



Transformational
Coaching for Women

TENDING

A monthly coaching container
to care for your intention



A MONTHLY SPACE TO CARE FOR YOUR INTENTION — AND YOURSELF — WITH HONESTY, HEART, AND CONTINUITY.



You've already taken the first step—perhaps by joining the intention-setting circle, or quietly reflecting through the mini journal prompts.

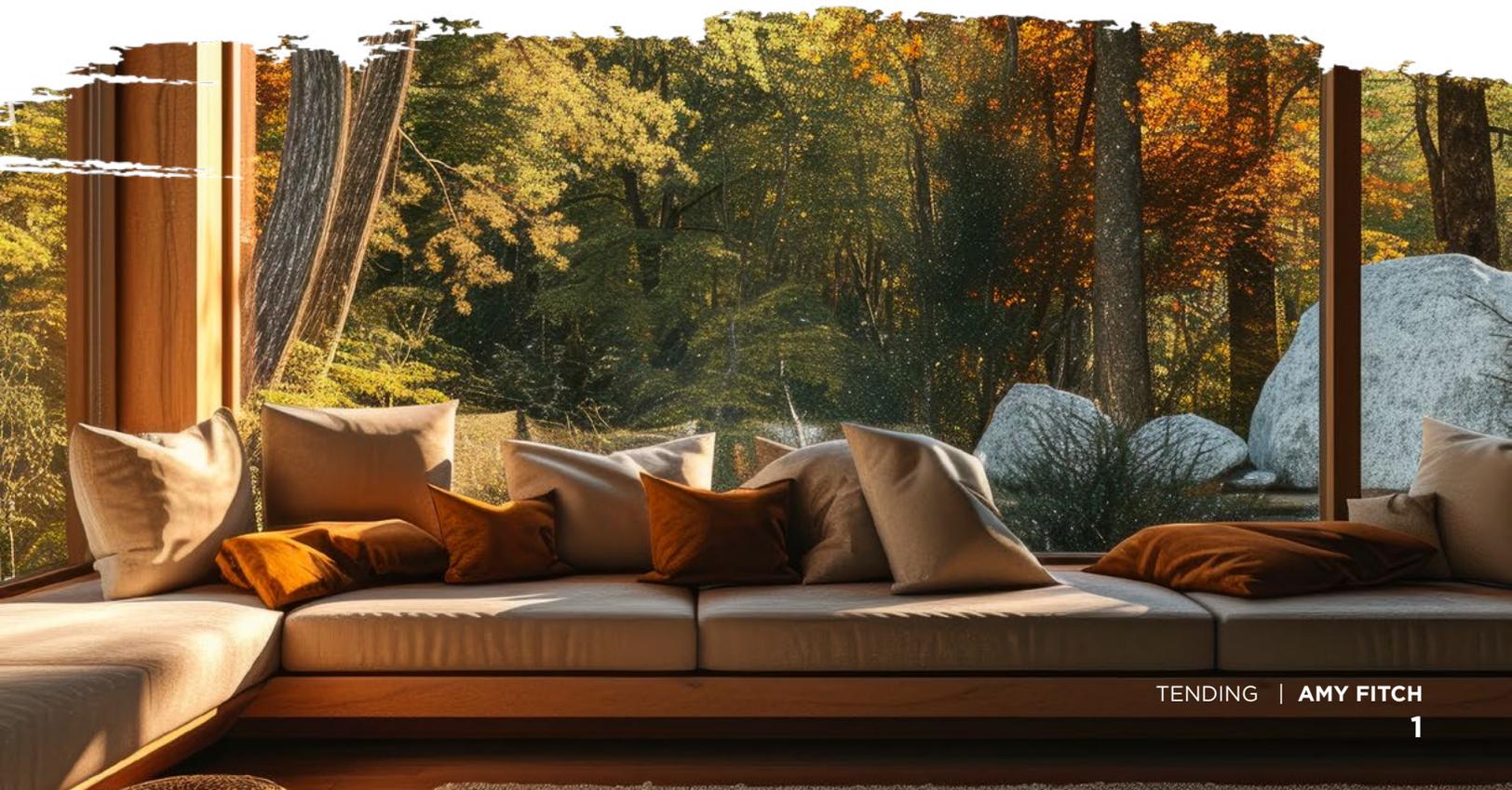
That's the seed, nestled in the soil of your attention.

