

# Coaching program for women

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## Connect with your feminine core

*By getting into flow,  
you open the path to immersion within yourself  
and real maturity*



In 6 coaching sessions I will discuss the following questions with you in more depth:

how to get into your natural flow

- how to nourish and recharge yourself
- how to open or deepen the path to healing and (feminine) empowerment within yourself

## ***Feminine bed within yourself***

By going inward and sinking deeper into your body, you come into contact (again) with your feminine, sexual energy, your creative power.

When you feel reconnected with your feminine energy and can let it flow more freely, you are able to make a shift. You then enter the path of healing your original feminine core. Depending on your experience, you open or deepen this path.

You will experience more connection with yourself and therefore also with others.

## ***Being in flow***

When you are in flow, you are in a natural state of being, where life is more effortless. You then have a connection with your own source of vitality and your intuition.

You are in touch with yourself and your body. And by listening to your body, you will reach your deeper desires so that you can better navigate to what really nourishes and recharges you.

This also makes you increasingly able to better indicate your boundaries and take responsibility as an adult for your own life. You then come closer to your natural nature, to who you really are, you become more authentic.

## ***Really grow up***

Really becoming an adult, really taking responsibility for all your choices, your communication and your life, is quite an art. This requires you to become aware of your patterns and to look at and heal painful shadow parts of yourself.

It means that you no longer place the blame on others and no longer look for excuses. You no longer take responsibility by feeling like a victim, for example, but you take responsibility for your own choices and life.

Becoming aware of this makes you freer and independent.

## ***How do I work?***

In the sessions I work with conversations, meditations, short stories read aloud, experiential exercises and homework assignments.

I work body-oriented. I teach you to listen to your body (again), what do you experience where in your body? By starting to experience in your body again, you gain a firm foundation in an actual change.

The coaching sessions last one hour and can take place both live and online.

In the first part of each session, attention is paid to what is in the foreground for you. We then discuss a theme of the program.

### ***Themes in the program***

- gain awareness of your position as a child in the triangle with your parents
- how do you get more into flow, into your natural state of being?
- how do you ensure more flow of sexual energy as a source of life energy?
- how do you change your energy to a higher vibration and how do you prevent yourself from going along with lower energy patterns? This prevents you from being drained and you have a more positive outlook on life.
- what is your deeper desire and unique added value in life
- learn to formulate intentions that are supportive of you

I always pay attention to your body and posture and discuss this with you. There are a number of physical things that can give you gains in vitality (see: [7 tips body mind connection](#))

After the 6 sessions of this program, it is possible to follow an in-depth program that is then tailored to the themes that you want to develop further.

### ***Practical***

- Costs: 250 euros including VAT (can be paid in installments)
- Exploratory online conversation of 30 minutes (free)
- 6 coaching sessions of 1 hour
- The sessions are online. Where possible, a live session can also be scheduled.