



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

### 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

#### Personal Life Coaching Services

- One-on-one and small group

#### 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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Inspiring women, one story at a time.



*"Your journey has molded you for your greater good, and it was exactly what it needed to be. Don't think you've lost time. There is no short-cutting to life. It took each and every situation you have encountered to bring you to the now. And now is right on time."*

- Asha Tyson

## About High Heal Diaries

A personal diary may include a person's experiences and/or thoughts or feelings. A person tells these things to their diary because it won't judge, talk back, and is unbiased. We as women must be each other's personal diary; an open diary where we share our emotional pain and struggle due to whatever knocks we have received in life, without fear of judgment or ridicule. Owner, Natalie Wilson believes that by the mere nature of being brought into this world a female, we naturally acquire that female struggle and must rise above it, without the



### Meet Natalie Wilson

Since 2008, Natalie has been struggling with the effects of breast cancer. Her journey began at age

35, just months after her last child was born. She was diagnosed with Ductal Carcinoma In Situ of the right breast. She was diligent and fortunate enough to find her cancer early, but chose to go radical and remove not one, but both breasts and reconstruct. That process deemed to be very difficult and a number of setbacks put her through 13 difficult surgeries to reconstruct. In 2016, just weeks after her

added stigma of shame. We all have a story to tell, and one person's struggle and pain is no less than the other's.

Natalie has gone through the many stages of healing to come to one of the happiest places in her life; the place where she gives back and inspires other women to see that light at the end of the tunnel, and to move it along "SISTA." Join her and others as they share their inspiring stories of triumph to a more positive, spiritual, and healthier way of being a woman. And if you haven't gotten to that place yet, following Natalie and others with their High Heal Diaries, will certainly inspire you to get there.

13th and supposed final surgery, she was told she had cancer for the second time, and unbelievably, a third diagnosis just weeks after that. The long, hard process to reconstruct had to be reversed, and her right breast removed altogether. She endured a total of 16 surgeries altogether.

Natalie's roller coaster has taken her through 10 stages of emotional healing. She has soldiered her way through to the final stage of philanthropy where she's now on a mission to help others. She has been in that dark place of feeling sad and hopeless, ugly and unworthy, to knowing that she is beautiful and strong, and that she is all woman. Natalie is now a motivational speaker, writer, Certified Coach Practitioner (life coach), event host, talk show host, and is involved in so much more when it comes to motivating and inspiring others.

## Why High Heal Diaries?

Natalie has created High Heal Diaries where women that are going through or have gone through their own personal struggles, whether it's emotional or physical, can share their stories (diaries) with other women in a non-judgmental, unbiased forum, where understanding through experience is their main crutch, and their motive is to listen and support others as others have done for them.



"I am not a doctor or psychologist and I don't claim to be able to cure anyone. I just have the first hand experience, and the knowledge of experiences of friends and family who have struggled with the healing process as well. What I do know is that speaking about my personal struggles to others, and feeling their positive responses is what has empowered me to find a way to get to the happy place I am in now. I believe in standing tall even when you feel weak, looking your best even while you feel your worst, and always remembering you are only given what your soul can handle. By the grace of God, I have survived and conquered breast cancer three times and I am not bitter. I honestly have to say that I am grateful for my experiences as I now know my place in this world; a vessel to guide others. A greater good has come of all the negative." – Natalie Wilson