

SPIRITUAL LIFE COACHING

WHAT IS SPIRITUAL LIFE COACHING?

Stress, Anxiety, Fatigue, Depression and Disease are byproducts of energetic imbalances in our Mind/Body system. Spiritual Life Coaching is a customized, non-linear approach to assist you in redefining and reclaiming a life of wholeness and balance.

First, we identify areas in your life in which you are subconsciously attracting people and experiences that trigger feelings of fear, anger, despair, discomfort, resentment, sorrow, frustration and pain. These emotions and fears if not fully processed and released, keep us stuck in dysfunctional relationships, careers, and situations; unable to manifest a life that is healthy and nurturing, harmonious and loving.

We then introduce and integrate spiritual tools and techniques that guide and challenge you to do the work to heal and transform your life. This program extends over a nine week period, however, it must be understood that transformation and healing is a lifelong journey.

9 WEEK PROGRAM, 6 PERSONAL COACHING SESSIONS

COST: \$500

Session I: Current State Assessment- 60 Minutes

- Program introduction
- Set intentions for coaching experience
- Evaluate and discuss current mental, emotional, physical, and spiritual state of being—wants, desires, fears, blocks
- Complete Healing Assessment

Session II: Higher-Self Assessment- 60 Minutes

- Akashic Records consultation
- Higher-self perspectives
- What are your aspirations and desires beyond the conscious mind?
- Spirit realm wisdom

Session III: Preliminary Roadmap- 60 Minutes

- Understand gaps between material and spiritual states of being
- Discuss uncovered imbalances—suppressed feelings, unprocessed emotions
- Identify areas of healing, growth and evolution
- Identify key healing themes
- Codify findings into a coaching plan

Session IV: Finalize & Review Plan- 30 Minutes

- Receive and Review customized plan with specific activities and deliverables

Session V: Check-Point Meeting – 60 Minutes

- Review progress, discuss challenges, re-evaluate, modify plan and approach as necessary

Session VI: Coaching Close- 90 Minutes

- Review progress, lessons learned, evolved intentions
- Akashic Records consultation
- Discuss final report to be distributed with ongoing recommendations and next steps.

If you are interested in our Spiritual Life Coaching services please contact us directly to schedule your coaching program: 708.261.4819

“Your personal Journey to Wholeness begins when you realize that you are already whole.”

– Kimberly J. Davis, Founder & Owner
