

Working in nature is good for the soul & business

Nature is blooming, so can YOU! I'm a living late bloomer...
Hi, I'm Cheryl Grealy.

I used to be a hairdresser (for the last 40 odd years), but now I'm the founder of "Late Bloomer Coaching". I'm combining my love for flowers and new career.

My mission is to grow Flowers, and People too!

Nature & flowers – Seeing ourselves through nature is a great way to healing our hurts. Given the opportunity and guidance - people really do "stop and smell the flowers". Flowers have the power to shift your mood. The presence of flowers triggers happy emotions, the brain releases dopamine, we have heightened feelings of satisfaction and these effect our social behaviour in a positive manner. Flowers have also proven to



wellbeing
in bloom

I feel like every day is a miracle; I am a true home-body. I believe in warm hugs, BIG smiles, flowers and creating new experiences through embracing change. I believe in the power of flowers. They give us the potential to influence our well-being, and yes, I even talk to them.

Flowers evoke memories and moods. For me daisies are about new beginnings. A frangipani, with its sweet rich aroma is an exotic flower like a getaway island holiday. A posy of blue violets give me warm, comforting memories of my late mother.

Forest bathing (the intentional practice of connecting with nature and surrounding yourself with the energy of the natural world) and photographing nature relax me. Learning to nurture myself has been a WILD ride to new and amazing discoveries. Since embracing nature, I'm much less about personal beauty and so much more about becoming the spontaneous, free spirit, hippy flower farmer girl I think I've always wanted to be. I've swapped out my tools from scissors and brushes to secateurs and boots.

Flowers and gardening have always been a passion of mine. Until now, I've just never been able to dedicate myself to them. I'm excited to be part of this new flower power movement.

A recent major accomplishment was to complete my Diploma in Coaching in 2017. My intention was to guide and empower women who were lost (like I used to be)! As a hairdresser standing behind that chair, I have spent tens of thousands of hours talking to thousands of clients sharing their deepest problems and secrets. I became pretty good at listening.

Why flowers AND people?

After 3 years of looking, Hubby and I purchased a bare acreage farm just 4 months ago. That decision was my light bulb moment; I had serious intentions to pursue a career as a 'Cut Flower Farmer'. I now had the perfect platform to layer-up my passion for farming flowers, and, to start helping people too. Flowers and people are not so different.

It all starts with inner peace ...

Silence is necessary – Coming into silence we are able to tune into ourselves and embrace our inner knowing, aligned with who we are, our higher self, we quiet the chatter and negativity and tap into our unlimited power. Standing in the garden, focussed on the flower looking within.

reduce stress. Apparently, men who received flowers demonstrated increased eye contact in conversation, and produced 'truer' smiles.

Creativity – Flowers have a way of inspiring creativity. Think about your passions, the things you just love to do, the things you could do all day long without counting the minutes? What lights you up? What makes you jump out of bed to get started? "I want to bring back people to themselves".

Today's high-tech and fast-paced lifestyle takes a daily toll on our lives. Our plans and dreams get put on the back-burner. My idea of incorporating life coaching and flower farming addresses that situation. I'll share this analogy. Flowers and nature are always 'present' but the farmer and the coach are always focussed on the next season. This is why flower farming and growing people are so alike. When someone helps us to quieten down our busy thoughts, tells us to tune in and then says: what ignites your inner sparkle? Their outward reply is their inner answer.

And, it was this question that brought me 'back to life' more than 10 years ago! When a flower doesn't bloom you fix the environment in which it grows, not the flower!

Look how a flower lives... in total alignment with the present moment, flowers have a way of guiding you back to what's most important, what you care about. They can help you centre, they connect you with beautiful people, they inspire happiness, joy and gratitude for life! Flowers lift the energy in any room or environment. Imagine the impact of standing in the middle of a flower field? What a great way to nurture your sparkle!

Think about why we carry bouquets at weddings, give roses to our loved ones or yellow flowers as a sign of friendship. Or ranunculus that represent charm, why we decorate our cakes and venues with flowers at every event?

For every mood & feeling, there is a flower!

Flowers have the potential to support us on our journey. So, take advantage of these bright blooms and make them a part of your everyday life... after all, flowers are not the only things that can bloom.

*"Just living is not enough.
One must have sunshine, freedom and a little flower"*

– Hans Christian Anderson.