



*“When we are prepared for death, we are better able to face it when the time comes”*



## CONTACT ME

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# Carol Wales

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END-OF-LIFE COMPANION  
GUIDE

LIFECYCLE CELEBRANT

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## MY STORY

With a broad range of skills and capacities gathered over 25 years, I support individuals and families to find meaning and peace in life and in death.

I had the privilege of caring for my mother while she was in care for some 10 years when her memory suffered. This enhanced my desire to assist people in meaningful ways, and to make sure no one is facing death alone.

I work alongside individuals and families who are seeking comfort and guidance after trauma or a difficult diagnosis. I also work with those preparing for the end of life, or actively leaving this world as we know it.

No matter what your age, culture or spiritual belief, I am here for you. I hold a deep, wide space for you to discover and express whatever is present for you.

The openness and creativity in me allows solutions to come through. When it seems appropriate, I will offer them for you to consider.

In all my work, I am here with the greatest desire to support and guide you along your journey.

## MY SERVICES

### **FINDING MEANING AND PEACE:**

#### **VISIONING WITH THE END IN MIND**

Life is precious, limited and dying is a natural, sacred part.

Understanding that, forces us to focus and find meaning. End-of-Life planning is for anyone wanting a deeper understanding of life and to live a more reflective, meaningful and purposeful existence. We explore the 5-key areas of life through a reflective and personal journey in order to discover the things that you hold most precious in your heart and soul.

### **END-OF-LIFE COMPANION (DOULA)**

Death and dying – situations very few are completely prepared for. As a doula, I accompany and provide emotional, spiritual, and physical support at an intensely personal and crucial time, to enrich the dying experience for patients, family members and friends.

I offer a quiet, listening presence, and deep compassion at the closing hours. I assist with Advance Directives and funeral preparations. I accompany loved ones through their last days of life and help ease the suffering of grief for friends and family in its early stages.

### **LIFE CYCLE CELEBRANT**

Celebrating life with an authentic and meaningful ceremony after the loss of a loved one, is the final step in honoring their legacy. Each service is designed to foster a sense of support, connection, and is designed to capture the essence of you or your loved one using nature, storytelling, and deep listening.

*“Love knows not its own depth  
until the hour of separation”*

*(Kahlil Gibran)*