

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 🙏💕