

HELLO! I'm Carlie

About me

I am the founder Women Unmasked - a mentoring and unmasking portal for all women. As an neurodiverse woman (Autism, ADHD and Misophonia), I provide a unique lived-experience perspective that I am honored to share with anyone looking to casually connect or sign on as a mentoring client. My services act as a 'triage' between "I need assistance and I don't know where to begin" to "ready to move forward with a regulated nervous system and a plan - whether that be a private personal growth journey or seeking professional help. Every journey is welcome here.

Fun Facts

I love nature and animals. I have a passion for fly fishing and hiking! I have been married for almost 3 years and we have a pup Olive! I love to color and paint and create all sorts of weird crafts using items from nature.



Age: 32 YEARS OLD

Zodiac: GEMINI



MY STORY

I spent years hiding myself from the world because I felt so much shame when someone didn't understand my intensity. I have suffered from crippling sensory issues since I was a young girl. Sounds and sensations always provided a deep discomfort for me. I have sat through many situations where my skin was crawling and I felt rage in my soul - because I thought I had to. I didn't have the vocabulary or the understanding to express how I felt and ask for accommodations.



I have begged to fit in with my peers since I was in middle school. For 30 years I was obsessed with building a mask that would protect me from being 'exposed' as my messy self. Truthfully, I didn't know what I was doing or how it was going to drain the life from me, but I subconsciously believed that if I didn't fit in, I wasn't worthy of existing. I felt obligated to control the way people saw me. My need for attention outweighed my moral compass at times. My need to FIT IN outweighed my need to be authentic.

Starting in my late twenties, I began to find that the mask was unsustainable. The cracks were forming. The person I wanted people to see wasn't someone I recognized in the mirror. While the mask protected me for decades, it was starting to be more effort to maintain than I could keep up with. I was exhausted and burnt out. My spare time was spent sleeping, resting and dissociating. I was suffering with anxiety, depression, an eating disorder, substance abuse, body image issues, anger, rage and confusion.



While trying to keep my mask on, I lost myself. I also lost my job, my home, and almost my husband. At my lowest, I reached out for help. I advocated for a diagnosis and found a coach and a support system that LIT MY SOUL ON FIRE.

I surrendered my life to the universe. I began to trust that there was a path for me in this world, but I knew I had to live authentically if I wanted to find it.

I left the corporate world and dove into a deep healing process. I learned how to take the mask off and embody this weird, confident, strong, bad-ass woman who was waiting to fill the world with her light and unique medicine. Within months I was learning to regulate my nervous system, diving into my traumas, getting help for my sensory issues and healing my marriage. One day at a time.

Today I write this with a smile on my face and a confidence in my heart. It is possible to live life without the shame and guilt that is weighing you down. You deserve to take up space - and I want to help. Community is important in your journey. Join me in getting to know yourself. No bullshit. Just healing and support.