Now comes the tending: the small, deliberate choices that help it take root, reach, and grow.

This container is ideal for women moving through a personal or professional transition who want a guided space to land, that seek emotional clarity and an embodied approach to intention.

Intentions thrive in continuity, not isolation.

They need space to unfold, be questioned, revised — and, most of all, lived.



Tending is a gentle, steady monthly container for women who want to:

- ♥ Stay connected and deepen their intention — without forcing outcomes
- ♥ Build self-trust through consistent, responsive support
- ♥ Process what arises — doubt, resistance, joy, grief — as part of the work
- ♥ Value rituals that feel doable and not idealised

What's Included (Monthly):



- ♥ **Two 60-minute 1:1 coaching sessions**
Focus: naming what's alive, tracing patterns, aligning action with intention
- ♥ **Options to check-in via e-mail or messaging**
I respond within 24h Monday to Friday— no crisis support, just witnessing & reflection
- ♥ **Space to shift**
Your intention may evolve. That's not failure — it's integrity. We follow what's true now.



The space I offer integrates Transformational Coaching, Somatic Awareness practices and approach, and my experience supporting women through complex life and career transitions.



WHAT WE MIGHT BE FOCUSING ON DURING OUR SESSIONS:

- ♡ Developing a relationship to your intention: “How do you want to show up? What supports you? What hinders you?”
- ♡ Strengthening the reciprocal bond between intention and self-trust
- ♡ Listening to your body intelligence — so your intention becomes embodied, not just cognitive



THIS WILL SUPPORT YOU TO:

- ♡ Increase your self-trust and become confident with your decision-making
- ♡ Find an alignment between intentions, values and daily actions
- ♡ Navigate transitions feeling more grounded and centered
- ♡ Reconnect with your intention through guidance and in a safe container



SLIDING SCALE



I offer three tiers, choose what fits — no justification needed. You know your reality best.

Why sliding scale? Because meaningful support shouldn't only be for those with stable finances — and sustainability matters. I hold two Tender spots monthly to make this possible.



Tier	Tender	Nourishing	Rooted
Price	€180/mo	€295/mo	€395/mo
For	For when life is full, income is constrained, or you're focusing on stability	The standard rate - honours your needs and mine	For those with stability who want to deepen their work and help keep this space accessible
Spots	2 available/month	Open	Optional

- ♡ Minimum 1-month commitment
- ♡ Pause or end anytime (7 days' notice)
- ♡ Most clients stay 2-4 months — that's where integration deepens

NEXT STEPS

Book a 30 min Discovery Call with me so we can connect and see if we are a good fit.

No pitch. No pressure.
Just clarity.

BOOK HERE

If none of the tiers work right now — tell me. I'd rather we find a way forward together.

Amy



CLIENT EXPERIENCES:

My client S. was experiencing rejections with her job applications as she transitioned from Masters back to the workplace and it was impacting her self-trust. Together we explored what it would be like to trust in spite of the outcomes.

My client A. was struggling with accepting the things she couldn't control and we uncovered a deep fear of the unknown was underneath it.

My client T. wanted to really connect with her intuition. Together we co-created the space for her to feel safe to connect with her intuition and understand what conditions supported her intuition to flourish and what hindered it.

My client M. needed to make a decision around pursuing her PhD or not, there was a lot of pros and cons on the list. Together we made space for her heart to speak and the answer was a clear and resounding NO.





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