



A JOURNEY TO UNLOCK YOUR SELF-TRUST

Transformational
Coaching for Women





A JOURNEY TO UNLOCK YOUR SELF-TRUST



A journey to self-trust, a 6-month 1:1 coaching container to help women who are navigating a difficult life transition go from feeling lost, overwhelmed, and alone to unlocking their self-trust so that they can create an aligned and fulfilled life from this place.

You might be moving through a life transition that is making you question who you are and where you are at in life. Where you feel you are at a crossroads and you need to decide how you are going to navigate this next chapter of your life but you don't know where to start to make the right choices for yourself.

You might be experiencing:

- 💛 *Trust issues*
- 💛 *Grief*
- 💛 *Shame*
- 💛 *Relationship challenges*

And are likely feeling lost, stuck, overwhelmed, lonely...

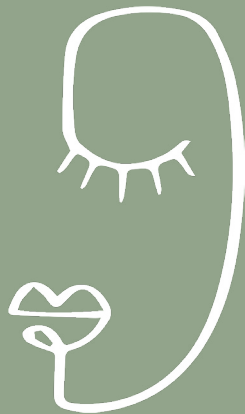
You might have tried a myriad of things on your own but feel like the traditional ways of figuring things out (getting advice from friends, finding online resources) are not working for you.

This can result in:

- 💛 *Self-isolation*
- 💛 *Self-doubt*
- 💛 *Survival mode*
- 💛 *Lack of self-worth*
- 💛 *Insecurity*



I understand what this journey is like because I found myself in exactly the same place a few years ago, I had the opportunity to reassess my life and my priorities but I didn't even know where to start.



That is when I recognised I needed support and resources to get me out of feeling lost and into action.

This resulted in an ongoing journey of self-discovery where I understood that all answers were within me I just needed to really get to know myself in order to find the alignment that would lead to greater self-trust.

I am not a therapist; I refer to myself as a companion and oftentimes a guide. I walk alongside you so that you do not feel alone and isolated in this process.

When you feel like the world, demands and expectations are too overwhelming and you feel lost, I offer a safe space filled with compassion and acceptance in which you can unfold, explore and start to understand who you are and what you want so that you can find more alignment in your life.





“ Amy has been an essential part of my support system during a period of massive change. I’m deeply grateful to her commitment to a compassionate, open and curious approach to self-exploration and healing. Through our work together, I’ve developed a stronger sense of recognising the difference between my intuition and my mind chatter. This has been invaluable in helping me make choices that are aligned with my truth and my values”. ♡

A. Echarry



WHY WORK WITH ME



I am a sensitive soul with a mission to shine my light and help you shine yours in the world. I started my transformational journey in late 2020 after heeding my call of becoming a Coach. The path of self-development has taken me down a road of perpetual exploration of who I really am and how to find a better alignment to my truest self.

It is both a fascinating and humbling journey. I realized that I had been navigating my life based on external coordinates rather than an inner compass. That my head had taken over and my intuition and heart intelligence had been muted and that as a result I hadn't been living fully or in alignment.

On the surface I had everything one could wish for and I was living well in accordance to the standards of conventional society but on the inside I felt like something was missing, that I was somehow disconnected. This feeling guided me to look deeper and start to unpack what was missing, what I needed to let go of and what I needed to open up to.

Since the start of my journey, and in the last couple of years I have been able to navigate tough life transitions with more grace, compassion and clarity about who I am and what vision I have for my future.



I have made bolder decisions and weathered storms of self-doubt to find that I can always come back to myself as a champion and creator of my own life story.

Becoming a Coach has been instrumental in allowing me to open up and embrace this potentiality with open arms and hold space for others to explore and do the same. It is a privilege and an honour to hold space for women who embark on this journey.

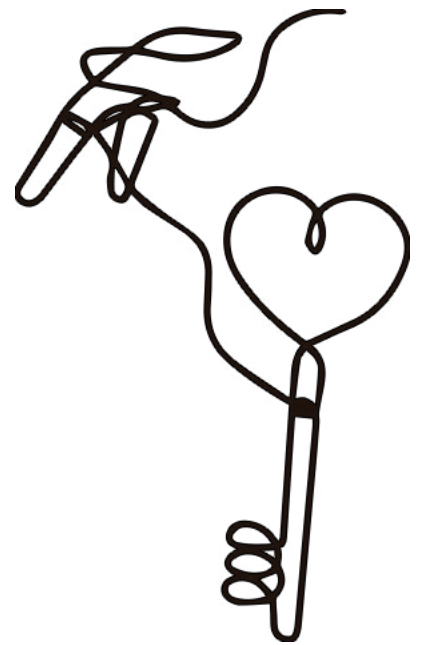


A JOURNEY TO UNLOCK YOUR SELF-TRUST



A journey to unlock your self-trust helps you navigate key life transitions by providing the tools to help you understand who you are and where you want to get to.

Each person's journey is unique and will be led by your ability to start to discern who you are, what you stand for and what your vision for your life is by moving through these distinct phases: Stuckness, movement, flow, connection and flourish.



Clients report improvements in a variety of aspects of their lives:

- ♡ Relationship with self and others
- ♡ Nervous system regulation
- ♡ Discerning between intuition and overthinking
- ♡ Deeper understanding of self



Stuckness

In this first part of your journey we will make space for everything that is present for you, holding it in compassion and tender loving care. We place you at the centre of whatever transition you are going through. You are the main driver of your life.

Movement

In this phase you will be able to understand who you are and what you stand for through a series of tools and practices.

Flow

After we have created some movement we really foster the integration of what it is you are learning about yourself and how that might imply that you need to make certain changes in order to embody a deeper alignment that will help you achieve your vision.



Connection

Weaved into our sessions is a space curated for connection to different parts of yourself that need your attention and care. Our bodies, our intuition, our hearts all have a place in our lives, even though we might not have been so attuned to them and during this journey we offer them space to take their rightful seat.

Flourish

This is the final destination, a place where the coordinates have been clarified and we can start to confidently navigate our lives according to our self-trust compass. Using an experiential type of coaching, embodiment practices (to help you connect to your body intelligence), meditation and a variety of exercises we will co-create a safe container for our work together so you can gain a holistic understanding of who you are and what you want.

THE COACHING CONTAINER



This journey consists of four phases: Stuckness, movement, flow and flourish. Each phase consists of the use of experiential coaching and may contain some of the following:

- ♡ Somatic work
- ♡ Content sharing/education
- ♡ Regular email correspondence
- ♡ Online sessions
- ♡ A safe container built through trust

Each session will be guided by you and we will listen and honour the time and space in which you are able to process. It will not be a linear process, nor is it meant to be. Our work together requires a trusting partnership and a deep trust in the process, that it unfolds as it is meant to be.

Between sessions there will be time to integrate and honour what was co-created in each session. It requires you to be open, curious and committed to the work. To give yourself the time and space to really connect and witness what wants to transpire, particularly when it comes to the feelings and sensations that are coming from your inner being.

What you will get:

- ♡ **8 sessions (to be used within 6 months)**
- ♡ **Unlimited support in-between sessions via e-mail**
- ♡ **Integration exercises**
- ♡ **Curated resources and tools**

** Payment plans available on request*

** If new to transformational coaching there is the option to pay for one session and then decide if you would like to commit to the container.*



Your investment:
€1000

Let's get started

A journey to unlock your self-trust helps you navigate key life transitions by providing the tools to help you understand who you are and where you want to get to.



Feeling curious or excited to take this journey together?

Then book your complimentary 30 minute discovery call with me via de link <https://amycfitch.com/lets-connect.>



www.amycfitch.com