

Celebrate you
each day



Welcome to

Solace Forest

Solace Forest is a safe space to explore, find and nurture yourself. To process and let go of hurt and to heal fully. A place you will get guidance and support on your journey back to knowing and loving yourself in abundance.

Hi, I'm Solas.

I didn't just wake up one day and want to be a Self Relationship Coach. The most important journeys in my life led me here.

I grew up in an alcoholic home. Everything about home and family felt overwhelming, confusing and extremely hurtful.

I've had severe depression since I was 11 years old, and anxiety from even younger. I found out in 2022 I've been living with PTSD since my childhood.

At 18, I got a genetic type of diabetes called MODY.

I had a breakdown at 26. Breathing was the most torturous thing you could imagine. Everything about my being and soul ached in unbearable pain.

I started to find peace in my 30's Finally, I felt happier and could do more than just go through the motions of being a "responsible adult" in this world.

Then at 36, I got a winter flu virus, and my body completely broke. I have lived with Chronic Fatigue Syndrome ever since. It's been a slow recovery but it lead me to this life I live now, which is a healthier, even more grateful, wonderfully nurturing, accommodating and happy life. It's what led me to FINALLY leave the job I'd hated for years.

I took the opportunity to retrain in this work that I am so passionate about. I am so excited that I get to share my good energy days doing what I love with people.

Enough about me!

Let's focus on you and why you came here.

Have you become so distracted with doing, achieving and striving for more that you have forgotten how to stop and take time to celebrate yourself?

I have created this Journal
to start you on your
journey back to
consciously celebrating
yourself each & every day.

Take this time to stop, ponder and connect with yourself. Celebrate who you were today.

You can answers these question directly in this digital workbook directly using a free PDF editing tool [DOCHUB](#).

If writing isn't you thing, you could take this questions on an evening walk and answer them in your mind.

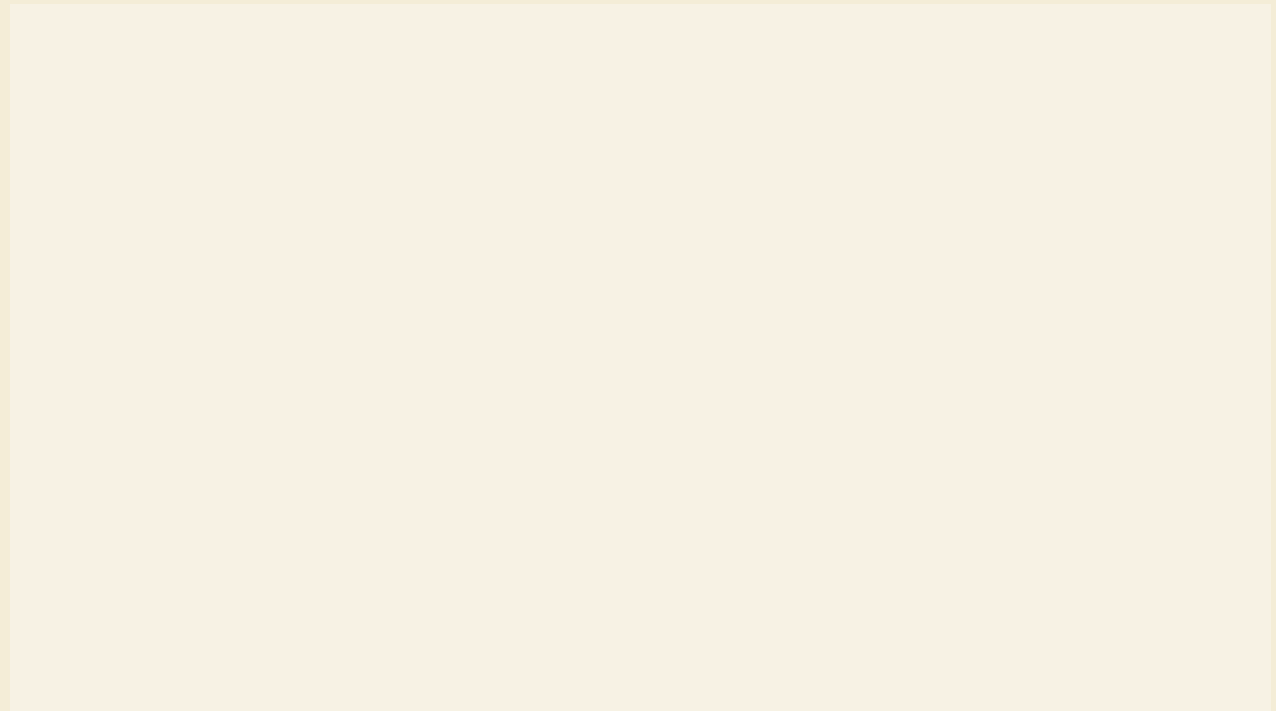
You could end your day just thinking on them as part of your wind down bedtime routine.

