

NEIGHBOURS OF  
**STONEY CREEK  
& WINONA**  
*by The Lake*

Mindfulness is not just  
a practice, it's a way of living-

**Meet Adriana Paletta**

POWERED BY  
**BVM**  
BEST VERSION MEDIA



Cover Photo by Michelle Burda-MacLeod  
at Michelle MacLeod Photography





## Mindfulness is not just a practice, it's a way of living- Meet Adriana Paletta

By Anumeha S Bais | Photos by Michelle MacLeod Photography

"Mindfulness is not just a practice, it's a way of living. It's about being present, accepting where you are in the moment, and learning to let go of things that no longer serve you." These words by Adriana Paletta encapsulate not only her approach to life but also the core of the work she does as a Certified Life & Wellness Coach and Meditation Teacher. Passionate about wellness, Adriana's personal journey has influenced her approach to helping others, weaving her experience of overcoming challenges, healing, and growth into her professional offerings.

Adriana's career in wellness began in 2019 when she decided to take a bold step and start her own business as a life coach and meditation teacher. Over the years, her mission has been to support individuals of all ages, guiding them toward emotional well-being through mindfulness, meditation,

and life coaching. As she explains, "I work with clients professionally and personally on their journeys in all different age groups. I go to their homes, meet online, or meet within the community. My goal is to guide individuals through whatever challenges they are facing while providing them with tools to reconnect with themselves." Adriana is deeply committed to supporting her clients in finding balance and peace, teaching them how to be mindful of their emotions, thoughts, and actions, and ultimately leading a life that feels more centered and fulfilled.

A significant turning point in Adriana's life was her battle with cancer. This challenging period was not just a test of her physical strength but also an opportunity for profound emotional and spiritual growth. "Having gone through cancer, I have an even deeper appreciation for the importance of emotional



resilience. It's about understanding that we cannot always control what happens, but we can control how we respond and how we care for ourselves," she reflects. This personal experience shaped her understanding of life's fragility and the importance of taking care of one's emotional health. Cancer, for Adriana, became a powerful teacher. The ordeal taught her to embrace life's unpredictability and focus on the present moment. Today, she integrates this wisdom into her practice, helping others who may be struggling with their health issues, life transitions, or emotional hurdles. Through her healing journey, she shows others that peace and resilience are achievable, even in the face of adversity.

Adriana's life and career are also deeply enriched by her strong sense of community. She is involved in a variety of volunteer projects, notably with The Good Shepherd Center, The Welcome Inn Community, and the Hamilton Wentworth Correctional Facility, where she provides coaching services and likes to listen to the issues faced by the clients. "I am passionate about giving back to the community. Volunteering is an important part of who I am, and it helps me stay connected to the people and places that are in need of healing," she says. She finds joy in running, a practice that helps her maintain both physical and mental well-being. "In my off time, I go running at the track or come home to do a quiet meditation to relax and unwind. I also love listening to peaceful music—it's a big part of my self-care routine," she shares. This balance of physical activity and quiet reflection helps her stay grounded, providing the energy and clarity she needs to continue supporting her clients.

Her husband, Giuliano Seminerio, has been a source of unwavering support throughout both her personal and professional journey. Their relationship, built on mutual respect and understanding, has been a key element in Adriana's ability to pursue her passion. "Giuliano and I met at a bar, and through our conversation we discovered each other. It was one of those moments when you know something is meant to be," she recalls. Their shared love of travel and adventure has taken them to numerous destinations, deepening their connection. "Travel has always been a big part of our lives. It's a way for us to explore new places, learn about different cultures, and grow together," she says.

When they travel, Adriana and Giuliano take time to immerse themselves in the present moment, appreciating the beauty of their surroundings and



**WEEDS - FEEDS - SOILS - SEEDS - MOWING - BLOWING - AERATION - TOP DRESSING - GRUB CONTROL - GARDENING - AND MORE...**



Providing professional Pesticide Free lawn care in Southern Ontario.



**Owner operated by family and friends  
for your family and friends. Call our team today!**

Tel: 905-966-lawn  
(905-966-5296)

**WILLIAM DAMIAN**  
owner, over 20 years of experience  
Email: [will@weednfeed.ca](mailto:will@weednfeed.ca)  
[www.weednfeed.ca](http://www.weednfeed.ca)





embracing the mindfulness practices that have shaped their lives. Their trips are not just about seeing new places but about deepening their bond, reflecting on their shared experiences, and growing together as a couple.

Buddhism has played a pivotal role in shaping Adriana's outlook on life, and its teachings have deeply influenced her approach to wellness. "Buddhism teaches the importance of mindfulness, compassion, and living in the moment," she explains. "It encourages me to be present with my clients, to listen deeply, and to meet them where they are in their journey." These teachings align closely with her beliefs in the importance of living with intention and serve as a foundation for her personal and professional life. Throughout her career, Adriana's work has always been about helping people tap into their inner strength, whether through one-on-one coaching, group sessions, or meditation classes. She helps clients build emotional resilience, set intentional goals, and cultivate a deeper sense of inner peace. Her ability to listen and truly understand her client's needs has made her a trusted guide for many. Adriana says, "It's a practice that you cultivate every day. And I'm here to help others do just that—to live mindfully and intentionally every day."

Adriana's practice, Daily Delegations, is a reflection of her belief in the power of daily routines that promote mental and emotional well-being. She also holds meditation classes through the city of Burlington. Her work is rooted in the belief that every day presents an opportunity to practice mindfulness, find balance, and heal. She continues to offer her services to clients both in person and online, reaching individuals across the Burlington, Stoney Creek, and Hamilton areas, she also reaches out to clients from around the world through her virtual sessions. Whether you're struggling with life's challenges or simply seeking ways to bring more peace and mindfulness into your daily life, Adriana is ready to guide you.

Adriana can be reached through her website at [www.dailydelegations.com](http://www.dailydelegations.com), or via email at [dailydelegations@outlook.com](mailto:dailydelegations@outlook.com).

<https://www.linkedin.com/in/adriana-paletta>

Adriana's story is one of resilience, compassion, and mindfulness. Her journey of healing and growth serves as a reminder that, with the right tools and support, we can all find peace within ourselves and create a life filled with intention and purpose.



**RADIANCE**  
LASER & MEDICAL AESTHETICS

**Get Summer Ready with Us**

**Radiofrequency Skin Tightening package**

**SAVE \$440**  
Buy 6, get 2 Free  
Limited time offer



**BOOK NOW**

**Radiance Laser Clinic-Hamilton's Leading Inclusive Laser Clinic**

[RADIANCELASERCLINIC.COM](http://RADIANCELASERCLINIC.COM)

 @radiancelaserclinic  Radiance Laser Clinic


