

Emotional Alchemy Certification Program 2026

Become the Coach who can do what mindset alone never will - *and guide others through the emotional and energetic awakening the world is calling for.*

"I've been afraid this work would be too much. But I now see it's exactly what my clients want. I've learned how to guide them gently and skillfully, and they're opening up in ways I've never seen before."

The world is shifting and people are waking up. This certification prepares you to guide healing at the deepest level, in the moments that matter most.

The Emotional Alchemy Certification is a transformational training ground for coaches ready to:

- ✓ confidently hold space for intense emotional experiences and deep energetic transformations
- ✓ guide lasting healing through the body, energy, and subconscious
- ✓ become known as the coach who can handle what others avoid and help their clients reach the next level in their Leadership Journey

"I thought I came to learn a technique. I'm leaving as a completely different coach - and human."

The World Is Ready for More. This Is the Answer

The coaches who find this work say the same thing:
"This is it. This is the missing piece."

They have been feeling the gap.

- ↔ Between the depth they *know* is possible and the surface they keep coaching on.
- ↔ Between their client's pain and their ability to truly understand and hold it.
- ↔ Between the version of themselves that knows how to feel, channel, and trust energy and the one still trying to make sense of it all.

They've tried it all.

Mindset tools. Strategy. More trainings. More methods. Another certification. Another framework. Another way to "fix" the problem.

But something is still missing.

And then they find this work ...
and everything starts to make sense.

"When desire is anchored in for a client, I feel it too. It's sacred. It inspires me. I've seen how this opens the door to possibility and clarity. It's not only healing - it's world-shifting."

There is a collective unraveling happening and the desire to go deeper isn't just yours:

It's the world calling for truth. For healing. For coaches who can lead from the inside out.

This experience changes you.

You won't just learn a method - *you'll become it.*

You'll emerge as the coach you've always known you were, but never had the tools, language, or confidence to fully embody.

"This is hands down the best certification program I've ever been in ... and I've been in a lot."

The coaches who go through the Emotional Alchemy Certification Program learn about the energetic root of emotion and deep transformation.

The truth under the story. The body's wisdom that isn't logical, but *knows*.

When they learn how to connect to that energy and navigate it with unshakable confidence ... *something awakens*.

They become more themselves than they've ever felt before and in doing so, they become a mirror ...

awakening the same possibility in their clients.

A powerful path begins to unfold for their leadership in this global shift. New possibilities arrive. Aligned opportunities and soul-level relationships begin to show up.

Because when a coach awakens their own emotional truth and energetic power they create the conditions for others to do the same.

This is how change happens: One nervous system. One relationship. One soul at a time.

They feel inspired, alive, and deeply connected to the work they were born to do.

“Before, I reflected with my mind. Now, I’m reading energy and guiding transformation through the body and field. The way I’m showing up with my clients means that they are accessing more themselves”

This Certification Is for You If...

- ♦ **You’ve mastered strategy, but you *feel the gap*.**

You know there’s more and you’re ready to access the energy underneath it all.

- ♦ **You hold space well, but you want to go deeper.**

You’re ready to stop analyzing emotion and start meeting it as energy that moves.

- ♦ **You’re done bypassing what’s real.**

You’re craving a coaching practice that honors the body, energy, emotion, and soul.

- ♦ **You want to guide clients through transformation that *lasts*.**

Not just mindset shifts, but deep energetic change in the nervous system, subconscious, and emotional body.

- ♦ **You desire confidence that comes from deep embodiment.**

You want to feel grounded, calm, and connected - no matter what a client brings into the space.

- ♦ **You’re ready to become the coach your soul came here to be.**

You’re ready to create an impact that goes deeper than you ever imagined.

- ♦ **You feel the call to be part of something bigger.**

To lead not just your clients, but your community, through this time of awakening and change.

What You’ll Learn & Experience

This certification is about embodied mastery.

"I used to reflect at a more intellectual level with clients. Now I'm connecting energetically. I can sense I'm having a conversation with their energy, not their mind. This isn't just coaching anymore: it's sacred."

You'll go through your own emotional and energetic transformation while developing the skills, presence, and confidence to guide others through theirs.

You'll learn how to:

- ✓ Stay grounded and steady when deep emotion shows up
- ✓ Work with energy as a real force - clearing, regulating, and channeling it with intention
- ✓ Read the body's signals and guide emotional healing at the root
- ✓ Create space for your clients to access *their* own wisdom, truth, and power

The Core Skills You'll Master

Energy Clearing & Heart Coherence

Learn how to shift energy instantly within yourself and in the space you're holding.

The Emotional Alchemy Method

A 6-step process to guide any emotion from contraction to clarity, without bypassing.

Nervous System Regulation

Create deep safety in the body so healing can actually happen.

Inner Child & Ancestral Healing

Learn how to guide clients through subconscious timelines to integrate parts of themselves and release inherited patterns.

Subconscious Journey Work

Facilitate deep energetic shifts and soul-level remembering through guided visualization and shamanic practices.

Trauma-Informed Coaching

Understand how to recognize trauma responses and support your clients without reactivating their nervous system.

"I used to feel unsure and a little afraid of trauma showing up in sessions. Now I see it clearly, I know how to assess readiness, and I feel so much more resourced and calm. It's no longer something I avoid - it's something I can hold with grace."

Confident Breakthrough Facilitation

Hold space with clarity and power - especially when the stakes are high and the emotions are big.

"I came in wanting to learn a method. I'm leaving as a practitioner with a presence I never knew I had."

Program Structure & Learning Format

This 6-month certification is intentionally designed to support deep transformation, practical mastery, and real integration.

We don't just *talk about* emotional healing - we practice it. Every week. Together.