Whatever way you choose i hope they bring you deeper in your love for yourself as a real and honest human.

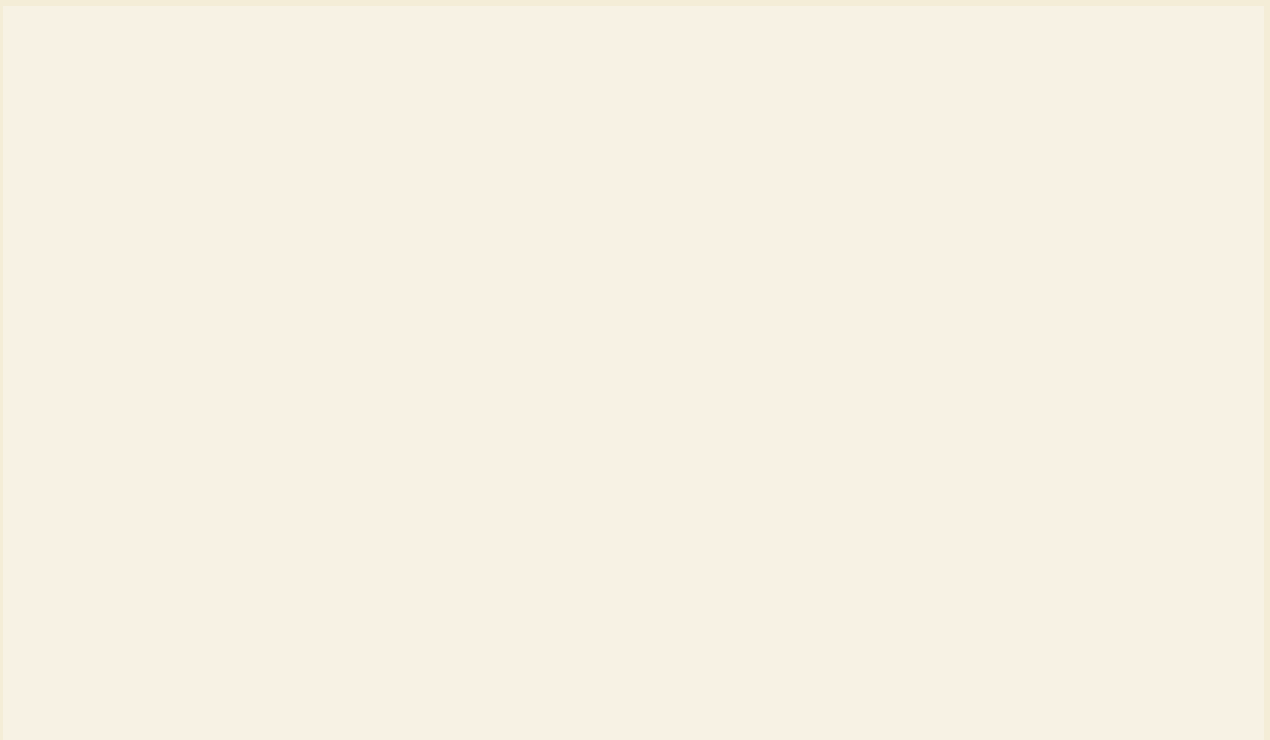
When i woke up i felt.....

I was scared/ worried/ stressed about.....

