

You're here. You're making choices. You're moving in the direction of a balanced and blissful life.

You're ready to get back in the driver's seat and claim your life. Whether you are dealing with burnout, anxiety, relationship issues or weight problems, you have one thing to deal with – **yourself**.

You've tried to do this thing on your own for a while now, but no one is in your corner supporting you, guiding you and cheering you on. You often feel overwhelmed, misunderstood and downright confused; been there, done that!

**From mindset to wellness,
I'm the woman that's created her practice to serve you.**

Now let's create that peace of mind you've been longing for, shall we?

Major life transitions

- ✓ ending a toxic relationship
- ✓ overcoming a health condition
- ✓ adopting a healthier lifestyle

These can be a positive step in the right direction, yet they can also be stressful and bring up mixed feelings.

Fortunately, I have the best ways to overcome and learn from these major transitions. I will guide you so that you can embrace change and make the most of your new life.

Just call me the Transitioning Superstar!



I have...

- ✓ Moved from one house to another over 15 times...yep, it's true!
- ✓ Rebuilt my family home after a devastating house fire
- ✓ Ended an abusive relationship at the age of 15
- ✓ Ended a failed marriage at the age of 29
- ✓ Overcame Adrenal Fatigue and pre-diabetes
- ✓ Went from toxic living to a clean lifestyle

With all that personal experience and some amazing training along the way, I will help you...

Recognize why transitions can be difficult and why they can shake your sense of identity. We naturally define ourselves in part by our surroundings. When these surrounds change, it can be disorienting. Ending a relationship changes your sense of identity from partner to now being single. A chronic health condition will ask that you change your lifestyle and let go of bad and unhealthy habits.

Realize that being in transition is a wonderful opportunity for growth. Take a look at the parts of yourself and your life that you most value— how can you bring those parts of yourself into your new life? Transitions are an opportunity to begin practicing new habits and ways of interacting with others.

See the big picture. In the midst of feeling lost during a transition, it can be easy to regret your decision and self-sabotage your success. When you see the big picture, it helps you move from feeling overwhelmed to understanding that this is a temporary adjustment, and while it's difficult now, you are willing to go through some uncertainty and discomfort for the long term gain.

Create an amazing support system. It is important for all of us to find our tribe — those people we resonate with — especially if you don't have that with your family of origin. There is a deep sense of safety in being with people with whom you can connect during your personal transformation. We feel at home with people who support us in our highest good — people who want the very best for us.

And last, but not least, I will help you cross that bridge to get to the blissful life you have always wanted!



And I am with you every. step. of. the. way.