

Re-wire your mind and body

A one month coaching package to bring clarity to your vision and release you into your purpose.

Coaching questions to uncover your calling.

- A set of powerful coaching questions to uncover your life purpose and calling.
- Intuitive approach to bring clarity on your life coach
- Re-program your limiting beliefs
- Explore your limiting beliefs and choose to let go of them and re-wire yourself with new empowering ones.
- Belief alchemy and Sub modalities to belief change.

Releasing negative emotions from your body

- Let the parts of you that are being suppressed come to you and choose to listen to what they have to say, learn from them, love them and tell them that now you can go so that you move forward in your life (Shadow Voicing and Shadow healing)
- Learn to expand your view and look at situation from different perspectives (Perceptual positioning)



Clarification of values

-Value Elicitation, Prioritization and parts integration

-Setting goals that align with your values

-Learn the science and art of goal setting with the Disney model.

-Goals that actually go deep into your unconscious mind.

Neuro Logical levels.

-Align your vision with your beliefs, you

beliefs with your skills, your skills with your behavior and your behavior with your environment.

*E-mail, messenger support for the whole time and the next six months after we are done with the session.

Plus get daily routine sheets.

BENEFITS

- **GET CLARITY ON YOUR DIRECTION MOVING FORWARD.**
 - **FEEL CONGRUENT WITHIN YOURSELF.**
- **FEEL LIGHTER AND MORE ENERGETIC TO MAKE SPACE TO CREATE THE LIFE OF YOUR DREAMS.**
 - **FEEL CONFIDENT EMPOWERED WITH YOU NEW EMPOWERING BELIEFS.**
- **ALIGN YOURSELF ON ALL LEVELS, THE SPIRIT, THE BODY AND YOUR MIND SO THAT YOU CAN MOVE LIKE A CANNON INTO ONE DIRECTION WHICH IS YOUR GOAL.**
 - **GET TOOLS AND RESOURCES THAT WILL HELP YOU MOVING FORWARD.**