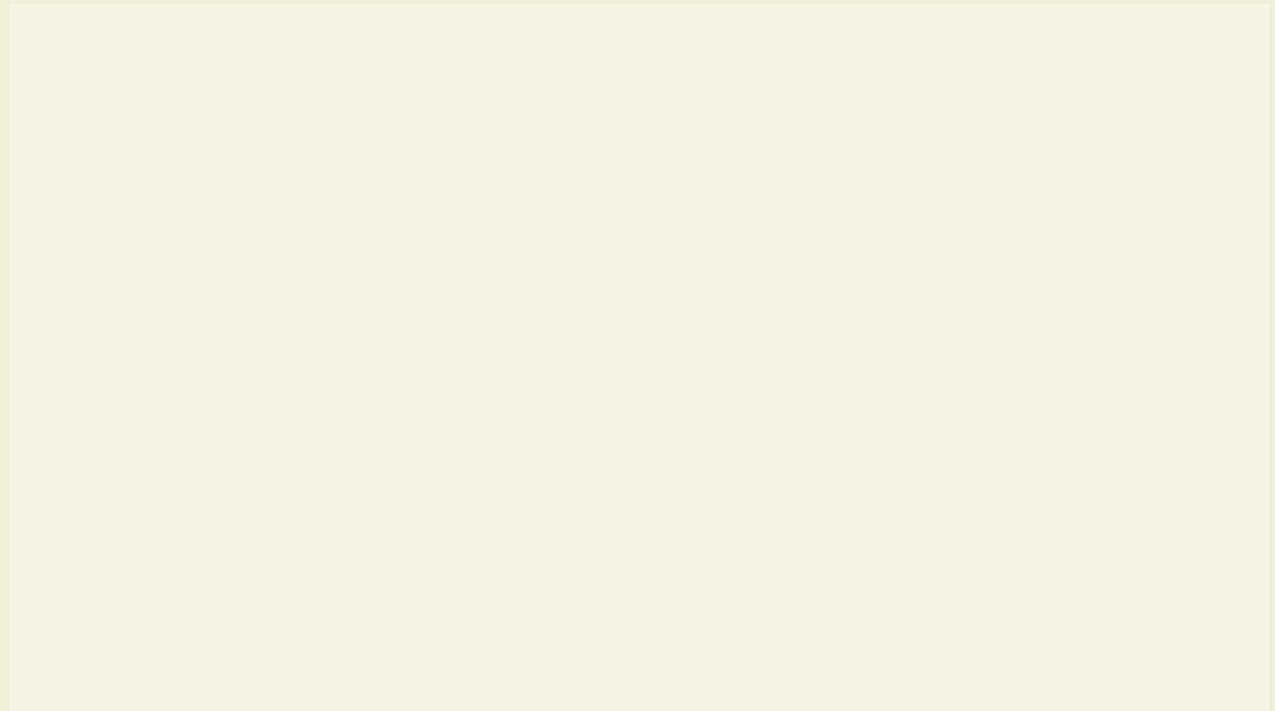
I was excited and happy.....



