

Hello, my name is Micole Lee.

I'm a 44-year-old mother of two from Dallas, Texas, and my life has always been guided by one truth: **I move to the beat of my own drum.** I've never fit neatly into boxes. I've expressed myself differently, questioned expectations, and explored what identity, relationships, and connection truly mean for me. That path hasn't always been easy. It came with lessons, some empowering, some painful but all of them shaped who I am today. My passion for this work comes from

personal experience. As a single woman navigating the lifestyle community, I didn't have guidance, mentorship, or a safe space to ask questions. I had to learn through experience, sometimes the hard way. I also witnessed firsthand how relationships labeled as "poly" or nontraditional can become unhealthy when communication, consent, and boundaries are missing.

Those experiences changed me. They taught me the importance of self-awareness, emotional honesty, and intentional connection. More importantly, they showed me how much support is needed in spaces where people are often left to figure things out alone.

That's why I created **Authentic Lifestyle Solutions** to provide the support I needed.

Today, I work with individuals, couples, and members of the LGBTQ+ community who are exploring identity, intimacy, boundaries, and alternative relationship dynamics. My approach is sex-positive, trauma-informed, and rooted in real, honest conversations, no shame, no pressure, just guidance.



I believe:

- self-awareness creates freedom
- communication builds trust
- boundaries create safety
- authenticity leads to deeper, more meaningful connections

Whether you're curious, navigating change, healing, or seeking clarity, you don't have to do it alone. I'm here to help you move forward with confidence and intention.

Live boldly. Love honestly. Move intentionally.