



AS SEEN IN

Its About The And Blog  
Healing at the Crossroads  
The Hopefulist Podcast  
Is Mold Sickness Causing Your Chronic Illness?

## AREAS OF FOCUS

- Shifting from surviving to thriving
- Taking back control of your life
- Finding & owning your voice
- Getting the help you need
- Making the most of your doctors appointments
- Realigning for healing

## WHAT OTHERS SAY

*""Carrie was an extreme joy to work with. Her ability to connect with her clients is truly a gift - one that made me feel seen and heard. I would recommend her to anyone looking for a Holistic Healing Coach. What an honour, thank you again Carrie.*

— Wendy O.

## ABOUT CARRIE

Carrie is a chronic illness coach empowering adults who are sick and tired of being sick and tired to get unstuck and reclaim a life they love. She helps her clients take back their power so that they can shift from surviving to thriving even if they have been urged to accept the status quo.

As a holistic coach, Carrie partners with her clients to build Embodied Wellness at the physical, emotional, mental and spiritual levels.. Her proprietary Vitality Path framework creates a clear path to hope, and healing.

On a more personal note, Carrie is a spunky mom of three teens and survivor of simultaneous Brain Injury, Lyme Disease, and Mold Illness.. She transformed the despair, chaos and overwhelm of medical crisis into thriving through an unstoppable mindset grounded in soul-centered strategy

Having overcome this major medical crisis, Carrie pivoted from her 20 year career as IT Project Manager to become a Chronic Illness Coach who uses the lessons she learned through her recovery journey to support those with ongoing health issues to bridge the gap between where they are now and where they would like to be.

In addition to 1:1 coaching, Carrie hosts live and virtual workshops, offers group coaching, is available as a guest speaker.

*Get in Touch*

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