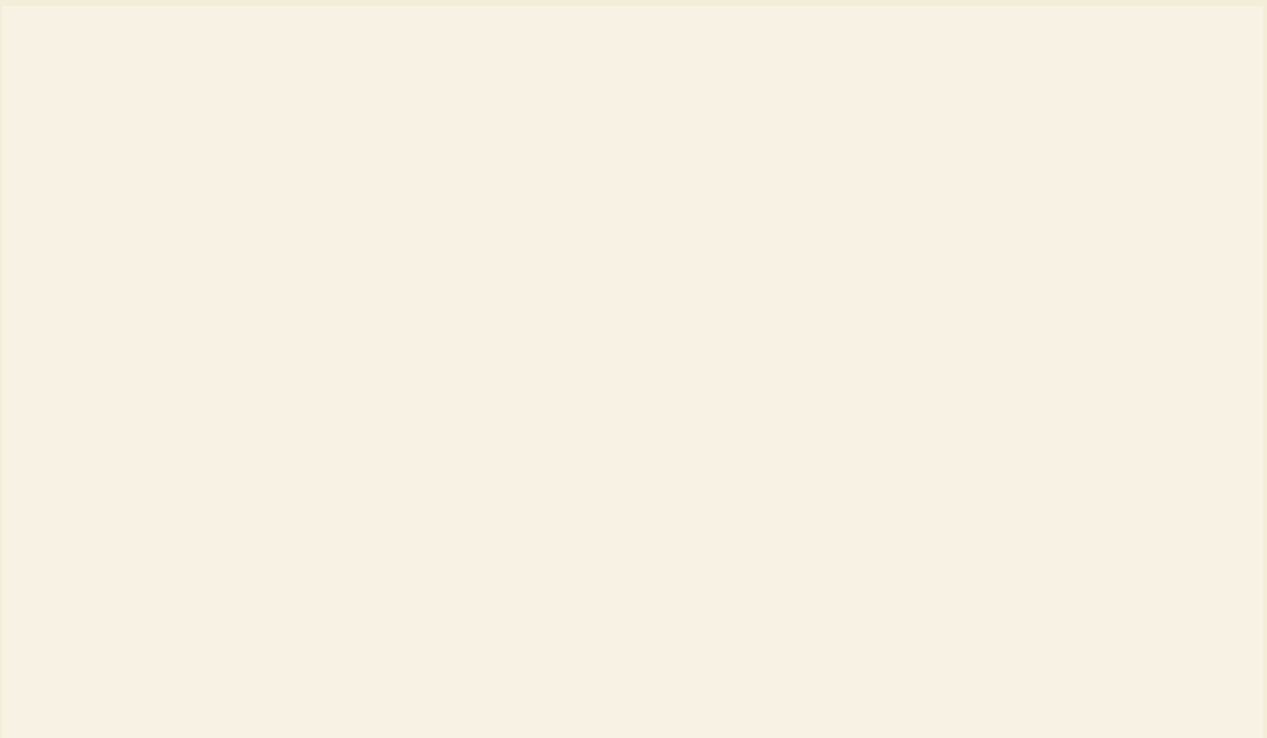
Today i didnt think it was possible, but i.....



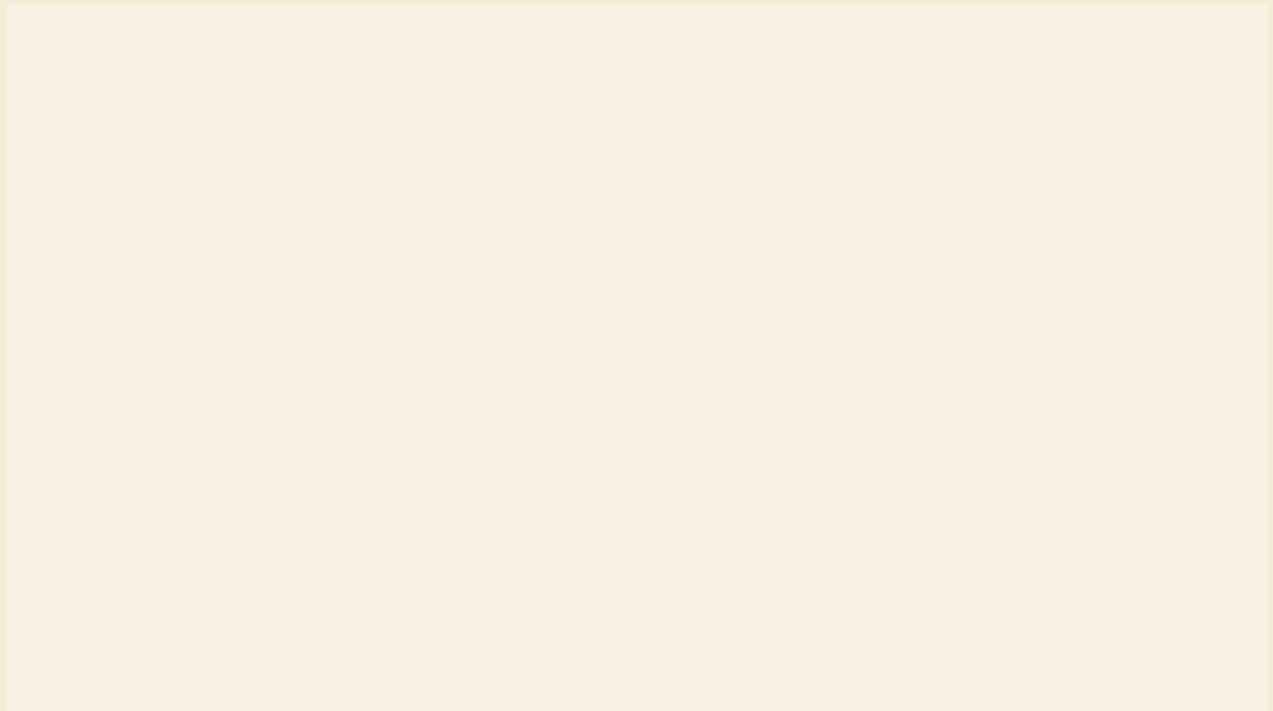
Today i am grateful for myself.....



