering **industry-approved, internationally accredited, and award-winning training programs** for holistic therapists.

Headquartered in Queensland, Australia, Mind Body Education now:

- delivers courses **online worldwide**, in multiple countries and languages
- partners with **more than 20 independent training organisations globally**
- offers **on-campus training** from its Sunshine Coast campus in Queensland

Through this work, Isabelle has played a significant role in shaping professional standards and pathways within the holistic therapy field.

Education, Training & Program Development

Isabelle is the author, co-author, and lead educator of numerous core and postgraduate programs, including:

- Certificate in Meditation Teaching & Holistic Human Development
- Holistic Integrated Creative Arts Therapy (HICAT)
- Master Practitioner of Holistic Art Therapy
- Master Practitioner of Holistic Counselling
- 23 Postgraduate Training Programs across holistic therapy disciplines

Her programs are designed to balance therapeutic depth with real-world applicability, supporting graduates to practise ethically, confidently, and professionally.

Teaching, Mentoring & Industry Impact

With **40 years as a practising therapist** and **18 years training practitioners**, Isabelle has mentored and educated **thousands of students worldwide**, averaging approximately 300 graduates per year.

Beyond training individual practitioners, Isabelle has also:

- supported **30+ independent training providers** over the past 7 years
- guided them to establish and operate their own holistic colleges
- helped expand access to professional holistic education internationally

Her influence extends well beyond her own organisation, shaping how holistic therapy is taught, practised, and perceived globally.

Accreditation, Recognition & Awards

Isabelle's programs are **IICT-approved**, enabling graduates to:

- gain professional membership
- obtain insurance
- practise legally in **37 countries worldwide**

Mind Body Education and Isabelle's work have been recognised with numerous international awards, including:

- *Best Global Holistic Therapist Training Provider* — M & A Today (2021–2024)
- *Global Education & Training Awards* — Corporate Vision (2021–2025)
- *Seal of Excellence – Global Education Ambassador* — IICT (2021–2025)
- *Best Online Creative Arts Therapy Training Provider – Australia* — Mental Health Awards (2022–2025)
- *Holistic Therapy Training Provider of the Year* — Corporate Live Wire Innovation & Excellence Awards (2025)

These awards reflect both educational excellence and industry leadership.

Business Experience & Practitioner Support

With over **42 years of business experience**, Isabelle has built and led:

- private therapeutic practices
- holistic training colleges
- wellness centres
- online education platforms



Her mentoring supports practitioners to move from qualification into **confident, sustainable, and thriving professional practice**, helping them avoid common pitfalls and build with clarity and integrity.

Philosophy & Approach

Isabelle's work is guided by a clear philosophy:

- ethical practice must always be **client-centred**
- holistic therapy is a powerful complement to — not a replacement for — conventional medicine
- healing is an **inside job**, supported through empowerment, not authority

As a mentor, Isabelle is known for her:

- integrity and big-picture vision
- ability to understand what others are truly seeking — even when they can't yet articulate it
- practical tools that leave people feeling hopeful, capable, and supported

Many practitioners credit Isabelle with helping them realise:

"I can actually do this."

Legacy & Vision

At the heart of Isabelle's work is a commitment to:

- protecting people's right to choose holistic approaches to wellbeing
- increasing access to ethical, professional holistic therapies
- supporting practitioners who work with compassion, empowerment, and non-judgement

For Isabelle, success in holistic work is not measured only in income or growth — but in the deep sense of alignment that comes from serving your purpose and **doing what you were put on this earth to do**.

Personal Life

Alongside her professional work, Isabelle lives a deeply grounded and connected life.

She is a mother, wife, daughter, sister, aunt — and devoted dog mama — living in the forest of Queensland's beautiful Sunshine Coast. Nature, simplicity, and connection are central to her daily life, and this way of living informs both her personal philosophy and her professional work.

Isabelle understands first-hand the importance of creating a career that supports *real life* — one that allows space for family, wellbeing, purpose, and presence. This lived experience shapes her mentoring style, ensuring the practices she helps others build are not only successful, but genuinely sustainable and life-enhancing.