FINDS HERSELF

A Manifesto

Psychologically informed coaching and peer support for modern motherhood

This is a letter to you, and to every woman who has sat with the quiet, unsettling feeling that she no longer quite recognises herself.

I SEE YOU

Motherhood changes you. Not just your days and your routines, but the deeper, quieter things: who you are, how you feel in your own skin, what feels familiar and what feels lost. Sometimes it is a slow drift. Sometimes it is more sudden. Either way, it can be profoundly disorienting.

You might be in the thick of the early postnatal weeks, still finding your footing. You might be years into motherhood, wondering why you still feel trapped by states of anxiety or irritation. You might be somewhere in between, functioning on the outside but tangled on the inside.

I know this territory. Not just from my training, but from having lived it, and from the years I have spent sitting alongside other women as they navigate it too. That combination is at the heart of everything I offer.

WHAT I BELIEVE

You are not alone. You are not broken. You do not need fixing.

What you need is a compassionate, judgement-free space for processing: to think clearly and say out loud how you are feeling, without fear of how it lands. Space to make sense of your experience, on your own terms, grounded in mutual understanding.

I believe that perinatal mental health is not a niche or a neatly defined category. It is a long, layered, deeply personal journey, shaped by your history, your relationships, your body, your circumstances, and the particular season of life you find yourself in. Good support must reflect that complexity.

I believe that when identity feels fragmented or unfamiliar, the path forward is not to push harder or perform better, but to slow down, to be heard, and to begin, gently, to recognise yourself again.

WHAT I OFFER

Finds Herself offers two complementary forms of support: Coaching Psychology and Peer Support, which you can draw on individually or together, depending on what feels right at each stage.

Coaching Psychology

Grounded in my MSc in Psychology and my membership of the British Psychological Society's Division of Coaching Psychology, this is structured, evidence-informed support: practical but never surface-level. Together we untangle thoughts, spot patterns, build insight and self-compassion, and work towards slow, sustainable, meaningful shifts. It is forward-focused and psychologically informed, drawing on the latest research and theory in human behaviour and wellbeing.

Peer Support

This is the relational, human heart of what I do. Peer support is non-directive, recovery-focused, and strengths-based: a compassionate, emotionally safe listening space shaped by my With-You AIM Peer Support training and three years of frontline volunteering with PANDAS Foundation. It is built on shared experience, mutual understanding, and the knowledge that being truly heard is itself a form of healing. Sometimes this is where we begin; from there, we find the shape of what you need next.

Both approaches are person-centred, co-created with you, and available in whatever format works for your life: in-person, online, by phone, or as a walk and talk.

WHO I AM

I am Katie Carleysmith, MSc (GMBPsS), a Coaching Psychologist and perinatal peer support practitioner, and the founder of Finds Herself.

My practice is shaped by a rare combination: academic psychological training, specialist peer support qualifications, lived experience of perinatal anxiety and depression and recovery, and three years of applied volunteer work with families affected by perinatal mental health challenges. I also contribute to Patient and Public Involvement and Engagement (PPIE) in perinatal mental health research, work that keeps me connected to the systemic realities facing the women I support.

I am a continuous learner, deeply committed to ethical, boundaried, evidence-informed practice. I hold a current DBS and maintain ongoing CPD. The space I offer is confidential, non-judgemental, and always led by you.

THIS IS FOR YOU IF...

You are living with anxiety, low mood, overwhelm, or the quiet weight of not quite feeling yourself.

You are navigating the emotional and identity shifts of the perinatal or postnatal period, or the longer aftermath of that season.

You feel like you have lost sight of yourself, or are feeling stuck, untethered, depleted.

You want to be understood by someone who brings both professional grounding and real human knowing to the room.

You are ready to talk, even if you are not entirely sure where to begin.

Sometimes, when our thinking feels tangled or begins to unravel, we need the support of another mind to help us find clarity.

You do not have to do this alone.

Finds Herself · 07941 228249 · katherinecarleysmith@gmail.com
Graduate Member, British Psychological Society · Division of Coaching Psychology
Introductory session: a free 20-minute telephone or video call to explore working together.
Katie Carleysmith, MSc (GMBPsS)