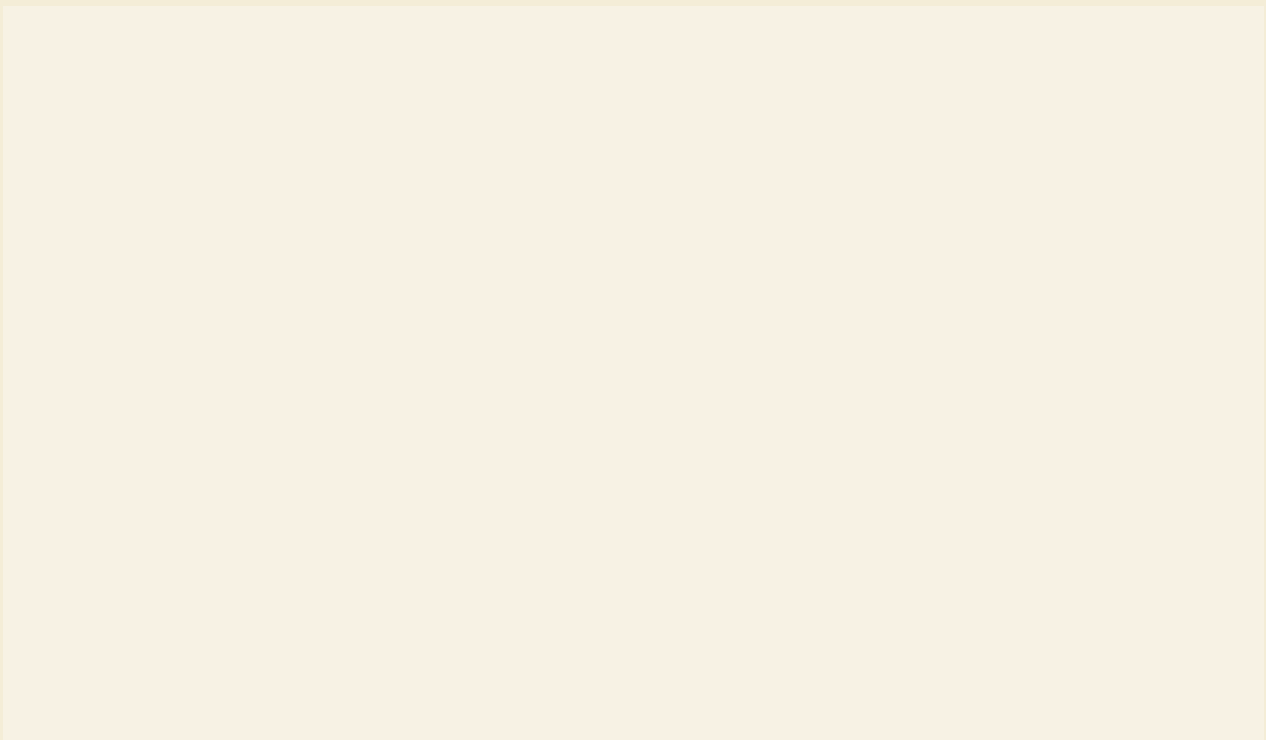
Today i am proud of myself for.....



