

# HOLISTIC COACH ANNIE

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I help entrepreneurs start or scale their business through long-term, sustainable and unique holistic methods.

## A. THE CORE BELIEFS THAT GUIDE MY COACHING

As a professional coach, I strongly believe that my work needs to rest on my values. So, rest assured that on top of respecting the International Coaching Federation's values and code of ethics (as I am working towards getting the certification), I follow these three values during each and every one of my coaching sessions:

### Belief 1

I believe that in order to move forward in life, seek healing, create a new business and learn new skills, the holistic approach is best. It is much easier to create the best life possible for ourselves when our mental health, physical health, spiritual health and relationship health are aligned, in harmony and at their optimal level.

### Belief 2

I believe that for some people - those who are disconnected from their nervous system and their emotions and have suffered trauma, their minds do not have full control of their nervous system. Positive mindsets aren't enough to make the shift from freeze mode or survival mode when it is the nervous system that dictates what we do. It is best to first make the body feel safe, then add a mindset change to harmonize the body and mind. A body that doesn't feel safe won't follow directions from the conscious mind.

### Belief 3

I believe that everyone deserves love and compassion. That being said, I do not believe that this is a pass to allow people to be abusive. However, the phrase "hurt people hurt people" is true, and the best way to heal those wounds is through unconditional love and a non-judgemental approach. It is fundamental to allow a person to open themselves to the possibility of becoming better, kinder and to integrate society in a healthy manner.

## B. THE BENEFITS OF TAKING COURSES ALONG WITH COACHING

Although coaching is based on the idea that "everyone has what they need inside of them to achieve their goals", I also believe that not everyone has all the *information* they need in order to follow the path they set out for themselves. This is why I am offering the chance to learn about some of the topics that you haven't learned yet; you can pick and choose what you would like to learn amongst the various subjects listed here:

1. Dream analysis — how to do it, what the common symbols are, and how to use dream analysis to improve your life
2. How the nervous system works by creating defence mechanisms that sabotage your relationships, your business and career, your health goals, and so on
3. How to set boundaries
4. How to eat a balanced diet
5. How to be physically healthy
6. The different types of attachment styles and how they impact your relationships (all of them, not just romantic)
7. What trauma really means (no, it's not what happens to you), how your body stores it, and how to find those who can help you with emotional co-regulation so you can heal
8. Cultural blocks, gender blocks and minority blocks — the basis for many limiting beliefs — and other limiting beliefs
9. How your physical health impacts your business and your mental health

**10.** How to express your emotions, why we mistakenly believe that some are "negative" and how they affect us physically



## C. THE METHODS I USE

I use a unique mix of methods that guarantee you will see *lasting* transformation in your life. I do not promise rapid transformations within a specific timeframe because I don't believe that this is the best route. Although quickly unlocking a limiting belief helps a great deal, there is much more work that needs to be done in order to ensure it remains a permanent and lasting change.

I therefore follow this route (not necessarily in this order):

### Step 1

We co-create a safe space for you to feel comfortable engaging with me, while acknowledging that I am there to support you. You are at the wheel, and I am your copilot, helping you along the way by using my methods that help you unlock your abilities, all the while asking you questions to help you think outside the box.

### Step 2

Work with you to determine your values in the areas of your life you want to improve while working with me.

### Step 3

Examine if your nervous system is stopping you from moving forward in your life and if so, help it feel safe (the first step in eliminating any limiting belief).

### Step 4

Analyse your situation and try to identify any other possible professionals you could need along with coaching (such as a psychologist for trauma, a fitness coach for exercise, a nutritionist for healthy eating habits, etc).

### Step 5

Discover any core cultural or limiting belief that might be stopping you and remove them on a visceral level by using reparenting techniques, integrating parts of yourself together, etc.

### Step 6

If you wish, I help you use your dreams to uncover the issues your unconscious knows you need to deal with in order to move forward in life. This is a quite powerful tool since it is your own mind handing your unknown limits while you sleep.

### Step 7

Use powerful tools such as synchronicity and heart-mind coherence to understand what the universe wants for you (based on quantum science). This is a non-binary way of finding out what is best for you.

### Step 8

Use NLP tools to help unlock patterns by rewiring your mind so you are not spiralling in negative thoughts or limiting yourself through self-critical, negative thoughts.

# D. MY PACKAGES

## Dream Analysis

Package	Description	Price
Case Study	I analyse one of your dreams and can use it as a case study to post on my social media. I do an in-depth interpretation of the symbols in the dream and work with you to pinpoint what area of your life you need to work on.	\$15
Private Analysis	Same as the case study analysis, but I won't use it as a case study.	\$40
Coaching with Dream Analysis	You can hire me as a coach using one of the packages listed below. You can either pick strictly coaching or the course + coaching option.	

## Coaching Only

Package	Description	Price
4-Session Package	Four (4) sessions of 1.5 hours each	\$700 or 2 x \$360
6-Month Program	Six (6) months with a session of 1.5 hours every week	\$4,200 or 6 x \$720/month
Customizable Package	Contact me for details	

## Coaching + Course

Package	Description	Price
4-Session Package	Four (4) sessions of 1.5 hours of coaching + half an hour of teaching	<b>\$1,000</b> <i>or 2 × \$515</i>
6-Month Program	Six (6) months of 1.5 hours of coaching + half an hour of teaching per week	<b>\$6,000</b> <i>or 6 × \$1,025/month</i>
Customizable Package	Contact me for details	

### Let's Connect

LINKEDIN

EMAIL

Connect with me

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*Note: This is NOT a Gmail address*