

EMPOWERING PERSONAL COACHING

UPLIFT + FOCUS WITH JESS

*Manage your stress * Enliven your passions, projects and relationships*

TARGET OUTCOME: ALIGNING GOALS (AND/OR WITH PARTNER) TO LIFE VISION AND DAILY HABITS THAT FEEL GOOD.

I'll provide respectful coaching, fresh strategies that uplift, and manage stress for optimal performance and growth * Let's develop sustainable well-being through the shifts, cycles and seasons. **Together we can:**

- Convert outworn transgenerational thought to authentic growth perspective
- Build specific better performance habits
- Prioritizing love, creativity/work and/or health
- Increase positivity and opportunity

Create habit strategies that will:

- Lesson stress and reactivity
- Meet or exceed your preset goals
- Increase self-knowledge (and that of your partner) for more aligned action
- Increase happiness + wellbeing

**Services include consulting, strategy, teachings, energy healing, help with daily ritual design, & uplifting encouragement. Client is responsible for realworld setup, and implementation.*

KICK OFF & DISCOVERY - TO BEGIN:

- Intake qualifier or self study product
- Kickoff call with some astrology-psychology (i may ask personal questions)
- Identify your key growth objectives and target metrics
- Short term and long term goals
- Beliefs and habits deep dive
 - How you think
 - What you're programmed to do
 - The roles you play
 - Stress triggers

- Primary creative outlet(s)
- Key decisions and their results
- Identify existing good habits
- Building confidence self trust, & self love

IN OUR SESSIONS WE MAY:

- Excavate past/present relationship(s) regarding
 - Who got (or is getting) the shaft
 - What meanings you give to specific behavior
 - Trust/non-trust issues
 - Unravel tensions and revitalize your key relationships
 - Work, co-workers, clients
 - Family, friends, acquaintances
 - Significant other
- Current challenge/ relationship research(es)
 - presence
 - Positioning and negotiation
 - Best possible outcomes

MAKING LIFE EASIER WITH SELF CARE STRATEGY & OPTIMIZATION

- Reposition self care
 - Focus on ideal practices
 - Practices for When you get restless, bored, or reactive
- Create optimization plan and next steps in order of priority
 - Immediate
 - Level 2 priority
 - Level 3 priority
- Restructure time for personal growth in some/all categories::
 - Meditation, spiritual practice, contemplation, journal etc.
 - Exercise, sleep, dream
 - Healthier consumption
 - Nurturing social relationships, inc. dating, events
 - Workflow, (commute), performance, advancing and growth
 - Creativity, creation, ideas, + joyful discovery, fun
 - Service, seva, contribution

PACKAGE DELIVERABLES INCLUDE

- 2x a month Scheduled 50 minute Empowerment Coaching meetings- your preference as phone calls or video sessions
- Tracking the female hormonal mooncycle & moods (if appropriate)
- 2x a month email (or messaging) check-ins for clarity +goal setting recalibrations
 - empowering review and reframes
 - Optimization plans with action items and deadlines if appropriate
 - Encouragement and next steps + answers to any questions

GET STARTED

Additional Support (INCLUDED)

- **The Rhythm membership** includes:
 - Meditations
 - Healing Energy transmissions
 - Exercise- yoga for back health, strength building, cardio, low impact sacred dances
 - Seasonal time bending Workshops
 - Seasonal values elicitation workshops
 - Various other stress relieving practices and techniques

ADD ONS or tier changes below

- **The Partnership**
- **Learn astrology workshop**
- Health and wellness Workshop (**Better foods for better moods program**)
- **Rite of the womb**
- **In person Healing session(s)**
- **Reiki Healing level one, level two, level three or Mastership**
- **VIP In-person Spa day**

[GET STARTED HERE](#)

Or [schedule a call with your questions](#) or email me at info@jesssamina.com