

A photograph of two women with long hair, one blonde and one dark red, standing in a field of tall yellow flowers. They are facing each other and smiling. The background is softly blurred.

*Womanfriend,  
are you ready  
to get your  
goddess on?*

If you're feeling stagnant or stuck—  
at home, in a relationship, or with work—  
or if you're musing about what's next in life,  
then it's time to get your goddess on!



# MIDWIFE (verb): to bring forth



If you're feeling out of balance in your life, wanting to go back to work after staying home with kids, feeling overwhelmed by the demands of parenting, struggling to find yourself, or dreaming about switching careers or starting a business, Tara can help you midwife your life and get your goddess on!

*Relax, go inward and let the process of being heard help you uncover your own inner wisdom.*

**TARA FRAZER** is a gentle and nonjudgmental listener who will help you uncover new perspectives and creative solutions. As a Certified Life Coach, she will use powerful tools and evocative questioning to help you experience breakthroughs and start living into your possibilities. Tara offers impactful support for women approaching new horizons, and as a Certified Life-Cycle Celebrant, she can also assist you in creating meaningful ceremony to honor major life events and transitions.



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