

BE THE SUPPORT

-THE WORKSHOP

WITH AMANDA STAR KINGSLEY

WWW.AMANDASTARKINGSLEY.COM



What was it you wanted after your abortion?

Why did you really want that?

Do you believe that “this too shall pass”, why or why not?

What is love asking you to do?

What is growth asking you to do?

What would you do, where would you look if you believed the resources to help you heal existed?

C- ABORTION/S

T- (WHAT THOUGHT CAN I THINK IN ORDER TO CREATE THAT FEELING)

F- (WHAT I WANT TO FEEL)

A- (WHAT I WOULD DO AND NOT DO IF I FELT THAT)

R- (WHAT RESULTS WOULD THAT CREATE IN MY LIFE)

C-

T-

F-

A-

R-

FEEL. ADAPT. GROW.

And to explore more about working together
[you can book a free call](#) with me anytime.

You will feel better with Amanda Star Kingsley's coaching. She's a gifted coach, able to help you work through complicated feelings, improve yourself, realize goals, and actualize dreams. As a positive disrupter in the healthcare industry, Amanda is helping women who have experienced abortion in ways that have been lacking for centuries.

She is a force for social change and personal growth. I'm proud to have her as my coach and colleague.

— Juliet Keeler LeBien, LCSW-R and LICSW