

Hi there



In my 15 years in the wedding industry, I've witnessed and empathized with the emotional challenges brides face during this significant time. Navigating the sea of emotions and uncertainties that come with wedding planning can be overwhelming, and I understand the pressures and anxieties brides endure.

I love supporting brides to be who prioritise their emotional well-being and appreciate the significance of addressing their feelings throughout this special time.

HOW CAN I HELP?

CONTACT ME



FROM BROOKLYN

**HOLLY HUDSON
BRIDAL
THERAPIST**

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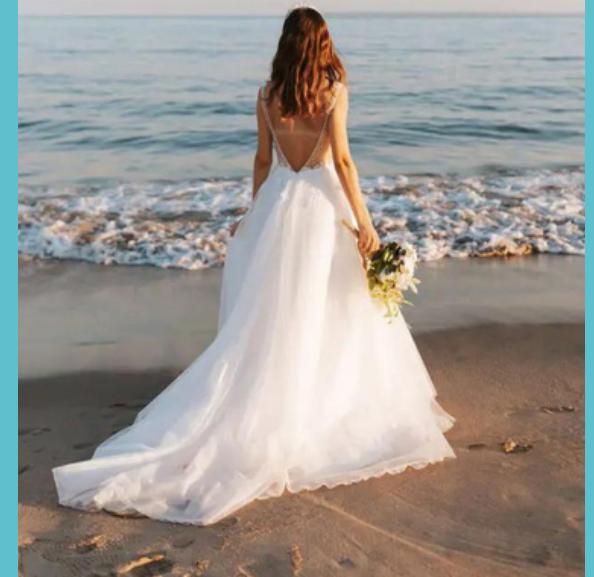


Holly Faye

COUNSELLING

Welcome

**ARE YOU FEELING
OVERWHELMED WITH
CHALLENGES AROUND
PLANNING YOUR WEDDING?
DO YOU SUFFER FROM
"WEDDING PLANXIETY"?
ALLOW ME TO HELP YOU TO
GET FROM "STRESS" TO "YES"**





ABOUT

I offer brides-to-be a uniquely empathetic and experienced perspective, having spent over 15 years in the wedding industry. Unlike others, I solely focus on providing emotional support and guidance tailored to the emotional complexities of wedding planning. I offer a safe space for brides to openly share their feelings without judgment.

I welcome self-referrals from brides who value their emotional well-being and desire a more enjoyable and emotionally fulfilling wedding planning experience.



JESSICA

Burdened by the stress of wedding details, Jess felt the weight of expectations on her shoulders. Seeking help became her turning point. Through guided support, she conquered the stress, making her journey not just about the wedding, but about being unapologetically authentic. Witnessing her walk down the aisle, radiant and serene, was a testament to the power of reaching out.

MY SERVICES

- ✓ Individual Sessions \$150
- ✓ 6 Session Program \$799
- ✓ Online Sessions
- ✓ Walk and Talk Sessions
- ✓ Face to Face Sessions



Amidst the whirlwind of wedding planning, prioritising your emotional wellbeing is the key to being your best, not just for you, but for everyone on your special day



HOLLY HUDSON



AT A GLANCE

Enjoy the convenience of online sessions or come and meet me face to face in Wheelers Hill

Among the myriad of wedding expenditures, the emotional well-being of brides often gets overlooked. However, investing in dedicated bridal counseling can be a transformative and invaluable aspect of your wedding planning journey. By prioritizing your emotional health and providing the support you need, my counseling services ensure a more joyful, empowered, and memorable path to your special day, ultimately enriching the entire wedding experience.

A Holly Faye Counselling, you'll receive dedicated care and understanding from someone who has firsthand experience in the wedding industry and truly comprehends the emotional challenges you face. Take the first step by calling us at 0493 570 443 to schedule your initial session today. Together, we'll create a space for you to cherish every moment of this significant life event while nurturing your emotional well-being.