

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



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ABOUT ME



GROWING STRONG ROOTS

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.

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.



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?