



- Through the Looking Glass -

4 MONTH PROGRAM : COACHING ± CURRICULUM

DESIGNED TO ILLUMINATE YOUR PASSIONS ± PERSONAL PATTERNING, EXPAND YOUR TOOLKIT ± PERSONAL AWARENESS SO YOU CAN ASCEND INTO THE HIGHEST ± BEST VERSION OF YOURSELF (AND STAY THERE!)

Why would you want to do this??

so you can experience sustained happiness
and better sleep
fulfillment in your relationships
increased physical + emotional health
decreased stress
obliterate self-doubt
knock out chemical dependency *if you want to*
tap into your intuition
clarity on larger life purpose
feel connected to something greater

The program has a clinical foundation delivered with a personal + accessible spin (read: if you don't care for sarcasm or light cussing this program is NOT for you).

The curriculum, coursework + video series is a compilation of work I have done myself so I understand the process intimately. Because of this - you'll be receiving support from someone who has the clinical training, and the boots on the ground experience, as well.

My approach in the video series (as well as in my 1:1 coaching sessions) is deep-diving but lighthearted.

Untangling our patterns + out-dated belief systems is serious business but that doesn't mean we can't enjoy the ride!

Program Details

1:1 COACHING:

Nine (9) 60 minute biweekly coaching sessions conducted in person, via phone or zoom call. (8) calls will be conducted during the course of the program with 1 bonus session to be used at your discretion (which can be after you've concluded the program, should you choose.)

CURRICULUM:

-VIDEO SERIES-

Welcome!: A hello, brief introduction to key concepts and suggestions on how to approach the curriculum, coursework + video series.

Emotional Intelligence:

- Overview: awareness, regulation + expression
- Emotional triggers: how to identify + deconstruct them
- Relationship challenges: giving + receiving, people pleasing, codependency
- Numbing + pain avoidance (not to be judged, to be understood)
- Emotions are Energy: 7 levels of energy, energetic resonance, frequency + how this relates to manifestation.

Metacognitive Intelligence:

- Cognitive thoughts distortions + blocks: uncovering thought + belief patterns that are outdated and are holding you back
- Cognitive Behavioral Therapy + Neuroplasticity - how to remold your brain makeup by observing + then choosing your thoughts
- Meditation: importance, blocks + suggestions
- Goal Setting: what is getting in the way of your achievement

Intrapersonal Intelligence:

- Reviving the Dormant: Accessing your passion, natural gifts + talents (and why you haven't been doing so all along)
- Daily practice: importance + how to create one that works for you
- Tapping into your Intuition: mind / body / spirit connection
- Cognitive - Spiritual Model: depicts + explains the process of moving from an ego based belief system to a faith based belief system
- Whole Self Integration: inner child integration

- Personal Boundaries: overview, importance, typical challenges + blocks to having healthy ones
- The Awakening Process

-PERSONAL INQUIRY SERIES-

- WORKSHEETS:
 - Values assessment
 - Personal inventory
 - Pain avoidance inquiry
 - Coaching wheel
- TOOLS:
 - Comprehensive list of tools for creating supportive practices for long-term sustainable change
 - Suggested Reading
 - Energetic self perception chart/7 Levels of Energy (iPEC)
- BONUS RESOURCES:
 - Thought reports (2)
 - Energetic Resonance Chart
 - 5 Core emotions

YOU WILL HAVE ACCESS TO THE VIDEO LIBRARY ± CACHE OF CURRICULUM FOR 12 MONTHS.

Reason being: 4 months isn't enough time to make all the changes you are going to want to. I wish I could tell you otherwise but it wouldn't be True. This process takes time - so i want you to be able to access the material when YOU need it, over the course of a year. This way you'll feel less pressured to "fit it all in" in 4 months.

YOU WILL ALSO HAVE EMAIL ± TEXT SUPPORT FROM ME AS WELL AS AN INVITATION TO JOIN MY PRIVATE FACEBOOK GROUP.

First point of entry?

A call with me to determine if this program is for you + if you truly need it.

**I won't enroll people into the program
who don't need what it offers.**

**A complimentary initial call will help me determine that, and help you determine
your level of interest as well :)**

INVESTMENT: \$3440

**THERE IS NO WAY AROUND THE FACT THAT SUSTAINABLE CHANGES IN THE
PERSONAL DEVELOPMENT ARENA TAKES TIME ≠ MONEY.**

{IT'S A \$500 MILLION ANNUAL INDUSTRY FOR A REASON!}

**IF YOU FEEL LIKE I CAN HELP YOU GET WHERE YOU WANT TO BE , PLEASE DON'T LET THE FINANCIAL
INVESTMENT BE THE REASON YOU DON'T REACH OUT.**

**I BELIEVE: "IF THERE'S A WILL, THERE 'S A WAY".
{AND I ALSO BELIEVE IN "CREATIVITY!"}**

BEST TO YOU IN ALL THINGS ≠ PLEASE CONTACT ME IF YOU HAVE ANY QUESTIONS!

- Sarah

November 2018

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