

# Healing Hands Open Hearts

## Working with me

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### *Mentorship, Guidance & Soul-Led Support*

Working with me is an invitation into a supportive, nurturing space where you're held, encouraged, and gently guided back to yourself.

This mentorship is for you if you're craving deeper connection, clarity, confidence, and momentum in your life—but you don't want to walk the journey alone. I work closely with you as a guide, mentor, and calm anchor, helping you move through inner blocks, reconnect with your intuition, and step more fully into your goals and dreams.

My approach is intuitive, heart-led, and tailored entirely to *you*. There is no pressure to be anything other than who you are right now. You're met with compassion, safety, and belief—while also being uplifted, encouraged, and inspired to expand.

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### *What Our Work Together Can Include*

Our sessions flow intuitively depending on what you need in the moment. Support may include:

- ★ Energetic healing & Reiki
- ★ Intuitive card readings for clarity and guidance
- ★ Shadow work support to gently explore and integrate hidden or suppressed parts of yourself
- ★ Inner child connection to nurture safety, self-trust, and emotional healing
- ★ Energy centre communication, tuning into what your body and energy are asking for to feel balanced and supported
- ★ Emotional support, grounding practices, encouragement, and intuitive mentoring through life transitions, healing, or personal growth

Clients often leave feeling calmer, lighter, grounded, energised, and more confident in themselves and their direction.

## *How Mentorship Works*

I offer two ways to work with me, depending on the level of support you're looking for:

### *Ongoing Mentorship (Flat-Rate Commitment)*

This option is ideal if you're seeking deeper, consistent support over time.

- ★ A set number of months working closely together
- ★ Regular sessions and ongoing energetic support
- ★ Space to build trust, momentum, and lasting transformation

This container allows for deeper healing, growth, accountability, and guidance as you move toward your goals with support by your side.

### *Hourly Sessions*

Perfect if you'd like flexibility or support around a specific focus.

- Book sessions as needed
- Ideal for clarity, grounding, energetic resets, or intuitive guidance
- Support when life feels heavy, overwhelming, or unclear

Both options are offered with the same level of care, presence, and intention.

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## *What It's Like to Work With Me*

People often describe my energy as:

- ★ Calm and grounding
- ★ Nurturing and safe
- ★ Encouraging and uplifting
- ★ Gently empowering rather than overwhelming

I don't believe in rushing healing or forcing change. I believe in creating safety first—because from safety comes confidence, clarity, and growth. My role is to remind you of who you are, support you through what feels tender, and help you reconnect with excitement and trust in life again.

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## *Is This For You?*

This mentorship may be right for you if you:

- ★ Want support that feels personal, intuitive, and soul-aligned
- ★ Are ready to heal, grow, and reconnect with yourself
- ★ Feel called to be guided rather than “fixed”
- ★ Want to feel calmer, clearer, and more empowered in your life

If you feel drawn to this work, trust that feeling. There's usually a reason.

✨ *I'd be honoured to walk alongside you.* ✨