

EMPOWERED FERTILITY



Support

Continue to support clients in discovering what they do have control over including their diet, their thoughts and their behaviors. Help clients realize the areas they can improve and support them to make those changes.

Celebrate

Celebrate the small steps toward their goal. Maybe they are sleeping better, their periods are more regular...Take an inventory of what there is to celebrate and have them implement a gratitude practice because this puts the mind into a receiving state and they will be able to more easily change unwanted behaviors.

Dream

Keep the client focused on the dream hold the vision for them even when they think it is not possible. There is always a way for them to get what they desire. Remember that there are many paths to the one destination.