

the next step

for you

(fairy-whisperer)

Overwhelmed by the noise + fear of the current world we live in and wishing that there was more wonder + delight to soothe the aches and counteract the despair.

We need makers of magic now more than ever, and you have something you wish to create.

And you want to do it *with* afternoon naps, laughter + satisfaction, *without* burning yourself out.



This is for you if:

- you have a clear idea of what you want to work on and move towards (creative, practical, personal, professional - all of it is relevant).

A quick, crucial note: being clear isn't crystal perfection - it can look like knowing you want to write stories, dreaming you'll change careers at some point, wanting to move your body more, thinking it would be nice to paint, making a website or being interested in making new friends.

- you want support that's catered to you and where your actual capacity is, not where you *think* it should be

- you want to be taking action (+ this doesn't always look like what your brain says)

This is not for you if:

- you aren't clear on what you're walking towards (totally fine and I have something else cooking for you, this isn't it.)
- you're not willing to experiment a little or want to be told what to do
- you want to go as fast as possible. This work is about sustainable, effective movement not speed.



The Next Step is about making sure you walk away knowing with confidence what you're going to do next, where you will place your focus and energy in a way that feels connected to where you want to go. Not just with the next step to get you there, but with the tools needed to care for yourself as you take the next step. The things that need to be in place to support you so you're not left floundering + uncertain when there are the times that you want to take the next step but find yourself struggling to do so.

You may cognitively feel like you know what you should be doing, and it frustrates you to no end that you can't seem to actually take the action that will get you there.

So you might be worried that this will just be another list of things to do that feel exciting at first but never get done. This is why the body piece + us doing it together is the key factor: we're not the best at understanding our own capacity when the overculture has taught us to constantly reach past it and do more more more.

The most important thing about this work is realising within your body that you can still make momentum without pushing yourself to burnout. That you don't need to use fear and shame as a motivator. That you can still walk forward without compromising the other values in your life: peace, joy, rest.

It's not what we're taught and especially now where the fear is particularly noisy, it can feel impossible. But I assure you it isn't.

And when you have that deep within your bones - it changes *everything*.

The way you feel when you look at your calendar.

The way you make decisions throughout your day.

The way you feel in your own body.

Waking up hopeful and expansive.

with hope, with space, with choice

Spending less time looking at everyone else for answers and reassurance and actually moving forwards + gathering your own information. Sitting down feels nourishing + restful. Letting go of heavy, weighted expectations and instead knowing the parameters that you want to hold yourself to that lift you instead. You get to make decisions based on how you truly feel rather than how you think it should be. No more rush + exhaustion just trust in where you are + what you are doing.

Letting go, letting go, letting go.

So that you can move forwards in a way that feels like a gentle bike ride by the river, sun warming your shoulders and the curved roofs of a village on the horizon, a warm meal waiting for you on arrival.

and me

My skill is being able to give you space to read the energy in your body, the messages that are trying to come through and which roots are the real roots you can draw on. I've studied with hypnosis + neuroscience teachers, self-doubt experts and somatic + spiritual practitioners because we are not a one-size-fits-all kind of people. We never have been and I firmly believe that no-one is, so it's about meeting you where you are at right now + moving from there with a bunch of different ideas + tools at our disposal to test out and play with.

I spent a lot of money and a lot of time hoping that people could just tell me what to do but learning to trust myself and navigate the waters of my own life has been the most powerful engine for real, rooted, sustainable shifts.

I love a good dinner party and I read cookbooks for fun. Computer games are my favourite way to escape into other worlds, but I will always love a good fantasy novel that has a training montage + bonus if there's good romance. Travel makes

me feel most like myself and I have lived in Beijing, Taipei, Shanghai, Paris, Edinburgh, London + Tokyo and always finding reasons to adventure once more.

Some more favourite things: summer thunderstorms, that little 'mrrp' greeting cats make when they wake up, nail art, Buffy will forever be the best vampire tv series in my eyes + language.

together

a gentle cut through of overwhelm

It's one session of one hour-ish, over Zoom.

It takes the time it needs to take, so occasionally we may run a little over or we may finish earlier than expected.

The nature of this offer is that it is a *gentle cut through of overwhelm* with a clear next step to take. It isn't a full plan that covers everything, so one session covers the immediate need. You are welcome to book more sessions whenever you like, or leave it at one.

Your brain may not like the sound of this, still saying that it's not fast enough, or not big enough. I urge you to take a moment to listen to what your body might be saying, and if it's still a no then honour it. But give your body a moment to answer too.

The world is a *lot* right now, and I want this to be a balm and antidote in response to that. So pricing is based on the [green bottle sliding scaling practice created by Alexis J. Cunningolk](#). I will never question your decision, but please be mindful of your choice so that there is equitable care for the community of imagination-cultivators we are creating together.

£20 - for those that frequently stress about meeting basic needs, do not have access to financial savings or frequently need to dip into them and have limited disposable income. Purchasing at the middle tier price would mean longer-term limitations on discretionary spending.

£30 - for those that may stress about meeting basic needs but can still achieve them, have access to financial savings and disposable income. Purchasing this would mean maybe cutting back on discretionary spending for a time, but it would be a short-term sacrifice.

£40 - for those that are able to comfortably meet all of their basic needs, have access to financial savings and disposable income, and can afford an annual vacation or multiple trips. This investment means you are paying it forward and helping contribute to the community.

[\[click here to book\]](#)

for good

Have you heard the saying: the best time to plant an orchard was 15 years ago and the next best time is now?

It's one of those adages that is irritating in its truthfulness. This is not a *rush*, there is plenty of time. *And* - creating, making, moving towards the thing you want is so much more satisfying than waiting for it to happen. Or waiting for the perfect conditions to fall into place.

Doing it in a way that honours your pace and body's need makes it sustainable, rather than in fits and bursts that have you doubting your own ability to follow through.

And as you take steps you get information.

Instead of wondering and thinking: if only I could write every day, I'd get things done. You realise: you know what, ten minutes a day doesn't work for me - I need a solid hour a week without distractions. Or ten minutes writing on my notes app on my phone while I commute on the train is so much more effective than trying to find the time to sit for an hour.

So then you're writing, in a way that works for you. And in six months you have a body of text to work with. Whether that's editing into a cohesive work or scrapping because you realised you want to write something completely different that feels so much more you.

And you get to do this with life happening: dinner parties, and holidays and time with your family and reading books.

Once you understand that your body + your capacity is available for you to work *with*, not *against* - you can start crafting methods that actually make momentum, that actually do things you want them to do.

Screw what you've been told.

You get to choose what's best for you.

