

GOODSTONE

Inn & Restaurant

MEET YOUR RETREAT FACILITATORS TRINA WELPOTT, LCSW

Meet **Trina Welpott, LCSW**, one of our esteemed facilitators for the upcoming wellness retreats at Goodstone Inn. With over 25 years of dedicated practice, Trina brings a wealth of experience in individual, couple, family, and group modalities. Her extensive work domestically and abroad, & across the lifespan has honed her expertise in fostering healing and growth.

Holding an undergraduate degree in Cultural Anthropology and a Master's in Clinical Social Work, Trina is equipped with a deep understanding of diverse cultural perspectives and human behavior. As a lifelong practitioner of yoga and meditation, as well as cultivating a deep connection with nature, she emphasizes these practices as integral to well-being.



Trina is certified to teach several mindfulness practices, and most recently expanded her skill set by becoming a certified Health & Wellness Coach through Duke University. She has crafted a pioneering holistic protocol that blends mindfulness relaxation techniques with inspiring wellness coaching guidance, opening participants to new possibilities and fostering powerful transformation.

Attendees can look forward to joining her here for this cutting-edge protocol in a small-scale, supportive community for an unforgettable experience. Participants have the opportunity to continue with Trina individually with Integrative Counseling, Wellness Coaching, and Mindfulness Meditation. Join us at Goodstone Inn to embark on a journey of profound self-discovery and wellness under Trina's expert guidance.