

GROWING STRONG ROOTS PODCAST:  
THE STORY BEHIND OAK BLOOM OT

# ABOUT ME



I like to think  
about how to be a  
good friend

I like to talk to  
learn about  
people and solve  
problems

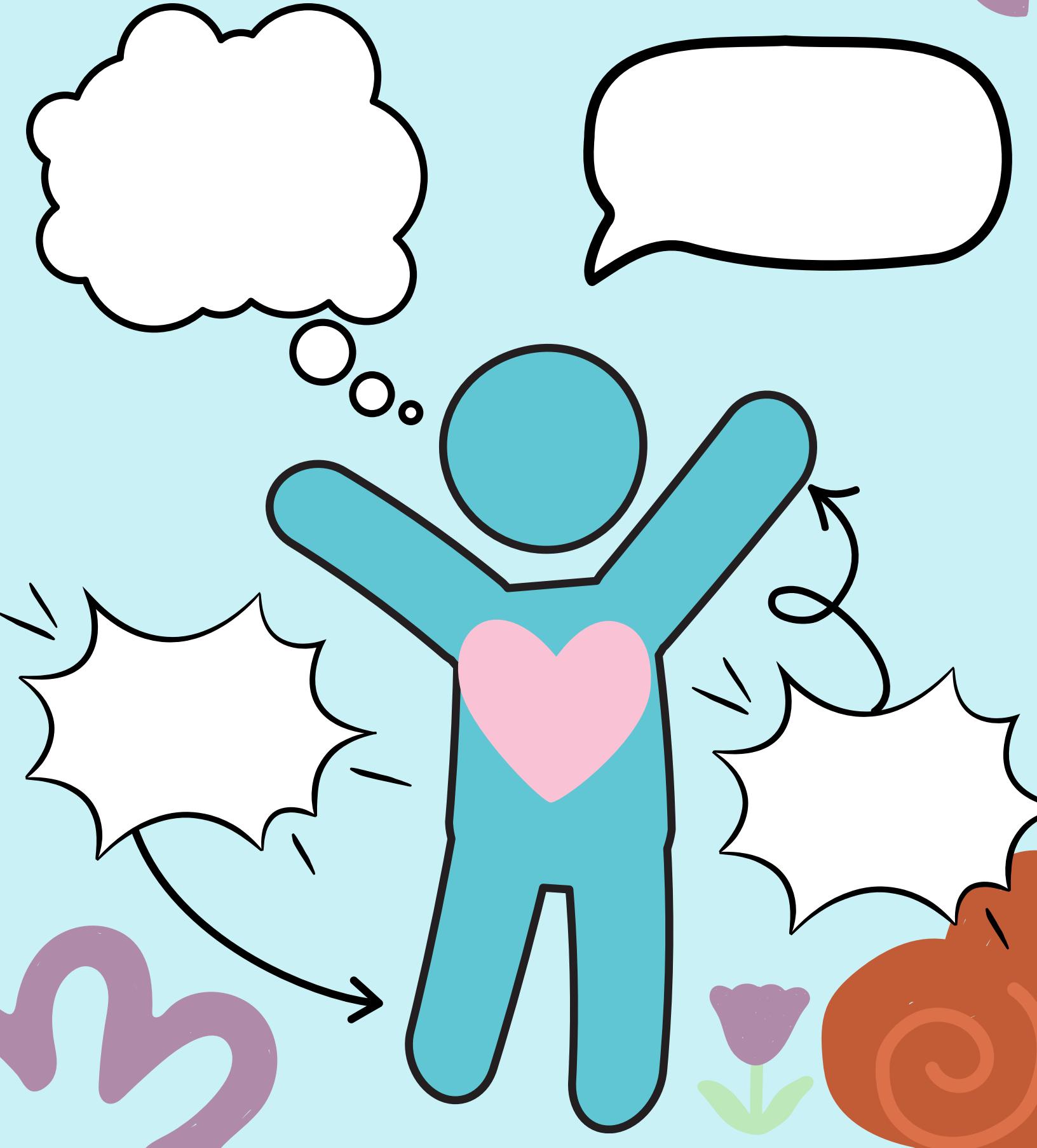
My heart is  
driven by  
curiosity,  
creativity, &  
care.

My legs like to  
move by biking,  
hiking and pilates

My hands like  
to do arts and  
crafts

GROWING STRONG ROOTS

# ABOUT YOU



# GROWING STRONG ROOTS PODCAST: THE STORY BEHIND OAK BLOOM OT

## ABOUT ME



## GROWING STRONG ROOTS

Growing Strong Roots is a storytelling podcast by Lee-Anne Bloom, founder of Oak Bloom OT. Each episode dives into the real stories behind resilience, creativity, and finding purpose through life's twists and turns. Whether you're a parent, student, therapist, or creative dreamer — you'll find stories that help you grow through what you go through.

Lee-Anne Bloom is an Occupational Therapist, entrepreneur, and creator who has built a career from passion and perseverance. Once a disengaged student with undiagnosed ADHD, Lee-Anne turned curiosity into strength — learning to make "lemons into lemonade" across multiple careers in music, fashion, massage therapy, photography, and OT. Today, she empowers others to do the same through Oak Bloom OT and the Growing Strong Roots Podcast.



# RESOURCE PAGE

**These are guiding questions to help you uncover what your life's purpose using your strengths**

1. What do you like to think about?
2. What important message do you have for other people?
3. What are you doing when your heart feels the best?
4. What do you like doing with your hands?
5. How do you like to move your body?