

PERSONAL FREEDOM COACHING

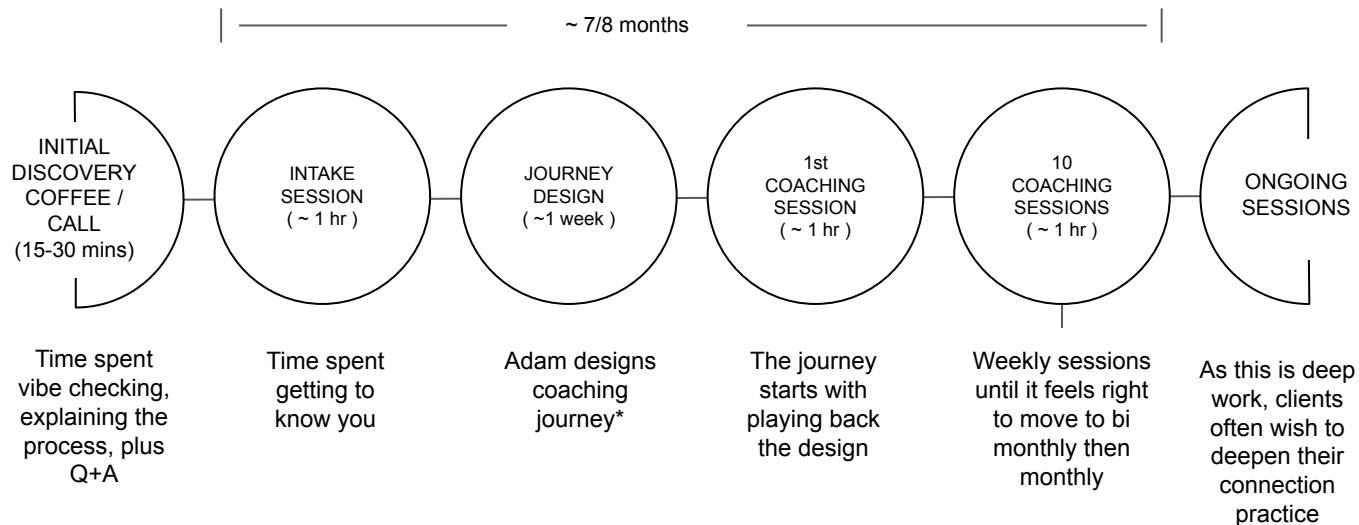
In a world with an uncertain future, adaptability and emotional flexibility in our lives are vital. Personal Freedom Coaching gives you an opportunity to work with the things you're facing at this time in a way that turns them into opportunities for lasting learning and growth.

It differs from therapy because it isn't clinical. The focus is on connecting the body + mind using self-awareness + physical practices to empower a person with the understanding, language and tools to make peace with the voice in their head and fully understand the bigger picture in how their emotions work. When we do this our natural instincts can be heard which enables us to approach situations more intimately, with healthy boundaries, and with a feeling of confidence in who we are.

What you can expect:

- Find a sense of calm + 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.
- Feel more depth and purpose in your life.
- Feel more joy, playfulness + love in and for your life.
- Feel more connected to yourself, others + life.

PERSONAL FREEDOM COACHING STRUCTURE



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 gained from 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 designed to fit into your life, not the other way round. It's not super labour intensive however, it's important to acknowledge, you get out what you put in.