



Dare To Heal & Live In Control

8-Week Program Outline

What To Expect:

- ✓ Therapeutic Techniques & Self-Reflection Tools
- ✓ Regulate Emotional Wounds
- ✓ Overcome Debilitating Stress & Anxiety
- ✓ Cultivate Self-Compassion
- ✓ Create A Balanced Lifestyle
- ✓ Build Healthier Boundaries
- ✓ Effective Relational Conflict Busters
- ✓ Pursue Your Passions & Purpose
- ✓ Coaching Accountability
- ✓ Warm & Supportive Community
- ✓ Bespoke Vitamin Supplements



Devine
Coaching

Session Details

Week One

Biofeedback Analysis Identifying Energy Drains

Session Goals – **Address Physical, Mental, Emotional & Spiritual, Stressors**

- ❖ Assessing stress responses and energy levels using biofeedback techniques.
- ❖ Interpreting and analyzing biofeedback data for insights and improvements.
- ❖ Reflecting on lifestyle factors impacting mind-body energy and well-being.

Week Two

Personalized Plan For Optimizing Mind-Body Energy

Session Goals – **Develop a Work-Life Balance**

- ❖ Setting goals and defining specific, measurable, achievable, relevant, and time-bound (SMART) goals for optimizing mind-body energy.
- ❖ Reflecting on individual needs and using a holistic lifestyle assessment to improve sleep quality, reduce stress levels, enhance nutrition, engage in hobbies and establish self-care practices.

Week Three

Regulate Emotional Wounds and Traumas

Session Goals – **Get Your Core Needs Met Effectively**

- ❖ Exploring how emotional wounds and traumas manifest in present-day experiences, including triggers and recurring patterns.
- ❖ Reframing deep-rooted core beliefs.

Week Four

Build Resilience and Coping Strategies

Session Goals – **Build a Bulletproof Wellbeing Toolkit**

- ❖ Naturally accessing immune boosting hormones.
- ❖ Developing new habits using gradual exposure coaching.
- ❖ Developing resilience through mindset shifts and positive psychology techniques.

Forgiveness and Letting Go

Session Goals – **Release Invisible Energy Blockers**

- ❖ Understanding the process of letting go and releasing emotional baggage.
- ❖ Step-by-step approach to practising forgiveness towards oneself and others.
- ❖ Developing daily forgiveness practices that alleviate physical and mental stressors.

Week Five

Nurturing Healthy Relationships and Boundaries

Session Goals – **Protect Your Energy Reserves**

- ❖ Identifying healthy relationship dynamics and red flags.
- ❖ Setting boundaries to protect emotional well-being.
- ❖ Developing practical communication skills for healthy relationships.

Week Six

Vision for Manifesting Personal & Professional Goals

Session Goals – **Live In Flow and Alignment**

- ❖ Reflecting on personal values, passions, and aspirations.
- ❖ Setting goals aligned with personal growth and transformation.
- ❖ Creating a vision board or visual representation of the desired future.

Week Seven

Action Plan for Ongoing Healing and Growth

Session Goals – **3-Day Reboot Anytime Welbeing Toolkit**

- ❖ Developing an action plan to integrate learning into daily life.
- ❖ Identifying ongoing support systems and resources.
- ❖ Reviewing progress and celebrating achievements.

Week Eight

Referral Bonus

For every client referral that signs up and makes a full payment of our program, we offer a

***** £400/S\$600 Thank You Bonus! *****

- **Please Note:** Each module includes a mix of therapeutic techniques, experiential exercises, group discussions, and opportunities for personal reflection. The course may also include guest speakers, case studies, and mindfulness practices to enhance the learning experience and provide a holistic approach to healing and transformation.
- We partner with psychotherapists, nutritionists, somatic coaches, homeopaths, shamanic healers, energy coaches, sex coaches, herbalists and financial advisors to provide a holistic approach for our clients.
- By the end of this program, participants will have gained valuable insights, practical tools, and a deeper understanding of their healing journey. This program aims to empower individuals to embark on a path of healing and transformation, leading to greater emotional well-being and a more fulfilling future.

We look forward to supporting you and your community!