

Soul Decisions Coaching

PRIORITISING WOMEN'S HEALTH & WELLNESS



ABOUT SOUL DECISIONS COACHING

Debbie and Becky are sisters passionate about helping women overcome the debilitating emotional rollercoaster of menopause to discover what holds them back from living their best life possible.

Having experienced the traumatic effects of childhood adversity in their own menopause journeys, Debbie and Becky are well-placed to support you through your own individual process of discovery and release.

There are times in a woman's life when she needs to take steps to improve and maintain her well-being. A time when she needs to rediscover, reclaim, and redesign her life to create wellness into old age.

Debbie and Becky have witnessed so many women existing their way through life, paying no attention to their own needs. Constantly putting the needs of others first. Leaving their zest for life, their joy, their peace, their happiness for 'maybe' sometime in the future. Debbie and Becky say 'No more'.

SPEAKING TOPICS

- Our story of how childhood trauma affected our menopause journey's.
- How we overcame the actions and behaviours from the past that were making menopause symptoms so much worse.
- How to live a life you love with passion and freedom alongside menopause.
- How menopause gets to be the greatest thing that happens to you later in life.
- Finding emotional health during menopause.

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Author of
"Menopause Mind Shifts" and "Time to Be Unstoppable"