

# VALS Consultancy

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VALS Consultancy is a UK-based wedding mentoring and wellbeing service supporting brides, couples and wedding professionals across the country. Founded by Sharon Valentine, a former international wedding planner, the service focuses on guidance, clarity and emotional balance rather than full-service planning. For brides and couples in the UK, Sharon provides steady, personalised support throughout the entire wedding journey. Her sessions help reduce stress, prevent burnout and bring structure to the planning process so couples can enjoy their engagement with confidence and peace of mind. For UK wedding professionals, she offers tailored mentoring designed to strengthen systems, improve organisation, build visibility and create sustainable business growth. Her work helps professionals avoid overwhelm and establish workflows that protect both their time and their

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wellbeing.VALS Consultancy blends wedding industry expertise with a wellbeing-centred approach, ensuring clients feel supported, calm and in control. All services are delivered online or via flexible UK-friendly hours.Website:  
<https://valsconsultancy.co.uk/>Phone Number:  
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