

## **Empowerment Life Coaching With A Sexual or Spiritual Touch!**

You meditate, you set goals, you read all the new age and books, you visit guru after guru -- and your reward? A sea of headaches as things stay the same or, worse yet -- become embroiled in chaos!

If you're ready to make a real change, then it's time for an **Empowerment Life Coach**, one you can turn to for support, for advice -- one who will make you accountable and help you succeed.

### **Empowerment coaching is a mix of these elements:**

- **Strengthen and/or heal your energy**
- Personalized information and education
- **Personalized action plan**
- Redirective cognitive processes and mental reframing
- **Emotional balancing**
- Intuitive Guidance
- **Behavioral training**
- Resources and referrals

### Empowerment coaching involved all of these parts of you:

*Mind:* Information. Your "self-talk", thinking about performance, capacity for fantasy, the willingness to shift your energy, and troubling thought patterns, such as compulsivity.

*Emotions:* Feelings. Feelings that you carry from the past, about your body and body image, what you suppress and express, how you express your emotions, and your capacity for intimacy.

*Body and body image issues:* Your physical self. Knowing how your own pattern works, understanding your own body's architecture and function, acknowledging your own functions and dysfunctions, and learning skill for how to be a successful human alone or with a partner.

*Energy:* Sex is all energy!! The buildup, the containment, and the expression of energy. This is the basis for my [Out of Body Ecstasy](#) program. Energy is wonderful and removes the need for a lot of medications. In my one-to-one work I listen and/or observe clients intuitively for energy patterns and how the energy body vibrates with the individual and with a partner.

*Spirit:* The essence of self - your soul. Esoteric moments or practices that transcend the moment.

### **What Are Allie's Responsibilities?**

- To guide, direct, and protect you from harm.
- To empower you to attain the dreams you desire.
- To empower you to overcome difficulties you may have or fear you have.
- To help you reach your goals and together find results that satisfy you.

### **What Are Your Responsibilities?**

- To be on time for your scheduled appointments.
- To pay on time.
- To be open to change.
- To have a desire to break outside the box.
- To provide a comprehensive history on sexual/love/past relationships.
- To be authentic and share your truth with me.

### **How Does A Session Work?**

All sessions are conducted by either phone, IM chat or a combination of phone/web cam, IM chat/web cam. Depending on what plan you choose - sessions can be scheduled once a week or less or more frequently. No matter how often - you and I will work on your personalized plan.

### **What Can You Expect?**

This type of work can be transformation for your whole life, not just your spirituality or sexuality. By trusting the process and allowing me to be your guide, you will grow, learn, and become a more empowered person, I assure you. Thank you for choosing me as your empowerment coach. It is always my honor and privilege to do this work.

*I am thrilled that we are going down this path together.*

## **Spiritual Empowerment Coaching assists with:**

- **Getting the LIFE you want**
- Finding your life path
- **Discovering your passion**
- Starting your own business
- **Opening your heart to love**
- Attracting love
- **Finding your Soul Mate**
- Strengthening a relationship
- **Making a goal plan**
- Finding balance
- **Improving magical skills**
- Energizing your sex life
- **Strengthening and/or discovering divination skills**
- Developing meditation techniques
- **Connecting with your guides, angels**
- Unlocking your psychic abilities
- **Unleashing your creativity**
- Understanding dreams
- **Travel with Dream walking**
- Learn to heal: Energy healing, Crystal healing, Atlantis/Gypsy healing (using a combination of crystals, herbs, oils and energy)
- **Raising your Vibrational Energy**
- Soul Awakening
- **Discover and live your Soul Purpose**
- Accessing your Akashic Records
- **Unearthing Past Lives**
- Making life changes
- **Improving your love life**
- Strengthening your marriage
- **Finding that ONE partner**
- Achieving orgasmic sex

## **Sexual/Love Empowerment Coaching assists with:**

- **Opening your heart to love**
- Attracting love
- **Finding your Soul Mate**
- Strengthening a relationship
- **Activating your sexual energy**
- Energizing your sex life
- **Improving your love life**
- Strengthening your marriage
- **Finding that ONE partner**
- Achieving orgasmic sex
- **Activating your sexual energy**

Just think: In as little as one month from today, your mirror can show you a rejuvenated, more confident you.

