

Sherine Lovegrove, MSc

*Author, Mental Fitness Coach
Conscious Midwife & Speaker.*

For the past 25 years Sherine has worked in the area of women's health and well-being. Her roots are grounded in research led practices including traditional medicine.

She is passionate about helping women to self-actualise and especially, professional pregnant mums who are stressed, overwhelmed and depleted because they're caught between competing needs; wanting to be perfect at home and at work.

She helps them to Stop and Take a Breath, Reset their priorities so they can happily relax and enjoy their pregnancy and birth knowing they can deal successfully with any problems that crop up.



TOPICS OF INTEREST

- ✓ **Awakening Radical Authenticity.**
Living and speaking your TRUTH
- ✓ **Embracing Radical Vulnerability**
Hold your heart gently and openly
leading through you heart
- ✓ **Instilling Radical Compassion.**
Seeing and accepting other without
the need to change them
- ✓ **Creating Heart-Mind Coherence.**
Bring Heaven (Mind) to Earth (Body)
to align with your Highest truth.
- ✓ **The Truth about Our Genes.**
And how you have the power to
change how your genes
- ✓ **Conscious Pregnancy System**
Choosing to be a conscious creator
for you child
- ✓ **Radical Self-Care**
Priortising you as your pathway to
self-actualisation

Get in Touch

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