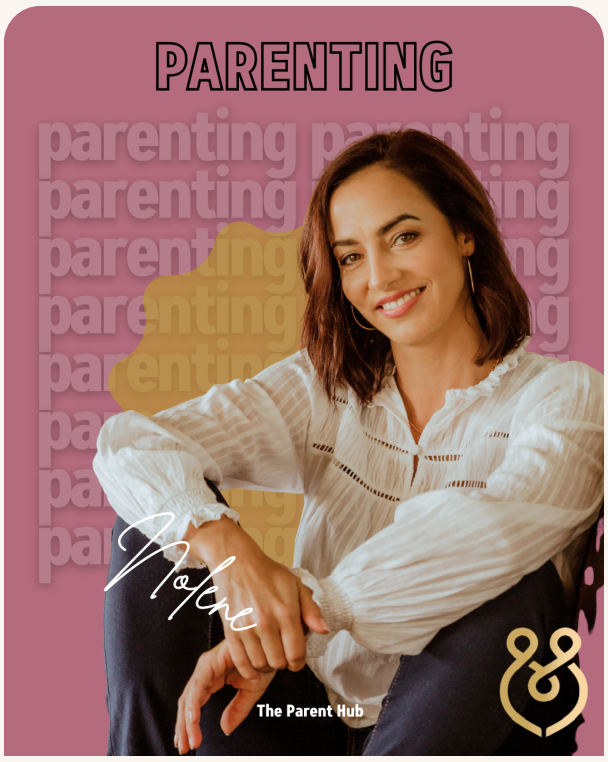


CONSCIOUS PARENTHOOD & RELATIONSHIP COACH

Nolene Adams

Preparing couples for the relationship shift of becoming parents

Nolene helps expectant couples and new parents prepare not only for their baby, but for the evolution of themselves and their relationship as they become parents.

Shaped by her own experience of becoming a parent and years of working with hundreds of clients, her work places the parent relationship at the heart of preparing for parenthood. Through her Parenting PATH™ framework, she guides couples through a modern rite of passage — developing a roadmap for navigating their inner shifts, strengthening their partnership, and consciously shaping the family they want to create, so they enter parenthood feeling prepared, aligned and deeply connected.

Explore Her Work

Website
noleneadams.com →

Holding Us — Relationship Workshop
For expectant couples · 13 September →

Instagram
@noleneadams →

Get In Touch
082 678 9422 · info@noleneadams.com →

What Clients Say

> *Nolene's maternity transition coaching programme was one of the most supportive parts of my journey into parenthood. She helped my husband and me prepare not only for the practical side of both my pregnancies and births, but also for the emotional changes that come with those early months of caring for a new baby. Our conversations were honest and grounding, and they helped us feel more connected and better equipped to support each other.*
>
> **— Verona Classens**

> *Nolene is simply amazing, and my motherhood journey wouldn't be the same without her support and guidance. My husband and I were able to remain friends while raising two tiny kids — no easy feat! Thank you, Nolene, for your wisdom.*
>
> **— Nicci Tiley**

Get In Touch

Ready to prepare your relationship for parenthood?

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