



Sowing Seeds with Jane Elizabeth LLC

About Sowing Seeds

At Sowing Seeds with Jane Elizabeth LLC, we believe personal health transformation starts with the courage to address heart health issues. The journey focuses on heart wellness, procedure readiness, and emotional well-being through the transformative nurse coaching we offer.

We help individuals manage health issues like high blood pressure, obesity, and heart or lung disease. Together, we identify root causes and set goals for a healthier path. Through several sessions, we build trust, explore all life aspects, and create a realistic and sustainable action plan.

About Me

I am a Registered Nurse with a bachelor's degree in the Science of Nursing, possessing 15 years of work experience in Long Term Care, Cardiac, ICU, Surgery and PACU units, as well as Case Management.

Having taken a step back from the current health system in pursuit of a balanced life and personal fulfillment, I became actively involved with my community. Through numerous conversations, it became clear that there is a significant need for support in bridging the gap between the Health Care System and patients, which ultimately led me to pursue Nurse Coaching.

I am also professionally trained as a health and wellness coach/ consultant. Utilizing this skill with my extensive nursing background, I provide clients with very personal support, education, and resources aimed at empowering you through your health transformation.

In addition to my professional pursuits, I reside in southeastern Wisconsin within a farming community and enjoy engaging in activities such as gardening, cycling, and spending quality time with my family.

Summary

When you are ready to improve your health and seek independent, professional assistance, please contact me. I am available to provide support. I look forward to hearing from you.

My contact info is: Email: sowingseedswjane@gmail.com / Phone: 262-755-0835/ Website: heartwellnessrn.carrd.co

C.S. Lewis once said, "You cannot go back and change the beginning, but you can start where you are and change the ending." Begin today by reaching out for a complimentary introductory session.