



Loris Sofia Gregory Beautiful Necessity

**co-creating healthy soulful spaces
for personal, community and
planetary health**

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"Tell me, what is it you plan to do with your one wild and precious life?" Mary Oliver

Welcome to our coaching alliance! I and my business, Beautiful Necessity, are dedicated to co-creating healthy soulful spaces within and around you. I offer holistic health coaching, green living consultation, and energy healing for you and your home. Together we artfully reconnect you with your heart's desires and your inner wisdom to reclaim radiant health and wellness. Together we explore visionary ideas, processes, tools, and resources that will compassionately support you in creating a healthy body, mind, home, and life – one empowering step at a time.

I believe that each of us already has abundant wisdom and inspired vision to create health and happiness for ourselves, but we often don't take the essential time needed to reflect within, to clarify our dreams, and to "Say YES!" to what we really want. I congratulate you on choosing to make a difference in your own wild and precious life.

As your holistic health coach, I promise to create a non-judgmental space for whole-hearted listening, gently guide you towards enhanced awareness, help you discover what you really value, offer clarifying possibilities as you choose each new step, and inspire you towards creative healthy living. And I promise to hold you accountable to your values and your dreams with loving support and abundant applause.

Through my own life-long journey towards emotional wellness and a healthy body, mind, and home, I have discovered that what we hold inside – consciously or invisibly – can prevent us from doing and having all that we desire for our lives. I offer support in releasing all that may be energetically holding you back from living a full healthy authentic life. You will see and feel results in our first session together. As you release all that is no longer serving you and we co-create steps inspired by your new-found energy, your life will begin to magically rearrange and transform to reflect the amazing person that you truly are.

For the past 10 years, I have actively supported others within their unique healing journeys towards radiant health and completed HealthCoach Training® in November 2009. I am creator and editor of "Good News for HealthCoaches," an international monthly e-newsletter that supports 900+ students and alumni of HealthCoach Training®. I am committed to life-long curiosity, creativity, learning, and leadership towards a healthier world.

I am ready and excited to coach you:

In visualizing and claiming all the health that you choose for your own precious life,

In releasing self-limiting toxic emotions, beliefs, and thoughts,

In decluttering and re-energizing your home and your life,

In discovering your own intuitive wisdom about your body, food, and eating, discovering nourishment beyond food, and creating your optimum healthy kitchen,

To new levels of imagination and creativity for personal health aligned with a healthy earth, and...

To support, cheer and applaud you as you realize your dreams and flourish in your new radiant life.

I look forward to our wonderful collaborative adventure towards radiant health and wellness, within and all around you.