

New Blog, book survey & free resource





Autumn News

Autumn brings a cool, sharp light falling on a kaleidoscope of warm, rich colours.

Winter is coming, yet the rain and warm sunshine has kick-started a burst of growth and opportunity in the natural world. The rosemary bush in my garden is having a second, late flowering and the chestnut tree is sprouting conkers and flowers simultaneously!

Our generation of women have an opportunity to blossom in our Autumn years – drawing on all the wisdom of our earlier decades, we can have our second Spring. Life Coaching with Hypnotherapy enables you to unleash your full potential, tap into your superpower and live with more joy.

How does this happen? Read my new blog post here: [What is Life Coaching with Hypnotherapy?](#)

Read my blog here

Your views would enrich my book - please contribute:

I am currently writing a book for women aged 50 plus, who want inspiration, encouragement and successful strategies to enable them to live their most vibrant life during their Act 3.

If you are one of these mature, reflective women, I need to hear from you.

It would be so helpful if you could contribute to my survey – it only takes 5 – 10 mins – to give me a better understanding of what, in your experience, are the biggest challenges to living well at this stage in our lives, how you have faced them, the unexpected joys and what you most appreciate about stepping into your Act 3.

[Please contribute to my book survey here](#)

Tell me what's important to you in your life now

This tool can help you balance your life for the best results:

What we want and need changes across time. It's easy to find yourself living on auto pilot but this can lead to an uncomfortable sense of dissatisfaction and being out of balance. So it's worth periodically checking in with yourself.

The-wheel-of-life self assessment tool gives you an overview of how satisfied you are in each of the different areas of your life - career, relationships, home environment, self care etc - and a picture of how you are balancing these competing areas. With this insight you can get clarity on where you most want to focus your energy and attention.

[Download Wheel-of-Life here](#)



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