

CONNECTION COACHING

Connection Coaching helps people understand and connect with their emotions so they can get clarity on whatever it is that's in the way of them living life how they'd like to. It brings more depth and understanding to life which enables people to step into fully experiencing the range of emotions available to them with confidence.

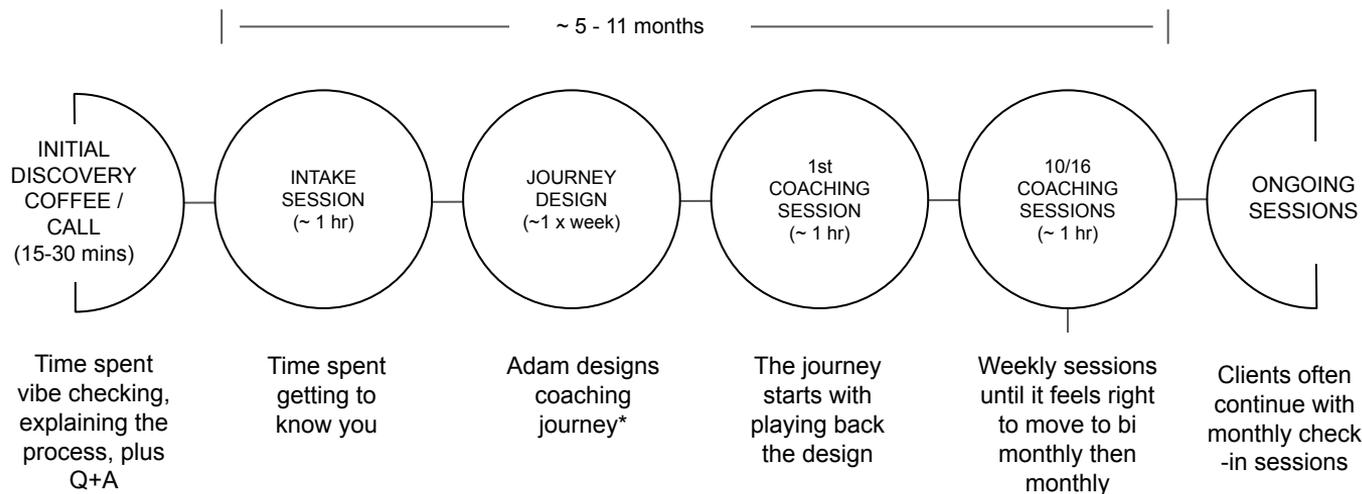
It gives you an opportunity to work with the things you're facing at this time in a way that turns them into opportunities for lasting learning and growth. Through a combination of integral coaching, philosophy, Taoist and Zen principles, psychology and kickboxing, Connection Coaching helps people break free from unhelpful behavioural patterns, plus the parental and societal conditioning which is often keeping us trapped.

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.
- Feel more love in and for your life.

12/18
SESSION
CONNECTION
COACHING
JOURNEY



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.

