

The Life Design Agency



Know that feeling you get when you imagine yourself at a far away retreat?
Or the way you feel when you indulge, and walk away unapologetically happy?
I help women season their daily lives with that feeling.
Expressed, not trapped.
In bloom, not in hiding.
Work-life harmony, not perfect balance.
Life Design helps women **Risk Expression.**

UNMUTE

Women's Emotional Wellness

Individuals and organizations gain access to

- Live Workshops
- Webinars
- Copywriting Services
- Personal Development Talks
- Individual and Group Coaching

for personal and professional wellness.

TOPICS

Self-prioritization Entrepreneurship Lifestyle management
Self-expression Wellness Marriage Work-Life harmony

Core Services

live.
your grain

biography

With Mom In
MIND

LIFE DESIGN HELPS YOU DEVELOP
CLARITY + CONFIDENCE
FREEING YOU FROM INCESSANT
GUILT, DOUBT, AND FEAR.

TheLifeDesignAgency.com
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