AELAH | WILD + WELL

Land Stewardship Educator · Storyteller · Real Estate Professional

Living a beautiful life from the inside out.

Meet Aelah

Aelah helps people make thoughtful decisions about the land they buy, the homes and communities they create, and the legacy they leave behind.

Drawing on more than 15 years of working with land, founding an eco-community, exploring alternative housing, and working professionally in real estate, she brings both practical experience and a deeply personal perspective to living well on the land.

Through homesteading education and mentorship, she helps aspiring homesteaders clarify their vision, choose land wisely, and create a nourishing life rooted in their own values.

Her work explores the relationship between caring for ourselves, caring for the earth, and creating places where people can flourish.

Suggested interview topics

1. What Nobody Tells You About Buying Your Dream Homestead

What aspiring homesteaders need to consider before purchasing land, from water, soil, and infrastructure to community, finances, and everyday quality of life.

> **Listeners will learn:** How to listen well to the land, identify what they truly need in a property, and ask better questions before buying.

2. What I Learned From Starting My Own Eco-Community

An inside look at founding a shared farmstead, creating unconventional living spaces, welcoming residents, and navigating the realities of an eco-friendly life.

> **Listeners will learn:** Practical considerations for creating a place where people can live together successfully while maintaining their individual sense of purpose.

3. Your Land Is Part of Your Legacy. What's Your Plan?

An approachable conversation about sustainable land ownership, inheritance, land trusts, and the knowledge and values we want to pass on to future generations.

> **Listeners will learn:** Important questions to consider when planning the future of their land and preparing for conversations with family and legal professionals.

4. How to Live in Community Without Losing Yourself

What nearly ten years of teaching emotional health and boundaries, along with experience living in community, have taught Aelah about over-giving, communication, self-worth, and belonging.

> **Listeners will learn:** Practical ways to communicate needs, navigate conflict, and build healthier relationships without losing themselves in the process.

Short bio

Aelah is a land stewardship educator, storyteller, and real estate professional with more than 15 years of experience helping people live well on the land and with each other. Her work spans urban planning, farmers markets, outdoor education, homesteading, intentional communities, and emotional health. Through Wild + Well, she shares stories and practical tools for creating nourishing homes, healthier relationships, and a more thoughtful relationship with the land.

Suggested host introduction

Aelah has spent more than 15 years helping people live well on the land and with each other.

Her journey began in urban planning in Grand Rapids, where she helped start a farmers market in a neighborhood without a grocery store. She went on to lead an intentional community in Cincinnati and founded a farmstead and eco-community in upstate South Carolina.

Her experience spans land and site planning, outdoor education serving more than 5,000 students annually, and professional real estate in North and South Carolina.

With graduate training as a researcher in Marriage and Family Therapy at Princeton University and nearly a decade of teaching emotional health and boundaries, she brings a deeply human perspective to land stewardship.

Today, through Wild + Well, she shares stories and practical tools for creating nourishing homes, healthier relationships, and a more thoughtful relationship with the land.

Sample interview questions

- What do you wish you had known before creating your own farmstead?
- What's the most overlooked consideration when buying land for a homestead?
- How much land does a family actually need to live more self-sufficiently?
- What did living in unconventional homes teach you about what makes a home nourishing?
- How did you choose the people who come to live in your eco-community?
- What is a land trust, and why might a landowner want to explore one?
- What knowledge about our land should we pass on that will never appear in a legal document?
- How can we live in authentic community without sacrificing our own needs?
- What does living a beautiful life from the inside out look like in your everyday life?

Complimentary resources for listeners

Aelah offers free educational resources that can be tailored to the subject of each interview.

Buying land and homesteading
Love Where You Land Quiz

Land stewardship and inheritance
Land Legacy Planning Workbook

Healthy relationships and boundaries
Boundaries 101 Worksheets

Connect with Aelah

Website aelahwildandwell.com
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Available for podcast interviews, typically 30–60 minutes.