



## Life Coaching & Counselling

As a mother, wife and business owner, Gab knows how sometimes things can get out of balance! When it feels like the rest of the world is zigging while you're zagging!

Everyone has times when life becomes a little overwhelming or things seem to get out of balance! Using the services of a life coach can be like using a map and compass to guide you smoothly on life's journey once more.

Perhaps you're looking for guidance about purpose and direction? Clarity can come from sitting with a guide you can trust to walk alongside you and help you discover your path forward.

It's about living consciously and making choices which support you to live your life with meaning, purpose and vitality.



For more information, please contact [gabrielle@freespiritruenorth.com.au](mailto:gabrielle@freespiritruenorth.com.au)