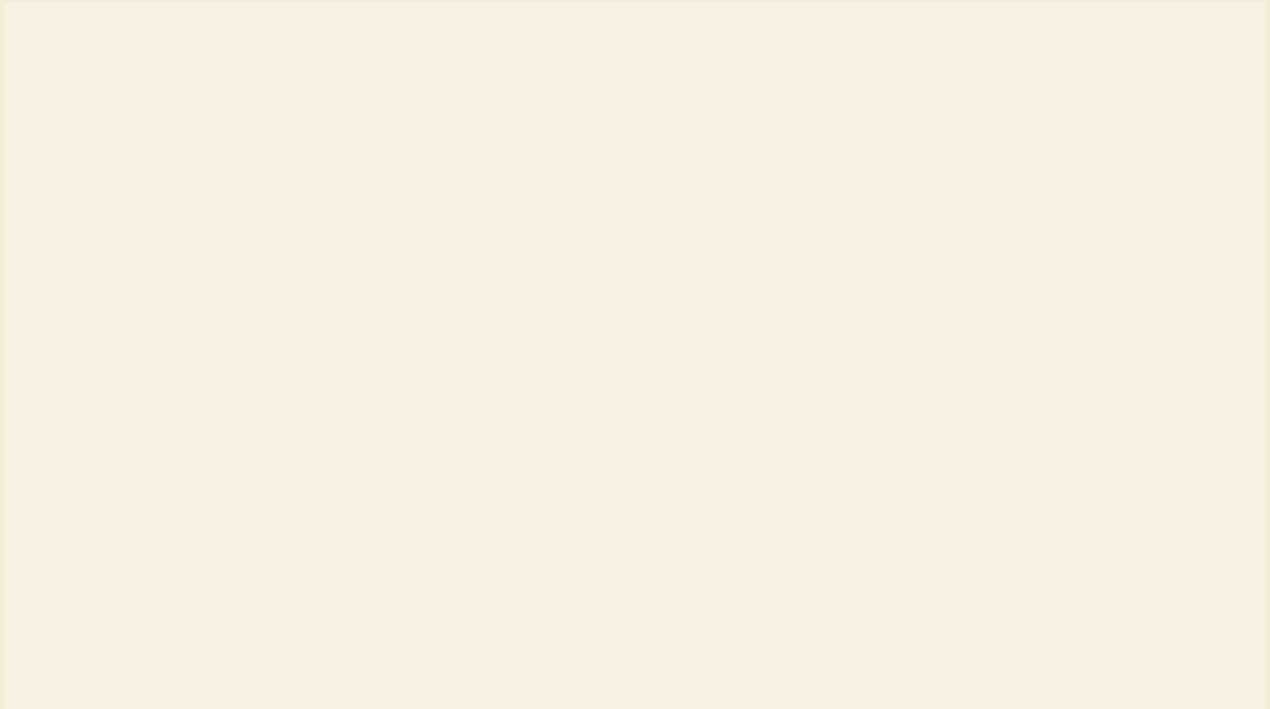
My biggest achievement today.....



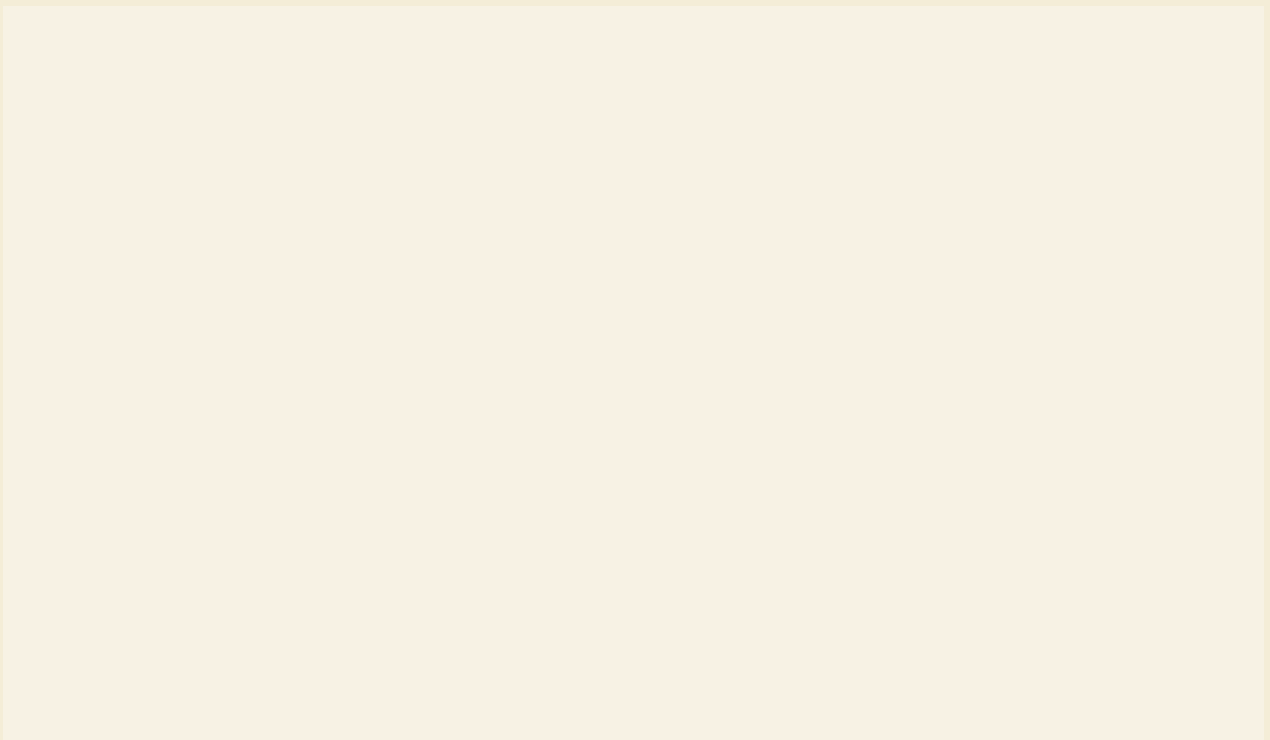
A surprising joy in today was.....



