

JAMIE LONDON WOLLBERG

Leader of Love · Burnout Recovery & Intimacy Expert

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PROFESSIONAL PROFILE

Burnout Recovery & Intimacy Expert and founder of WAKE-IN™, a spiritually grounded holistic practice helping professionals, businesses, and communities recover from and prevent burnout. A Usui Holy Fire III Reiki Master Teacher, Certified Sound Healer, and intuitive empath, I hold Reiki at the foundation of everything I offer. From there I draw on a range of modalities — sound and vibrational healing, quantum channeled art healing, mindful movement, and Burnout Recovery & Intimacy Mentoring — some woven together into a single experience, others offered on their own, across programs, group experiences, and one-to-one services delivered virtually and in person.

AREAS OF EXPERTISE

Holistic burnout recovery, prevention & mentoring · Usui Holy Fire III Reiki — providing & training (Master Teacher) · Sound & vibrational healing · Keynote speaking & workshops · Community wellness programming · Trauma-informed practice · Quantum Channeled Art Healing · Mediumship & oracle readings · Group facilitation & live-stream teaching

SIGNATURE PROGRAMS & OFFERINGS

The Self-Love Audit · The Community Wellness Audit · The Back to Self Program · The Healing Beyond Burnout Webinar · Reiki Talk Experiences · Reiki-Infused Guided Sound Healing Sessions & Sound Baths · Reiki Practitioner Training & Reiki Sessions · The sKedule sUther · Tandem Intimacy Coaching

SELECTED EXPERIENCE

Founder & Leader of Love · *WAKE-IN™ (Virtual & In-Person)* Feb 2023 – Present
Providing spiritually grounded holistic burnout recovery & prevention services; 1:1 and group; programs, courses, and sessions for professionals, businesses, and communities.

Teacher · *Insight Timer* Jun 2022 – Present
Lead Reiki-infused burnout recovery and intimacy support for a global audience through a dedicated group, weekly live-streamed events, and original audio tracks.

Founder & CEO · *Trannabis™, LLC* Jul 2017 – Present
Founder and chief executive of the parent company powering WAKE-IN; built and led an education-driven lifestyle and activism brand.

Unconditional Love Coach & Plant-Powered Healer · *Trannabis™ Chi* Jul 2019 – Feb 2023
Coached high-achievers toward deeper intimacy, balance, and self-love through plant-powered spiritual wellness; services included Usui Holy Fire III Reiki, Tai Chi, and Qi Gong, integrated with plant medicine.

Crisis Worker · *The Trevor Project* Jan 2017 – Sep 2018
Supported suicide prevention and crisis intervention services for LGBTQ youth nationwide.

CERTIFICATIONS & EDUCATION

Usui Holy Fire III Reiki, Master Teacher — International Center for Reiki Training · Crystal Singing Bowls Sound Therapy & Sound Healing Training — Udemy · Tai Chi & Qi Gong Instructor (SCW) · Mandated Reporter Training
B.A. Journalism, SUNY Purchase (2012) · Master of Marijuana, Cannabis Training University (2017) · Culinary Arts, The Culinary Institute of America (2008)