



**SET**

**Shift | Evolve | Thrive**

**The only exclusive action-based program designed to bring your personal and (or) professional life to the next level.**

Hi,

I have a few questions for you:

- Have you ever wondered what is the purpose of it all? Why you do what you do, every day, every week, every month, every year and all over again?
- Have you asked yourself: Am I truly living the life I had envisioned for myself? What happened to me? Where am I? Who am I? What is my purpose?
- Have you read multiple books on goals achievement, personal development, mastering your relationship: you name it, but never really did anything about it?

**“When we are no longer able to change a situation – we are challenged to change ourselves.” – Viktor E. Frankl**

# The Good News

You are not alone! I have been there as well as many others and that's why I have developed a unique approach to get you back on track to be on the driver's seat of your life.

Through a 12 week action-based program, I have successfully helped my clients to create a life that fulfills them using a mind, body and spirit approach.

You are about to embark in this exclusive action-based program designed to put you back in the driving seat of your life.

**“For changes to be of any true value,  
they’ve got to be lasting and consistent.”**

**– Tony Robbins**

## Why stepping in?

### **If you want to:**

- See long-lasting positive change in your life
- Feel that you are in charge
- Be empowered to create your desired life
- Find your way to a fulfilled life
- Take responsibility of your life
- Fully develop your potential
- Understand yourself and enhance your relationships with others
- Take action for a safe and smooth change
- Regain vitality
- Manage your stress
- Suppress the negative self-talks

### **This program is not for you if:**

- You like being in a status quo life.
- You don't really want to change anything to your life.
- You don't want to invest some time and effort into your life.
- Commitment to yourself is not your "thing".



# Make The Magic Happen

A 1:1 Holistic coaching experience is the ultimate Rockstar experience to tap into your full potential to create anything for yourself and the people you love the most.

If you are still wondering whether this exclusive program can truly help you and if you can do it all by yourself? The answer is YES to both.

You might already be on that journey right now.

Since when have you started it? Where are you at now?

If the answers to these questions are not satisfying, I invite you to continue reading on how I facilitate your journey.

## **Module 1 - Self discovery: "Where am I now?"**

*You discover and refine your life around your:*

- Purpose
- Values
- Identity
- Personality profile
- Self-awareness and role in this society

## **Module 2 - Identify the roadblocks, deprogram and surrender, aka "shadow work"**

*You get rid of any blockages you might have, such as:*

- Fears
- Self-limiting beliefs
- Anxiety and stress

## **Module 3 - Reconnect and Be your True Self**

*You build back up your:*

- Energy
- Emotional Intelligence
- Motivation
- Communication



# 12 Holistic Coaching - 1:1 sessions

## HOLISTIC COACHING

Holistic coaching is a partnership between a certified coach and a client.

It helps individuals to understand life from a different perspective.

Holistic Coaching considers all the elements of mind, body, emotions and spirit connection.

This integrated approach empowers the individual to align their beliefs, thoughts, behaviors, feelings and actions towards their needs, values and goals.

It gives them the tools, skills, support and ability to take responsibility towards creating changes that they want to see in their lives.

## WHY

Holistic coaching allows you to rediscover the meaning of life, your reason to be, to achieve lasting results, a more fluid, fulfilled life, full of vitality and joy.

## WHEN, HOW

One session a week during the first 4 weeks, then every other week, via Zoom

## WHAT IT INCLUDES

Each person being unique, with different aspirations and beliefs and at different stages of life, I adapt the sessions according to all these parameters.

From motivational coaching inspired by neurosciences to emotional release, through regressive hypnosis or connecting to one's inner healer: the sessions are always according to your needs and never the same!

## MY COMMITMENT TO YOU

I am committed to guiding you, supporting you, empowering you, putting you in action, giving you tools for lasting changes and results and regaining autonomy over your physical, mental and spiritual well-being.

**Your First Action to Your Meaningful Life:**

[Click here](#) now to schedule a  
free breakthrough session with me!

