



# *Emo-cation*

**Emotional Communication Coaching**

**Created By Malia Mekuli**

# My Story

*Our trauma has many sources; mine were forged in the acts of betrayal and abuse I encountered through childhood.*

*The lack of safety to receive love and nurture, left my heart craving attention from less harmonious environments. The refuge I sought in abusing myself with drugs and alcohol inevitably left behind a trail of deep destruction.*

*Ultimately, angels were sent to me in perfect timing and the foundation of self-repair was laid. Finally being heard, seen and supported in my truth allowed space for self-acceptance to flourish.*

*My emotions established a direct connection inward and offered guidance to help me acknowledge and heal my past wounds. I now lead others through this same process.*

## **Feelings are a fundamental part of the human experience**

*When the pathway to feeling is not paved with acceptance and love, we begin to resent our own self-expression and even go as far as exiling it through substance abuse, self-harm and 'spiritual/religious' practices.*

*It is my belief that the foundation for emotions is established between the ages of 2-13 years old. By acknowledging the old emotion patterns that were created through pain, we begin to build a new foundation of wellbeing that works FOR us instead of against. Since applying this method to my services, I have witnessed instantaneous transformations in all of my clients that have applied my teachings.*

# 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:**

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

### **Investment**

**Pay in full: \$3000**

**6 mth Payment plan: \$557 per mth**

## **Group Coaching Package:**

- 6 x 90mins group zoom calls
- Zoom recordings.
- Module workbook.
- Access to private facebook community with peer-to-peer support.
- Group support (one day per week)
- Group Healing/Clearing
- Early bird rate for workshops

### **Investment**

**Pay in full: \$2000**

**6 mth Payment plan: \$367 per mth**