## **See What People are Saying:**

"Allie was such a breath of fresh air for the start of my new business. Her weekly calls helped me to better organize what needed to get done. Allie kept me on task with weekly assignments. She was readily available via email whenever I had a quick question. This was one of the best investments I ever made." Sandy Ruminski/HealingMom Spiritual Training Center.

"We set a plan of action. When I felt like I wasn't "getting it".....Allie was just an email away and I feel I always received Top Priority in her massive IN BOX for email. Her guidance and suggestions were always heart-felt and for MY highest good. If something wasn't working out.....she shifted gears for ME and what would work for ME. Very personalized service. We did a lot of work in what seemed like a very short 30 days. But, everything she set out to help me with was accomplished. Doors were unlocked and purposes found!

Allie's Empowerment Coaching is an INVESTMENT in your life!!!! "

Cheryl A.

## **Essential Elements of Empowerment Coaching:**

1. Begin by **setting a target date** to achieve your objectives
2. Then, you and Allie will **set goals that you – yourself – want to achieve**
3. Working together, Allie will help you **meet your objectives**, step by step

4. Allie will help you **maximize what you've learned** during the process
5. Allie will also encourage you and work with you as you **learn to take control** of the process yourself
6. **Continuous planning and goal-setting** will help you refine and meet your objectives
7. As you learn from the process, Allie will help you **identify patterns of behavior** – and how to change them
8. No excuses – your coach will be there to make sure that you **work the process completely** to make all your dreams come true

As your own personal Empowerment Coach, Allie can help you identify your goals and then help you focus on achieving them. As a result, you'll find balance and inner harmony while **gaining new insight and strength** as you empower your life – and live your dreams!

No matter where you are, help is only a phone call and/or email away.

## **Individual Empowerment Coaching Sessions**

### **30 Min Session**

COST: Single - \$85.95, Couple - \$115.95

LOCATION: IM Online or Phone

WHAT'S INVOLVED: **One 30 min phone call or IM chat** to discuss what you wish to accomplish. Allie will then formulate a plan for you to cover at your own pace - or if a plan is already in place, discuss your progress and revamp the plan if needed.

### **60 Min Session**

COST: Single - \$169.95, Couple - \$199.95

LOCATION: IM Online or Phone

WHAT'S INVOLVED: **One 60 min phone call or IM chat** to discuss what you wish to accomplish. Allie will then formulate a plan for you to cover at your own pace - or if a plan is already in place, discuss your progress and revamp the plan if needed.

# **Coaching Package Empowerment Sessions**

**Below is for individuals. For couples, please inquire.**

## **ONE MONTH PLAN**

**COST:** \$499.95

**LOCATION:** Online and phone

**DATES:** 30 days from start to finish

1. **FOUR** 30-minute online chats or phone calls (one a week) to discuss, formulate, brainstorm - whatever you need to help you achieve your goals.
2. **UNLIMITED** email support.
3. A **PERSONALIZED** plan tailored to **YOUR** needs.
4. **UNLIMITED** advice to keep you on track!
5. **SMS/TXT** Support.

## **TWO MONTH PLAN**

**COST:** \$795.95 (397.75 per month)

**LOCATION:** Online and phone

**DATES:** 60 days from start to finish

1. **EIGHT** 30-minute online chats or phone calls (one a week) to discuss, formulate, brainstorm - whatever you need to help you achieve your goals.
2. **UNLIMITED** email support.
3. A **PERSONALIZED** plan tailored to **YOUR** needs.
4. **UNLIMITED** email mini-readings to keep you on track!
5. **SMS/TXT** Support.

## **THREE MONTH PLAN**

**COST:** \$1073.95 (357.97 per month)

**LOCATION:** Online and phone

**DATES:** 90 days from start to finish

1. TWELVE 30-minute online chats or phone calls (one a week) to discuss, formulate, brainstorm - whatever you need to help you achieve your goals.
2. UNLIMITED email support.
3. A PERSONALIZED plan tailored to YOUR needs.
4. UNLIMITED email mini-readings to keep you on track!
5. SMS/TXT Support.

## **SIX MONTH PLAN**

COST: \$2095.95 (349.33 per month)

LOCATION: Online and phone

DATES: 120 days from start to finish

1. TWENTY-FOUR 30-minute online chats or phone calls (one a week) to discuss, formulate, brainstorm - whatever you need to help you achieve your goals.
2. UNLIMITED email support.
3. A PERSONALIZED plan tailored to YOUR needs.
4. UNLIMITED email mini-readings to keep you on track!
5. SMS/TXT Support.