My favourite part of today was.....



I am going to bed feeling.....





Thank you for taking this time for yourself.

I hope this guided journal has helped you reconnected with yourself, given time to celebrate yourself, allowed you to feel pride in yourself and facilitated moments of realisation so that you can move forward in your journey with awareness, compassion and self love.

You will find more helpful [Tools & Resources](#) on the Community page of the website.

If you found value in this guided journal and would like to say "Thank you" [get in touch](#) because I would be so happy to hear from you.

You can also [buy me a coffee](#) to fuel my me during the time I spend creating Free tools for this community.



Join me on my 12 month Self Relationship program. It is a beautifully deep program guiding you in creating a loving, understanding, supportive and joy filled relationship with yourself.

Can you imagine being your very best friend?
Loving yourself as deeply as you dream another will love you?
Do you know you can create a sanctuary inside yourself where you can go whenever you need comfort and to feel safe?

So much is possible when we put time and effort into the relationship we have with ourselves and this program will guide you, step by step, in building all that and more. Learn to really know and love yourself abundantly.

We start each January and work together all year. Each month we will cover a new topic and aspect. The course is built intentionally to allow space and time to explore, digest and grow each month without feeling overloaded. There are 2 rest months in the program to give extra space to digest and rest. I will be here to support you all year.

Join the waitlist to get first access and receive sneak peeks of the content. There are only 15 spots each year, as I like to make sure each of my clients gets the time, attention and support they need.

I also take on a small number of 1 to 1 coaching clients each year. This is done via video or voice call.

Coaching with me is an interactive and dynamic partnership.

I don't sit silently.

I will be there with you in the conversation sharing insight, tips and support.

I will be an active guide.

A consistent support.

There will be understanding, empathy and sympathy and when it feels beneficial to do so, I will share my lived experience.

My style of coaching gives space for all your needs and wants.

To share and soothe your hurts from your journey so far.

To acknowledge it and let it be heard so that you can heal and move forward and finally release the hold it has on you

.

The goal is to make meaningful progress at a pace that is gentle and sustainable for your healing and growth.

There is also the option to work 1 to 1 via the written word, like a journal that writes back.

Your Journey Book is an 8 week program where you and I go on a journey together. I will be your guide and support.

The words we use reveal a lot about our subconscious minds and that is why the Journey Book is such a unique and powerful experience.

This can even be done anonymously so you have an extra sense of privacy. Simply set up a gmail email address and contact me with it. It will act as your key to accessing your Journey Book which is a private space online just for the two of us.



I would be honoured to be your support and guide on your journey.

I have tried to make it possible for everyone to be able to afford to work with me by having 3-tier pricing.

On each service you will find a:

Subsidised Rate: our reduced price to allow those with a lower income to save and invest in working with me.

Full price: covers the before, during and after work that goes into each session.

Pay It Forward: covers your full-priced spot and 50% of the discount given to the Subsidised Rate. I cover the other 50% subsidised discount.

Remember you are never alone,
we are in this life together.
I am always here for you.

Solas xx