

PAIGE BAUTZ



EMPOWERMENT COACH - SPEAKER - AUTHOR

THE ROLE AND COMMITMENT AS THE COACH IS
TO GUIDE, GET CURIOUS AND
HOLD YOU ACCOUNTABLE.

THE ROLE OF THE CLIENT IS
TO BE HONEST, TAKE ACTION AND MAKE
ALIGNED CHOICES WITH DESIRED GOALS.

I am not a psychiatrist, doctor or councillor - I lead coaching from the education of my education degree and life coaching accreditation, as well as, my intuition and the knowledge I have gathered from my lived experiences

MY STORY

I hear you. Life didn't go the way you "envisioned" it would be. Mine didn't either.

My life has been a series of unexpected events - from healing from heartache to admitting myself to an eating disorder facility to becoming unexpectedly pregnant as a single woman... my life is not at all the way I had "envisioned" it to be.

Since my daughter's premature birth, I have been a solo caregiver and as my child has received multiple diagnoses. I became a single mom to a disabled, neurodivergent child.

Life does not always go according to plan. Some circumstances are completely out of our control - what we do have control over is our responses to life, our character and our choices.

I went from thinking "Why me?" to "Why not me?" Why shouldn't my life go like this - part of being human is experiencing all of it.

I went from being a victim of my circumstances to an empowered woman in my life. I went from feeling scared to courageous in my reality.

I became empowered in my circumstances by having tons of support and continually doing the inner work. This unfamiliar, daunting path has led me here. I am here to support women, like you, who feel victimized by their life to step into feeling empowered and to encourage them to support themselves in the unexpected.

My daughter is now 5 years old and I am confident, secure and courageous in my role as a solo caregiver. I feel empowered to respond to life. I can regulate myself in moments of external chaos. I can separate truth from the stories I create in my mind. I can respond to unexpected situations courageously and authentically. I can advocate for my child and my needs. I feel for the first time, that I am in control of my life, regardless of what is out of my control.

EVOLUTION

**YOUR LIFE
IS YOUR
RESPONSIBILITY**

@PAIGEBAUTZ

EMPOWERING JOURNAL PROMPTS

- What are your core values? How do they shape your sense of self?
- Describe a personal challenge you have overcome that has shaped your character
- Write a list of self-care activities that bring you joy
- What is a mantra or statement you tell yourself or want to tell yourself when you are in an uncomfortable situation
- What in your life is in your control?
- What in your life is out of your control?
- What makes you feel f*cking good about your life?
- What does YOU TIME look like for you?
- What did your parents model to you that you do not want to continue as an example for your current or future kids?
- How can I validate myself instead of seeking validation from others?
- Where in my life have I taken steps to create a desired outcome?
- What makes you feel so f*cking confident?
- When do you feel the strongest?
- What is your favourite quality about yourself? why?
- Who are you outside of your "labels"? (mother, caregiver, employee, sibling, child)
- What does your BEST SELF look like, act like, respond like, eat like, move like? Tell yourself about her.
- What is a recent lesson I learned from a recent uncomfortable situation?
- What do I need to forgive myself for?
- What do I need to forgive others for?
- What are the boundaries I have or want to have in place in my relationships?

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