



Bio - Fabio da Silva Fernandes

Podcaster | Speaker | Writer | Consultant | Resiliency | Mindfulness | Reiki

"Whether you realize it or not, you are resilient. It's your birthright. As you take in your next breath, know this truth."

Fabio da Silva Fernandes
The Stumbling Spirit
Resting Bell Wellness Inc.

Fabio da Silva Fernandes runs a holistic wellness practice focusing on resiliency, mindfulness and Reiki. Fabio's passion is in helping others cultivate greater resilience as a speaker, writer, trainer and consultant, and he hosts an inspirational podcast on this wide-ranging topic called The Stumbling Spirit.

After more than 20 years in the fintech industry, Fabio left the corporate world to start his own venture as a Mindfulness Coach and Reiki Master during the pandemic.

Resting Bell Wellness Inc. was born and is now branded under the name of his noteworthy show, The Stumbling Spirit.

Email: info@restingbellwellness.com

Website: <https://www.thestumblingspirit.com>

Instagram: @thestumblingspirit

Bluesky: @thestumblingspirit.bsky.social



"Fabio's preparation & expertise were evident throughout his resilience cultivation session. His knowledge of mindfulness & meditation practices was both profound & accessible, & he brought an engaging, kind, & approachable energy to the classroom."

**Michelle Bancroft,
MEd., BSc. Kin,
Professor, Centennial College
Toronto, ON, Canada**

Training and Certifications

Mindfulness certifications:

- Mindfulness-Based Stress Reduction (MBSR)
- Mindful Self Compassion (MSC)
- Compassion Cultivation Training (CCT)
- Foundations of Applied Mindfulness Meditation (University of Toronto)
- Applied Specialization in Mindfulness Meditation (University of Toronto)
- Mindfulness Informed End of Life Care (University of Toronto)

Mindfulness teaching/facilitation certifications:

- Mindfulness Ambassador Program (The Global Minds Collective)
- Mindful@Work (The Global Minds Collective)
- The Mindful Edge for Teens (Mindfulness Everyday)
- SHSM Mindfulness Facilitator Training (Mindfulness Everyday)

Fabio also offers a Mindful Leadership Workshop for professionals from all walks of life.

Reiki training and certifications:

- Reiki Master in the Usui and Tibetan methods (Sunstone Centre)
- Reiki Grand Master in the DivineYu lineage (DivineYu Academy)
- Certified Reiki Master Teacher, Levels 1, 2 and 3
- Certified Holy Fire III Reiki Master Teacher