Weekly Live Calls (3x a month with the first week "off")

Tuesdays: 2 Hour Group Practice Calls

→ Apply what you're learning, practice the tools live, and gain confidence holding space.

Thursdays: Coaching & Integration Calls

→ Get direct support from Sarah, receive feedback, and deepen your embodiment of the work.

Pre-Recorded Teaching Modules

Bite-sized videos you can watch at your own pace before each week's live calls.

Every teaching includes guided practices, tools, and journaling prompts to help you embody what you're learning.

Included Learning Materials

Every student receives a beautifully designed course textbook: a comprehensive guide created from the teachings, transcripts, and practices inside the certification.

You'll use this book to deepen your integration, revisit key tools, and stay connected to the work as you grow. It includes:

- Core teachings in written form
- Guided energy and embodiment practices
- Integration questions and journaling space
- Science PDFs and Worksheets you can take and use as your own

This isn't just a workbook, it's a companion for the journey and a tool you'll return to again and again.

Ongoing Coaching & Community Support

- **Mentorship Support** for coaching, questions, and integration between calls
- **Private Student Community** for connection, sharing, and support throughout the program
- **Post-Certification Embodied Practitioner Program** to grow your business and yourself after certification

"The structure of this program is everything. I always felt supported, seen, and stretched in exactly the right ways."

Practicum & Certification Requirements

This certification includes **50 hours of guided practicum** so you don't just learn this work... *you become it.*

✓ 25 Hours in Supervised Peer Practice

You'll practice the Emotional Alchemy Method with fellow students in structured sessions where you'll:

- Rotate roles as coach, client, and observer

- Practice energy clearing, emotional alchemy, and journey work live
- Receive direct feedback and deepen your confidence through real-time reflection
- Integrate your energetic presence and refine your facilitation in a safe, supportive space

✓ 25 Hours with Private 1:1 Clients

You'll also step into the role of practitioner and guide **real clients** through deep emotional healing using the full modality.

You'll:

- Design and lead emotional healing sessions using your unique presence and voice
- Receive clear guidelines and templates for session flow and client support
- Reflect on your sessions through written integration and feedback
- Grow your confidence as a space holder for *real-world transformation*



Final Certification Requirements

To complete your certification, you'll submit a three-part assessment designed to honor your growth and demonstrate your embodied mastery:

- **Multiple Choice Test**
An assessment covering the core teachings, tools, and energetic principles of Emotional Alchemy.
- **Personal Manifesto**
A written declaration of how this work has transformed you, how you'll carry it forward, and the kind of coach you now know yourself to be.
- **Recorded Client Session**
Submit one recorded session demonstrating your ability to facilitate the

Emotional Alchemy process with clarity, presence, and confidence.

The intention of this certification program is for you to integrate the work so deeply, there's no difference between what you know and who you are.

Program Modules

The curriculum is designed to move you through your own emotional awakening while building your skillset as a masterful, intuitive guide.

Each module builds on the last, deepening your presence, refining your practice, and unlocking the wisdom already inside you.

Module 1: Foundations of Energy Work

You are energy. Your clients are energy. All transformation begins here.

- ✓ How energy moves, gets stuck, and releases
- ✓ The invisible field: how to sense it, work with it, and stay clear
- ✓ Visualization + energetic focus as a tool for real transformation
- ✓ Grounding, energetic hygiene, and foundational practices every coach should know

Module 2: Moving Into the Body

True wisdom lives in the body - *not the mind*.

- ✓ Embodied Wisdom: learning to listen to the body's language
- ✓ Embodied Trust: anchoring into your own energetic truth
- ✓ Embodied Vision: expanding your capacity to feel and perceive energy
- ✓ Somatic awareness as the gateway to deeper healing

Module 3: The Modality

Learn the full Emotional Alchemy Method and begin to guide transformation with precision and soul.

- ✓ The 6-Step Emotional Alchemy Process
- ✓ Trauma-informed coaching and nervous system regulation
- ✓ How to guide emotional healing safely, effectively, and with deep integrity
- ✓ Holding space for big emotions without collapsing, fixing, or rushing

Module 4: Deepening the Work

Expand your energetic capacity and access the subconscious layers of healing.

- ✓ Inner Child Healing: reclaiming lost parts of self
- ✓ Ancestral Healing: releasing inherited pain and activating ancestral gifts
- ✓ Timeline & Journey Work: guide clients through energetic memory and subconscious shifts
- ✓ Soul-level facilitation bringing all the tools together

"This curriculum didn't just teach me things, it changed my entire relationship with energy, emotion, and the body."

Investment & Enrollment

This isn't just a course. It's a transformational initiation into a new level of mastery: *as a coach, a space holder, and a fully expressed version of you.*

Investment: \$6,500

Flexible payment plans available

Next Cohort Begins: January 2026

Only 12 spots are available. This intimate container is designed for personal transformation and high-touch support.

"This was the clearest YES I've said in years. Worth every single penny and then some."

Join the Next Generation of Emotional Alchemy Coaches

There is no accident you've found this now.

The world is waking up and you're meant to be a guide in that awakening.

This is your invitation.

You're ready to go deeper because you know that's where the real transformation lives.

This is the work that changes trajectories. .

This is the work that awakens your soul level gifts.

This is the work that sets you apart.

It's time to learn how to guide emotional healing with calm, embodied confidence.

"I truly feel I was meant for this. I'm developing the skills, building the muscles, and honing the healer's craft. This certification is changing me."

Feeling the pull?

[Schedule a Call to Connect and Learn More](#)

This is a no pressure call. Just an honest conversation about what's possible for you.

You'll know if it's right. Your body will tell you.

And I'll be there to meet you fully.