



"Strong women wear their pain like stilettos. No matter how much it hurts, all you see is the beauty of it."
(unknown)

Additional Services

Contact Natalie directly to speak about services for you or your group.

Motivational Speaking Engagements:

- Small to large settings including high school and post secondary institutions (youth groups)
- Corporate and small business (employee motivation)
- Inspirational keynotes
- Retreats and workshops
- and more, just ask!

Online Story Broadcasting:

- Videos filmed in the High Heal Diaries Studio

Inner/Outer Beauty Services:

- Makeup application (on site or in studio)
- Skincare services
- Wardrobe consultation (for special events or everyday)



Contact Natalie to make inquiries or to follow High Heal Diaries on the journey of "Inspiring women, one story at a time."

Natalie Wilson, Owner

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"Happiness is when what you think, what you say, and what you do are in harmony."

– Mahatma Gandhi



LIFE COACHING SERVICES

Coaching Services for Individuals, Couples, Groups and Corporations

"Happiness comes from within and is found within the moment by making peace with the past and looking forward to the future." (unknown)



What is a Coach?

"A coach is a trained professional who has the skills that help individuals, executives, and organizations create positive changes, see new possibilities, and help their clients define the steps to be taken to achieve both their short term and long term goals." – Certified Coaches Federation

Natalie Wilson

Meet Natalie Wilson, creator of High Heal Diaries, mother of three, wife, businesswoman, and a three-time breast cancer survivor. Natalie has had an extensive and ever changing career as Interior Decorator/Home Stager (winning a Best Home Stager award in 2012), Makeup Artist (winning team of the Year for Dior Cosmetics in 2009), Licensed Paralegal, Model, Certified Coach Practitioner under the Certified Coaches Federation, and author to many news articles and stories.

While all of Natalie's job titles were absolutely fulfilling, something seemed to still be missing. After her breast cancer returned twice in 2016, she knew that her pain and struggle must not have been in vain. Natalie instinctively knew she must be a voice for women fighting this horrible disease, as well as those dealing with other emotional struggles and on a journey through the stages of emotional healing. She has created High Heal Diaries as a forum to support others on their journey.

Natalie now does motivational speaking, event hosting, writes blogs, hosts an online talk show, offers coaching services, and more.



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Life Coaching Services and Packages

\$75 Initial Consultation (1 - 1.5 hours)

- face-to-face session to discuss client's past/current issues or concerns, what has brought them to need coaching services, and what changes they are seeking to make
- allows client to gain an appropriate comfort level with coach
- allows coach to share what coaching is all about and how the program works

INDIVIDUAL COACHING SERVICES

\$650 Reflection and Recovery Package (5 sessions)

- 5 sessions, 1 hour each session
- tailored to individual needs

\$1150 Rebirth and Moving On Package (10 sessions)

- 10 sessions, 1 hour each session
- tailored to individual needs

SMALL GROUP COACHING SERVICES

\$170/hour Let's Work it Out Sessions (as needed)

- for 2 or more persons
- focuses on action, accountability and goal setting
- separation, divorce, reunion, problematic family issues
- mediated conversations
- ideal for couples, family members

CORPORATE COACHING SERVICES

\$250/hour Help Me Help You Sessions (as needed)

- focuses on action, accountability and goal setting
- employer/employee relationships
- optimizing employer coaching strategies and problem solving
- leadership programs within a company
- employee motivation
- mediated conversations

Note: All coaching services entail strategizing, goal setting, empowering of clients, constructive feedback, finding secrets to building long term relationships, encourage trust, and creates an environment for growth, using Cognitive Reflex Conditioning® (Recognize, Realize, Replace, Repeat).