

HER INNER SHIFT · @LIA.INNERSHIFT

Frequently asked questions.

Everything I get asked before women decide to work with me.

Lia Noor

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INTRODUCTION

These are the questions I'm asked most often. They cover what I do, how I work, what the Compass Pack includes, and who this work is and is not for. If your question isn't here, write to me at lia.innershift@gmail.com.

THE QUESTIONS

1. What exactly do you do?

I work 1:1 with women living between two worlds. Women who already crossed a border (left a culture they couldn't belong to and are now living in a Western country) and are doing the inner work of building a self that belongs to them instead of waiting for a place to claim them. The work is structured around a 6-step method I call Her Inner Shift.

2. Are you a therapist or a psychologist?

No. I'm not a psychologist and I will not diagnose anything. I'm not a lawyer and I will not handle paperwork. I'm a woman who lived between two worlds for a decade and built a method to navigate it. If what you need is clinical care, I'll redirect you. If what you need is the identity and belonging work, that's exactly what I do.

3. How does the discovery call work?

It's free, 20 minutes, on Google Meet. The first half is yours: you tell me what brought you here. The second half is mine: I tell you what I'm hearing, where you might be on the path, and whether my work is the right fit. By the end you'll know if we're working together. No pressure either way.

4. What is the Compass Pack and how much does it cost?

Six 1:1 sessions of 60 minutes each, online via Google Meet. €390 total (€65 per session). You can pay in one go or in two installments of €195. Completed in 6 to 12 weeks (weekly or biweekly, your choice).

5. Do you offer single sessions?

Yes, single sessions are €85. But the Pack is designed around the full 6-step method, and most of the transformation happens between sessions 3 and 6. A single session can give you orientation. The Pack is what gives you the shift.

6. What languages do you work in?

English, Spanish, French, and Arabic. You choose the language you feel most free to think in for this specific conversation. It doesn't have to be your mother tongue.

7. Who is this work NOT for?

Women still living in their country of origin (my work begins after the border is already crossed). Women in active clinical crisis (you need a licensed psychologist first). Women looking for legal advice on immigration (you need a lawyer). Women in pure external-fix mode (“help me solve my paperwork”) because my work is internal, not administrative. Women looking for a one-session quick fix.

8. Can the work help with my visa or residency situation?

Directly, no. I do not handle paperwork and I'm not a lawyer. What I can do is hold the inner work alongside your legal process so the bureaucracy doesn't break you while you wait for it to resolve. Many clients work with a lawyer and with me in parallel. Different layers, different tools.

9. What if I'm dealing with trauma from my country of origin?

This depends on the depth. If you're in active trauma symptoms (panic, dissociation, PTSD), you need a clinical psychologist as your primary support, and I can work alongside them on the identity layer. I won't work with you on the trauma alone. I will work with you on the part that comes after the trauma is being held by someone qualified to hold it.

10. What happens after the 6 sessions?

Three options. You can take a single session whenever you want a check-in (€85). You can join the Her Inner Shift Skool community (recorded courses and a

group of women who have walked the same road). Or you can simply walk with what you built. The work is yours by then.

11. What if I need to cancel or reschedule a session?

You can reschedule with 24 hours notice without any cost. Cancellations with less than 24 hours notice count as one session of the Pack used. The full Pack must be completed within 12 weeks of the first session.

12. How do I start?

Book a free 20-minute discovery call through my Instagram bio (@lia.innershift). After booking, you'll receive a welcome email and 48 hours before the call you'll get a short intake form (5 to 7 minutes to fill in). We meet, we see if it's a fit, and you decide from there.