



Being You with Confidence



12-Week Wellness Coaching Program

The journey to wellness is a life-long process that includes triumphs and setbacks. Life skills are not a one-stop shop deal; they take unwavering faith in God, commitment, time, practice, and patience.

The Haqq Life 12-Week Program will provide the building blocks to secure the skills you need for health and wellness in your life and religion.

The one major factor in any wellness journey is what tools you have to build and who supports you during your building process. I am not only here for you but also with you through it all. Your journey starts with a discovery call.

Discovery Call:

On this initial call, we will become acquainted with one another. We will clarify our commitments to your overall 12-Week Wellness Plan. You will know what to expect from me and me from you. Together, we will discover your areas of need and set wellness goals to meet over 12 weeks.

Each quarter of your specifically tailored Program (4-week period), we will meet a desired growth milestone. You will be journaling and other action plans in between sessions.

- With my Program, you will receive a one (1) hour weekly scheduled session via Zoom, telephone, or whichever is convenient.
- You will be able to reach me in times of distress as needed in between sessions.
- Guided meditations and visualization exercises to enhance your learning experience.
- A curated library of affirmations, prompts, and exercises for ongoing exploration.
- At the end of the 12 weeks, we will recap on what we've accomplished together.

Note

This framework is a flexible guide, and specific interventions and exercises can be adapted based on individual needs and preferences. The core focus is on providing tools and guidance for exploring your inner world, understanding your motivations, and embracing your authentic self with acceptance and self-compassion.

- Collaboration with mental health professionals may be recommended for further support and individual therapy.
- Fostering a safe and non-judgmental space is essential for participants to feel empowered to share their stories and heal.

Being You with Confidence: A 12-Week Journey to Authenticity and Empowered Living

Release limitations and unleash your inner power. This transformational experience helps you shed self-doubt, embrace your uniqueness, and unlock deep reservoirs of confidence. We'll address the root sources of insecurity and self-consciousness. You'll boldly express your authentic self and start living by your values.





Quarter 1: Unmasking and Understanding the Authentic Self (Weeks 1-4)

Values & Priorities Compass: Deep dive into your core values and principles, exploring how they define your authentic self and guide your choices.

Strengths & Potential Inventory: Uncover your unique strengths, skills, and talents, appreciating the gifts you bring to the world.

Identifying Limiting Beliefs & Masks:

Recognize the beliefs and self-criticisms that hold you back, and begin unmasking the persona you present to the world.

Exploring Vulnerability & Shadow Work:

Gently confront aspects of yourself you may have suppressed or rejected, embracing your whole being with self-compassion.

Quarter 2: Building Bridges to Authenticity (Weeks 5-8)

Communication with Confidence: Develop assertive communication skills to express your needs, boundaries, and opinions authentically and respectfully.

Setting Healthy Boundaries: Learn to establish and maintain healthy boundaries in relationships, protecting your well-being while fostering genuine connection.

Saying No & Embracing Choice: Embrace your right to say no and prioritize activities and relationships that align with your true self.

Body-Mind Connection & Self-Acceptance:

Explore the links between thoughts, emotions, and physical sensations. Cultivate body positivity and acceptance of your unique presence.

Quarter 3: Embracing Your Authentic Confidence (Weeks 9-12)

Confidence-Boosting Practices: Discover and practice personalized strategies to build your self-confidence, including positive affirmations, visualization, and celebrating small wins.

Resilience & Overcoming Challenges: Develop coping mechanisms for navigating setbacks and challenges, bouncing back stronger and learning from experiences.

Living from Your Purpose: Define your life's purpose and align your actions with your authentic self, creating a fulfilling and meaningful existence.

Celebrating Your Journey & Embracing Growth: Acknowledge and celebrate your progress on your path to self-acceptance and confidence. Commit to lifelong learning and personal evolution.

Exit Session:

Reflect on your transformation, share your newfound confidence and empowered self, and discuss strategies for sustaining your authentic expression and inner strength beyond the Program. Celebrate the unique and impactful individual you are becoming.

COACHING INVESTMENT

\$2400

FULL PAYMENT OFFER

\$1997

CONTACT



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