



Nurturing You & Your Garden

**3 Months minimum - starting @ \$244/month
~ includes 1- 90 minute intake ~ 2- 60 minute
calls/sessions or 4- 30 minute calls/ month and
very individualized plans the model.**

Available in person, phone call or online video chats.

We work together to offer the opportunity for YOU to be witnessed and heard as you make choices and decisions throughout and - These sessions offer accountability to YOU by YOU which can take time to practice

Why this much time?

Dreaming into being, plotting and planning, weeding, fertilizing, watering, planting seeds, nurturing seedlings, watering and fertilizing again and again and ultimately reaping what YOU sow takes time. Habits and patten shifting require patience.

What is required?

Patience, a willingness to ask and receive and allowance for the shifting and changing of the plot and plan throughout the experience

Tools & Resources include suggestions of books, videos, articles, Carrie Lee's experiencea and other provider suggestions/ referrals and more

Re-memembering our innate capacity to heal = self responsibility (how freeing) and empowerment (how strengthening)