



Therapists and Coaches

The Watson Writes Portfolio

(These are just a sampling of the dozens of articles written on this subject matter)

Writing Coach

“She is passionate about making me look as good as possible through my words”

“Helped me become more creative”

“Inspired me”

“Believed in me and gave me the courage to do it!”

Quotes from Savvy Red Pen Clients

I think you can see how clients feel about me and the work we have done together. How do I feel about YOU?

I love you. I deal in the art of words, and specifically, elevating your words. Today, the only word on which I want you to focus is on this one: **YES. YES**, you can do this.

Yes, I do love you. Let me count the ways. I love you because you want to write—and write well. More than anything, I love your creativity, your passion, your chutzpah, your uniqueness, your dreams, and your unique goal to express yourself through a writing project that inspires.

Yes, I love helping constructively massaging your writing so you can succeed in going from concept to draft to dream by using my vast, decades-long, experience as a seasoned teacher. Every day, I embrace my lifelong mission and passion to guide you through the writing and publishing process so you can press submit or print and become the published author you aspire to be. **Yes**, I love being your enthusiastic, professional, collaborative partner in your writing process—your writing coach, your mentor, your cheerleader, and your confidante.

Yes, I teach writing skills, but more importantly, I want you to adore the art.

I teach not just “how to write” but also to inspire you, my student, to want to write, to love to write, and to write joyfully and confidently. I believe in you, the writer, and work to help your writing reach the height of excellence.

Yes, you have a story to tell.

It is time to sign up for your free consultation. Click here now for us to embark on a creative and phenomenal journey that will launch your vision, ideas and innovations to the world! Just say...**Yes**.

Relationship Therapist

INVITATION TO FERNANDA'S WEBINAR:

- Do you desire to be fully seen and understood by your most important relationships?
- Do you long to have “soul mate” level depth of interactions with those you hold most dear?
- Do you crave the celebration of your true authentic self?

If you answered YES, you need this FREE Online WEBINAR!

Fernanda Medina's EMBRACED & UNDERSTOOD

*CULTIVATING A SAFE SPACE FOR AUTHENTIC OPEN-HEARTED
CONVERSATIONS WITH YOUR LOVED ONES*

September 29 9AM – 10AM Pacific

In a world often marked by distractions, misunderstandings, and fast-paced lives, it's easy to find ourselves **feeling disconnected** from those we care about most. We may even be asking ourselves: Do the people in my life even know who I really am? Am I celebrated by those I love?

When our cultural values are founded on living a fast-paced life, it's often difficult to pause and hold space to be seen and solve misunderstandings in a loving way.

This webinar is your guiding light, your roadmap to rediscovering the joy of sincere, open-hearted dialogue and conversations with your loved ones.

You will learn skills and easy practical strategies to create a friendship and family space where you will feel embraced and understood by your loved ones even if they do not get involved in the process! You will be introduced to new habits in communication that will create new neural pathways in your brain. These ways of expressing yourself will soon become effortless and will amaze you with powerful emotional connections.

Embraced & Understood is an invitation to a new world of emotional intimacy and connection.

Fernanda Medina, M.A. has over 30 years of experience helping countless women, men, couples, families and adolescents radically change their relationships. This journey with her expert guidance will empower you to create a safe space where open dialogue understanding, and relationships thrive.

Register Now!

De-cluttering Coach

Simplify to Thrive! New session begins on January 15th!

Learn how to create a home that will replenish your vitality so you can flourish in the new year!

“Life changing and healing.” G.C. Class Participant

“Truly a miracle.” M.G., Class Participant

“You made my life more positive and productive!” Class Participant

This is the class with proven results helping people overwhelmed with a life transition. It brings answers to those harboring the feelings of existing without purpose. It provides solutions to those living in a home that feels oppressive and energy draining. It inspires participants to live their lives more fully and escape the feeling that life is passing them by.

Modern life is very stressful, more so it seems each day. For many, the state of their home is the source of their anxiety. The only way to keep up with the pace of modern life and truly thrive is to create a nourishing space to retreat at the end of the day.

Sign up today for this 5-week holistic decluttering course that will guide and inspire you to declutter your home so you can clear stress and stagnant energy and open the door to prosperity.

Simplify to Thrive! will:

Guide you to declutter your home and inspire you to pursue a path of personal transformation and help you remove blocks to fulfillment and joy.

Show you how to remove the things in your environment that weigh you down and no longer serve the life you want to be living.

Help you remove stagnant energy and increase your vitality.

Help you see what's possible in your life and how your dreams can become your new reality.

The course curriculum includes:

Creating a vision for your home and life

The 5 keys to holistic decluttering

Organizing basics and Seasonal decluttering

The emotional side of clutter

Feng Shui and Chi Gong.

Decluttering your space will allow the vibrancy, vitality and beauty of your life to shine through!

Massage Therapist

I am about magical mothering. While that is really all you need to know, I will explain.

We start our life, every one of us, in a warm safe cocoon of a mothered environment. We are nurtured and nutritionally fortified. We are safe. We are loved.

As we grow, if we are fortunate enough, we continue to get brief moments of mothering touch. It may be a hug, it may be an encouraging caress across the shoulders, or it may be a soft hand circling our back as

we fall asleep at night. However we got it, it was powerful. It stole our stress, relieved our troubled emotions, and gave us momentary peace. Magic.

As we tackle life, that touch, that magic, gets farther away, and we get further from experiencing it. Soon our bodies are stiffened with suppressed muscular and emotional tensions. We put troubling situations out of our minds, but our bodies hold them in clenched muscles and strained joints.

It is time for you to experience the almost supernatural touch in a session designed for you, to take you back to that state of pure nurture and wholeness.

Prior to being a massage therapist, I trained to be a police detective. I am trained to solve mysteries, and I will help solve the physical manifestations of your personal physical and emotional mystique. My nurturing energies will align yours to your natural state of comfort and well-being.

I am Yvonne Horner, and that is my mission. For you.

The magical nurture of my sessions is not marketing bravado, it is how my clients describe their experiences with me. The session will be a blend of multiple integrated modalities [<link to modalities page>](#) . My process starts with a thorough communication with you. Our intake session will include information about your physical discomforts and objectives, as well as some sharing, as much as you are willing, about the pressures and stress of your life.

Once you are on the table, I will also take readings from your body itself, where it holds its tension, and muscle memory around emotional events your mind tries to bury. If you have heard of “the horse whisperer”, you can think of me as the “body whisperer.” My thousands of hours conducting massage affirm consistently that your body’s aches, stiffness and limitations, are not that you are getting older, they are access points to emotional and physical responses. It is time to let them go, and I am the therapist to do that with you.

While magical mothering defines my reputation, it also speaks to my legacy. My own mother, Nina Westerland, was a renowned massage therapist, healing hundreds. Even though she worked while processing her own congestive heart failure issues, she focused her energies on the nurture of others. When she passed, I knew it was my calling to continue her work and her talent. She is my hero. What she stood for is my inspiration.

I offer that to you. Let the child in you reclaim the nurturing you may feel you left behind. More importantly, let your body release its guarded tensions and find the wellness it deserves.

I am Yvonne Horner, and I am here for you.