



12
WEEK PROGRAM

Depression Consultation

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.

12-Week Depression Consultation Framework: Reclaiming Your Spark

Take control of your mental health. In this Program, we'll work together to unravel the root causes of your depression and anxiety. You'll gain clarity on the thought patterns, lifestyle factors, and emotional triggers influencing your mood. Then we'll design customized strategies to lift the fog, rediscover motivation, and significantly improve your quality of life.





Quarter 1: Illuminating the Darkness (Weeks 1-4)

Understanding Depression: Explore the symptoms, causes, and types of depression to gain clarity and acceptance.

Breaking the Stigma: Challenge negative self-talk and societal stigma surrounding depression, fostering self-compassion and understanding.

Identifying Triggers & Patterns: Recognize personal triggers and thought patterns that contribute to depressive episodes. Learn to identify early warning signs.

Building a Support System: Cultivate a supportive network of loved ones, therapists, or support groups to combat isolation and provide encouragement.

Quarter 2: Kindling the Flame of Hope (Weeks 5-8)

Cognitive Behavioral Therapy (CBT) Practices: Develop practical tools and techniques for challenging negative thoughts and replacing them with healthier, more realistic perspectives.

Mindfulness & Relaxation Techniques: Explore mindfulness practices like meditation and deep breathing to manage stress and anxiety, promoting inner peace and emotional regulation.

Lifestyle Adjustments: Identify and implement healthy lifestyle changes, including sleep hygiene, exercise routines, and a balanced diet, to support emotional well-being.

Creative Expression & Activation: Discover healthy outlets for self-expression and joy, such as journaling, art therapy, spending time in nature, or engaging in hobbies.

Quarter 3: Embracing the Light Within (Weeks 9-12)

Relapse Prevention & Resilience: Develop a personalized relapse prevention plan to manage triggers and maintain progress, cultivating self-confidence and resilience.

Setting SMART Goals & Rekindling Purpose:

Craft achievable goals for personal and professional fulfillment, reconnecting with passions, and finding meaning in daily life.

Celebrating Victories & Progress:

Acknowledge and celebrate accomplishments, both big and small, fostering a sense of self-efficacy and motivation to continue the journey.

Transitioning to Self-Management: Practice self-coaching techniques and equip yourself with resources to manage emotional well-being independently beyond the Program.

Exit Session:

Reflect on the transformation journey, celebrate successes, and discuss strategies for ongoing self-care and maintenance of emotional well-being. Re-affirm commitment to personal growth and a fulfilling life.

COACHING INVESTMENT

\$2400

FULL PAYMENT OFFER

\$1997

CONTACT



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