

Module Outline

Emotions are created to be felt, not avoided

Module 1) Finding home: Who are you?

Take a dive into the communication sector of the brain. Discover the communication foundation that your self-talk paradigm is built from.

- Learn how you communicate with yourself.
- Learn the fundamentals of self-communication and why it is necessary.

Module 2) Finding balance in the chaos: What are you feeling?

Uncover the hidden ley lines of emotion within your body/mind and how they communicate with your triggers.

- Learn how to communicate with your emotions.

Module 3) Emotional wellbeing: Finding safety in expression

Express the emotion, Accept that you feel it, Acknowledge why it's there, Release.

- Learn how to express your emotions in a balanced way.

Module 4) Emotional maintenance

Dive deep into understanding how to stop your emotional cup from overflowing.

- Discover how to find stability outside your 'safe space'.
- How to combat emotional overload.

Outcome

At the completion of this program

- *You will gain an understanding of your 'self-talk' paradigm.*
- *You will gain a deeper understanding of your emotional responses.*
- *You will understand how your emotions communicate with you.*
- *You will have a simple, yet powerful healing tool to help with releasing and letting go of pain.*
- *You will be able to communicate how you are feeling and why.*
- *You will be able to express your emotions easily and effortlessly without falling into shame, regret or fear.*

Is this for you?

This program is NOT for you if...

- *You want a 'quick fix' without putting in the work.*
- *You are looking to get information without implementing it in your life.*
- *You are not 100% committed to becoming the best version of yourself.*
- *You are unwilling to take 100% of your power back.*
- *You are not willing to embrace and accept yourself.*
- *If you are easily offended by directness and truth.*

Prospectus

What's included?

Private Coaching Package:

- 6 x 60min zoom calls.
- Zoom recordings.
- Life-time access to the private facebook community with peer-to-peer support.
- personal support (up to 2 times weekly)
- Intuitive guidance.
- Healings/Clearings.
- Empowerment Photoshoot
- Early bird rate for workshops

Investment

Pay in full: \$1500

6 mth Payment plan: \$250 per mth

Group Coaching Package:

- 6 x 60 mins group zoom calls
- Zoom recordings.
- Access to private facebook community with peer-to-peer support.
- personal support (1 day per week)
- Group Healing/Clearing

Investment

Pay in full: \$1000

6 mth Payment plan: \$170 per mth