



Kindle Health at Fox Song Farm



Faith Richardson, DNP RN

Health & Wellness Counseling/Coaching

I help people re-ignite their joy

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Dear Client,

Thank you for inviting me on your journey toward greater health and well-being ... I'm delighted to be your counselor and coach along the way!

At Kindle Health, you and I will explore ways to significantly improve your life. I'm not interested in providing generic advice, rather I commit to helping you discover what is standing in your way and to provide tools that can help you get onto a path to greater well-being that is right for you. I'm all about helping you experience deep joy in your life.

My background as a Registered Nurse and Family Nurse Practitioner has provided me with the experience of working with people of all ages going through all stages of health and wellness, including chronic disease. Reducing blood pressure and improving personal resilience can exponentially improve physical health, mental clarity, and life-satisfaction. HeartMath techniques have proven efficacy in doing this and can result in less need for medication.

I have a special affinity for working with professionals experiencing burn out in their work, and for anyone going through difficult changes due to career, family and relationships, life-altering diseases, or ageing and menopause. Transitions can be extremely challenging, and we often feel as though we have lost ourselves in the resulting uncertainty. Beliefs about who we are and who we are becoming can be bewildering, and a new life can be difficult to visualize. Reflective work about self-limiting beliefs and applied kinesiology techniques such as PSYCH-K can be particularly helpful in reconnecting with life purpose and experiencing joy in the midst of change.

I approach everything as an ecotherapist. Kindle Health is located on Fox Song Farm with goats, chickens and horses and provides an environment that is nature-inspired. There is something magical about the healing nature of ... well, nature! Weather permitting, Kindle Health sessions may take place outdoors in the fresh air to the backdrop of bird song and horses grazing, or in my barn office! Because I am an Equine Wellness Facilitator, we can also include the horses in your wellness work. Horses have an amazing way of providing us with reflective insight. And, it often is quite amazing how the goats and chickens get involved, too ...

I look forward to meeting you!

Best,

Faith

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