

CONNECTION COACHING

Connection coaching works integrally with your mind and body as one to bring more depth and understanding to life. It gives you an opportunity to work with the things you're facing at this time in a way that turns them into opportunities for lasting learning and growth. Ultimately, you'll feel more connection to yourself, others and life.

It differs from therapy because it isn't clinical. The focus is on connecting the body + mind using mental + physical practices to empower a person with the tools to eventually not need a coach anymore because they've learned how to act on, as opposed to react to, their emotions.

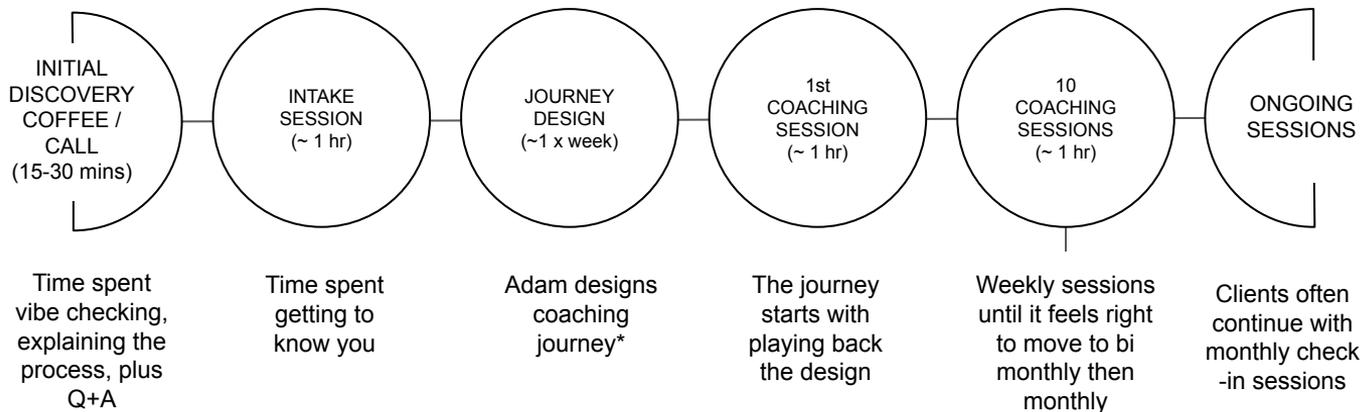
What you can expect:

- Learn to embrace anxiety or any extreme emotion and turn it into a useful tool to navigate life.
- A real sense of freedom. Learn to let go of and feel in control at the same time.
- Rediscover trust in your instincts.
- More authenticity - show up as your whole self.
- More depth in your life.
- Feel more purposeful.
- Find a sense of calm in your life.
- More joy + playfulness with life.
- Feel more connected to yourself, others + life.



12 SESSION CONNECTION COACHING JOURNEY

~ 5 months (depending on needs)



All sessions will be approximately 1 hour. If we are in flow, we'll continue until a natural stopping point reveals itself.

*Journeys include setting some developmental new ways of being, self reflection exercises and somatic practices. The transformation comes through combining those with a deep understanding of a layer of theory - which you'll be guided through as our journey unfolds together. There will be a bit of work to do in between sessions but, rest assured, it's not super labour intensive.

OPTIONAL COACH 'n' BOX SESSIONS (~ 1 hr)

Used to aid emotional release e.g. trapped anger

HELPING PEOPLE
PLIGHT CLUB
CONNECT MORE DEEPLY