

Reroot

A guided space for women ready to untangle the impact of a difficult relationship with their mother and Reroot in their own worth, freedom and self-trust.

Structured as 10 x 90 minute one to one sessions with worksheets and exercises to support you in between.

Below are some of the areas we explore together. Your personalised roadmap is shaped for you.



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By completing the Reroot programme you will feel more grounded, self-aware and deeply connected to yourself.

What once felt confusing or heavy begins to make sense. With a stronger sense of self, your worth and boundaries you step into a more empowered way of living.

You leave feeling lighter and more equipped with the tools and inner stability to continue nurturing your own growth long after the programme ends.