



# Overcoming Your Fears





# 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.

## Overcoming Your Fears: A 12-Week Journey to Unlocking Your Bravery (For Women)

Face challenges with courage. In this Program, we'll tackle anxiety head-on. You'll learn techniques to calm worries, build emotional resilience, and take purposeful action aligned with your ambitions. We'll create a step-by-step plan to overcome discomfort and conquer your fears. You'll gain the tools to live bravely, pursue bold dreams, and become the hero of your own story.







## Quarter 1: Unveiling the Hidden Fears (Weeks 1-4)

**Exploring Our Fear Landscape:** Identify, acknowledge, and understand the fears that hold you back – from public speaking to career changes to relationships.

**Understanding Fear's Roots:** Trace the origins of your fears, recognizing learned patterns, societal expectations, and self-limiting beliefs that fuel them.

**Facing the Monster in the Mirror:** Challenge the narrative around your fears, reframing them from obstacles to opportunities for growth and self-discovery.

**Building Your Support Squad:** Connect with a tribe of empowered women who can offer support, encouragement, and shared experiences navigating their own fears.

## Quarter 2: Equipping Yourself for Battle (Weeks 5-8)

**Cognitive Behavioral Therapy (CBT) Toolkit:** Learn practical CBT techniques to challenge negative thought patterns and anxiety that fuel your fears.

**Breathing & Mindfulness Practices:** Master calming techniques like deep breathing and mindfulness meditation to manage stress and anxiety triggered by your fears.

**Exposure Therapy & Stepping Outside Your Comfort Zone:** Gradually and safely expose yourself to situations that evoke your fears, building resilience and confidence through controlled challenges.

**Affirmations & Self-Compassion:** Cultivate a positive self-image through empowering affirmations and practices of self-compassion to counter fear-based self-criticism.

## Quarter 3: Claiming Your Victory and Reclaiming Joy (Weeks 9-12)

### **Celebrating Milestones & Embracing Courage:**

Acknowledge and celebrate your progress, no matter how small, as each step forward is a victory over fear.

**Visualizing Your Fearless Future:** Use visualization techniques to envision yourself living a life free from fear, setting clear goals and intentions for your post-fear journey.

**Designing Your Fear-Free Toolbox:** Identify personalized strategies and resources to manage future fear triggers, ensuring you're well-equipped for any challenge.

**Empowering Other Women & Sharing Your Journey:** Pay it forward by sharing your learnings and supporting other women in their own battles against fear, building a community of empowered women.

## Exit Session:

Reflect on your transformative journey, celebrate your newfound courage and resilience, and share your vision for a fearless future. Remember, every woman has the power to overcome her fears and claim her rightful place in the world.

## COACHING INVESTMENT

# \$2400

## FULL PAYMENT OFFER

# \$1997

## CONTACT



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