



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



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Carol Wales

TRANSITION GUIDE
ENSURING YOU HAVE
THE BEST ENDING



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 of life.

Understanding this helps us to focus our attention on what we value deeply. Visioning with the end in mind is for anyone wanting to live a reflective life, and to find meaning and purpose in their own existence.

The process involves exploring 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 COMPANIONSHIP

Very few of us are well prepared for situations involving death and dying. As a doula I provide companionship as well as emotional, spiritual and physical support to enrich the dying experience for the one who is dying, as well as for their family and friends.

Getting prepared for the end-of-life involves sorting some practicalities, perhaps including wills and funeral wishes. I am happy to assist you with these.

At this intensely personal and crucial time, I am with all concerned in the many challenges and graces that come with death.

CREATING CEREMONIES

Celebrating with an authentic and meaningful ceremony after the loss of a loved one is a final step in honouring their life.

Each service is individually designed to foster a sense of support and connection, and to capture the essence of the one who is being remembered.

As a Ceremonialist, I create ceremonies which call on my capacity for deep listening and storytelling, and on my connection with nature.

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

(Kahlil Gibran)