

Heal Your Inner Child



Sundays
September 29 -
December 15



90- Minutes
2:00 - 3:30 PM
Mountain Time



Zoom
60 min education
30 min discussion



1:1 Coaching
Two Private Calls
60 Minutes Each

Join me for this 12-week transformational program, designed to help you heal your inner child and the deep rooted patterns that are holding you back.

Key Outcomes

- **Build lasting confidence** to pursue your dreams + goals.
- **Heal deep emotional wounds** that have kept you stuck.
- **Release limiting beliefs** and finally feel free + grounded.
- **Own your worth** and step into your power.

Kari says:

"After working with Heather, I finally feel at peace with myself. I've healed in ways I never imagined, and my relationships have completely transformed."