Hi, I’m Kate Smit, a 𝘔𝘪𝘯𝘥𝘴𝘦𝘵 𝘢𝘯𝘥 𝘏𝘰𝘭𝘪𝘴𝘵𝘪𝘤 𝘞𝘦𝘭𝘭𝘣𝘦𝘪𝘯𝘨 𝘊𝘰𝘢𝘤𝘩. I’m passionate about seeing people thrive in life, not just survive – and I have a special interest in guiding Mums on the journey of reconnecting with themselves, their passions and purpose. 🌻

I am also a part time Pre-School teacher (3-5 year olds) and have been for 25 years - so I have a great understanding of the challenges you may experience and questions you may have about being the best parent you can be to your young ones!

I am a Mum myself –

to two beautiful boys, 12 and 10.

I lost my Mum 7 years ago and my niece lost her Mum at 2 years of age, 5 years ago.

I share because being a Mum, knowing the value of Mums and truly appreciating the value of life, drives me to be the best I can be and to encourage other Mumma’s to do the same! When you are your best - you can give your best to others, including your children! 💜

It’s a fact that many Mum’s feel the pressure of balancing a lot in their life – work, home, children, family, social life, health and fitness and often they put themselves last, neglecting some of these areas of self-care.

Can you relate? 🤷

Although we all love our children, being a Mum can be a 𝘳𝘦𝘭𝘦𝘯𝘵𝘭𝘦𝘴𝘴 𝘳𝘰𝘭𝘦 of tending to the needs of children and family - ***Day in and day out*** 𝘪𝘯 𝘸𝘩𝘢𝘵 𝘴𝘦𝘦𝘮𝘴 𝘭𝘪𝘬𝘦 𝘢 𝘯𝘦𝘷𝘦𝘳 𝘦𝘯𝘥𝘪𝘯𝘨 𝘎𝘳𝘰𝘶𝘯𝘥𝘩𝘰𝘨 𝘋𝘢𝘺!

🤷Have you become 𝘴𝘰 𝘥𝘪𝘴𝘤𝘰𝘯𝘯𝘦𝘤𝘵𝘦𝘥 𝘧𝘳𝘰𝘮 𝘵𝘩𝘦 𝘵𝘳𝘶𝘦 𝘦𝘴𝘴𝘦𝘯𝘤𝘦 𝘰𝘧 𝘸𝘩𝘰 𝘠𝘖𝘜 𝘳𝘦𝘢𝘭𝘭𝘺 𝘢𝘳𝘦, that you realise you need to change?

🤷Have you been so busy 𝐫𝐞𝐚𝐜𝐭𝐢𝐧𝐠 to the day to day events of life that you have not taken the time to slow down, ask questions, reflect on your growth, care for yourself and unearth your deeper longings – your passions and purpose for life?

🤷Have you been so busy, you neglected to 𝐜𝐫𝐞𝐚𝐭𝐞 the life you want?

I understand that our children are our everything, but sometimes you know there is more, more to life and more to who ***YOU are***.

Are 𝘠𝘖𝘜 𝘢𝘳𝘦 𝘳𝘦𝘢𝘥𝘺 𝘵𝘰 𝘤𝘢𝘱𝘵𝘶𝘳𝘦 𝘪𝘵?

You are ready to thrive, not just survive!

𝙏𝙝𝙞𝙨 𝙞𝙨 𝙬𝙝𝙚𝙧𝙚 𝙄 𝙬𝙤𝙪𝙡𝙙 𝙡𝙤𝙫𝙚 𝙩𝙤 𝙝𝙚𝙡𝙥!! 🌻💜

I’m here to guide you through the process of asking these deeper questions and reconnecting with yourself, your passions and purpose.

As a Master Practitioner of NLP I assist you in using your resources within to empower your mindset and set achievable goals. My knowledge of holistic health, such as plant based eating, exercise and mindfulness will also be drawn upon as I guide you on a journey of self-discovery and personal growth.

By doing so, you will

🌻𝐠𝐚𝐢𝐧 𝐚 𝐫𝐞𝐧𝐞𝐰𝐞𝐝 𝐬𝐞𝐧𝐬𝐞 𝐨𝐟 𝐩𝐮𝐫𝐩𝐨𝐬𝐞 𝐚𝐧𝐝 𝐩𝐚𝐬𝐬𝐢𝐨𝐧 for your life

🌻be 𝐜𝐥𝐞𝐚𝐫 𝐨𝐧 𝐲𝐨𝐮𝐫 𝐠𝐨𝐚𝐥𝐬 𝐚𝐧𝐝 𝐟𝐮𝐭𝐮𝐫𝐞 𝐝𝐢𝐫𝐞𝐜𝐭𝐢𝐨𝐧𝐬

🌻𝐟𝐞𝐞𝐥 𝐚 𝐜𝐨𝐧𝐧𝐞𝐜𝐭𝐢𝐨𝐧 𝐭𝐨 𝐭𝐡𝐞 𝐭𝐫𝐮𝐞 𝐞𝐬𝐬𝐞𝐧𝐜𝐞 𝐨𝐟 𝐲𝐨𝐮.

My mission is to see all Mums enjoying a life of 𝐭𝐡𝐫𝐢𝐯𝐢𝐧𝐠, 𝐧𝐨𝐭 𝐬𝐮𝐫𝐯𝐢𝐯𝐢𝐧𝐠

and in-turn, I know they will ***inspire*** those around them to do the same – including their 𝐜𝐡𝐢𝐥𝐝𝐫𝐞𝐧.

What if, you could do this? 🤷

What if, you could put yourself first? 🤷

Well YOU CAN.

YOUR TIME, FOR YOU, IS NOW

YOUR TIME TO THRIVE, IS NOW

🌻💜I’m offering FREE 30 minute zoom or phone chats to those Mum’s who are interested in being the best they can be.

During this chat we can see if we are the right fit for each other and discuss costs moving forward (costs based on individual needs)🌻💜

Message me NOW, put yourself first and make a time to reconnect with YOU.

Much love,

Kate

LIFE IS FOR THRIVING, NOT SURVIVING 🙏❤