



A JOURNEY TO ANCHOR INTO YOUR SELF-TRUST

Transformational
Coaching for Women





A JOURNEY TO ANCHOR INTO SELF-TRUST



A journey to anchor into self-trust, a 6-month 1:1 coaching container to help women who are navigating difficult life transitions go from feeling out of balance and out of flow to deepening the self-trust that will allow them to fully embody this next stage of life and step into their power.

You might be moving through a life transition that is challenging your ability to navigate it authentically and in alignment, you have already done the groundwork of understanding who you are and what you want but you keep on stumbling back to old habits and patterns. What you are seeking is support in integrating and connecting to your whole being as a way of sustainably embodying self-trust.

You might be experiencing:

- ♥ *Lack of consistency in implementing the changes you are already aware of on an intellectual level into your everyday life*
- ♥ *Lack of safety, an inability to embody that you are your own safe haven, that you can always come back to yourself, particularly during challenging times*
- ♥ *Lack of balance, as your awareness increases so might your triggering and traumas and navigating those at the same time as tending to daily life responsibilities might knock you out of balance*

You might be feeling frustrated, defeated, confused, overwhelmed because now you are clearer about who you are and what you want but that doesn't necessarily translate into aligned action.



You might feel held back from leading an aligned and fulfilled life by the ups and downs that come with the healing process, with feeling the burden of being the cycle breaker in your family, with navigating the world when sometimes you feel very estranged from it and like you don't fit in anymore.



I understand what this journey is like because I found myself in exactly the same place a few years ago, I had developed an awareness around my healing journey but struggled to integrate the learnings and create sustainable change.

This can result in:

- ♥ Isolation
- ♥ Seeking validation
- ♥ Self-sabotage
- ♥ Insecurity
- ♥ Shame

It has been a process of creating space in my life to attune to other intelligences, of consciously choosing to embody certain ways of being, of learning new practices that open my being to new experiences and receiving support from different healing modalities... and it's honestly an ongoing journey of unlearning, learning, exploring, unfolding and evolving each time deeper and deeper into the truth of who we are, into a space of embodied 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. I offer a safe space filled with compassion and acceptance in which you can unfold, explore and reconnect to the deepest parts of yourself in order to anchor into your trust.





“ 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.



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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.

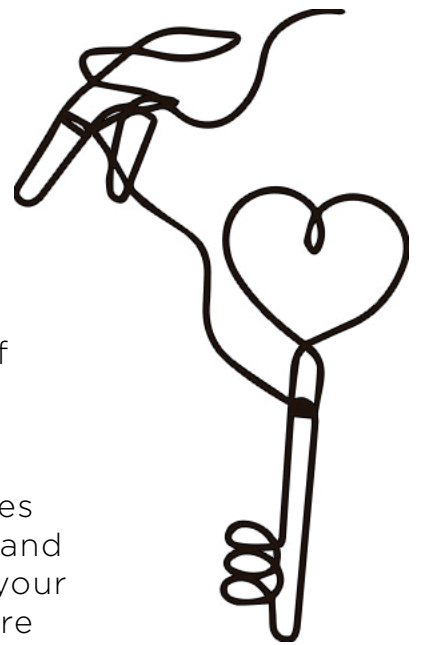


A JOURNEY TO ANCHOR INTO SELF-TRUST



A journey to anchor into self-trust helps you navigate life transitions by gently peeling back one layer at a time. Each person's journey is unique and will be led by a connection of mind-body and Spirit while moving through these distinct phases: Imbalance, clearing, connection and embodiment.

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 your work so that you gain a holistic understanding of who you are and what you want.



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
- ♡ Acceptance of pain, grief and what is



Imbalance

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, sitting with the tensions that may arise between the versions of you that you had to become in order to survive in this world and your true self.

Clearing

In order to fully anchor into our trust we need to let go of what no longer serves us and embrace new ways of being that will support our transition into a more empowered version of ourselves.



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 till now. During this journey we offer them space to take their rightful seat.

Embodiment

Once space has been made for what is ready to be revealed and remembered the focus is on creating sustainable change by making space for a sensing journey to be the main driver in and out of our sessions through integration work and somatic practices.

THE COACHING CONTAINER



This journey consists of four phases: Imbalance, Clearing, Connection and Embodiment. 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.

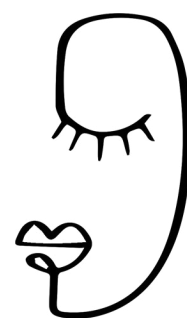
Between sessions there will be time to integrate and honour what was co-created in each session. It requires you to be open, curious and committed to the work. To give yourself the time and space to really connect and witness what wants to transpire, particularly when it comes to the feelings and sensations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

What is included:

- ♥ 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 anchor into self-trust helps you navigate life transitions by supporting you to integrate and connect to your whole being as a way of sustainably embodying self-trust.



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