

1:1 Coaching

You owe it to yourself to become the most unapologetic version of yourself you possibly can be.

To embrace ALL parts of you so you can begin to finally love and accept yourself fully – like you truly deserve!

But right now you find it hard to see how to make it happen because:

- Your inner critic is LOUD and always shaming you for not being good enough to go after what you really want
- You're wearing all the masks because you're afraid what other people will think of the "real" you
- You're an A+ people-pleaser who puts everyone else's needs before your own which doesn't leave much time for your own stuff

Deep down you know things need to change...

You dream of becoming the person who...

- Is more in touch with your own wants, needs, desires and feels confident within yourself to speak up and make them happen
- Drops the masks you've held up for so long and embraces what makes you magic
- Makes zero apologies for who you are and lives your life to the absolute fullest
- Prioritises your needs because you know you are worthy of the love and care you show to others

To make this happen you know you need a little bit of extra love and support – *and that's where I come in!*

Hi, I'm Sam...

Positive Psychology Life Coach, psychotherapist, Mum to eight-year-old, Amelie and toddler Frankie, and passionate advocate for being radically kind and compassionate to yourself.

I know it can sometimes feel like you're in a battle with the different parts of yourself...

You're trying to find the balance between going ALL IN on your deepest desires and not letting everyone else down in the process. *That "good girl" conditioning can be a bitch can't it?!*

But you matter and your needs are important too and it's time for you to become the person who believes it too.

I'm here to walk beside you, straighten your crown and give you a gentle nudge in the direction of what's truly possible for you in this life.

Because the moment you start to embrace all parts of you, everything starts to shift in the most magical ways.

So if you're ready to step into a life of expansion, boundless self-acceptance and infinite possibilities – I'm here to support you every step of the way!

"It doesn't feel like work anymore."

"From working with Sam, I see a massive difference from where I was to where I am from a year ago. Now I give myself permission to dream and expand in a way that is so much more healthy and gentle on my nervous system."

Before coaching with Sam my usual pattern was to try to push myself and then punish myself when I wasn't living up to the standards I imagined."

Through Sam's coaching, I've learnt to take gentle yet expansive steps towards what feels joyous. It doesn't feel like work anymore."

I am more grounded in myself and trust in my worthiness so much more."

- Holly, Life Coach/Breathwork facilitator/Social Worker

1:1 Coaching with Sam

The coaching and mentoring experience to take gentle yet expansive steps towards the most unapologetic version of yourself.

You'll explore all aspects of yourself with curiosity and compassion so you can drop the self-criticism and learn to soften into who you are...

And most importantly begin to accept how magic you truly are.

Because I've seen the data – your beliefs have the power to change your reality (truly).

And after supporting thousands of women of the past 15 years to acknowledge their unhelpful stories holding them back and begin to finally love and accept themselves fully...

I want the same for you!

During our time together you'll uncover how to...

- Break the cycles of procrastination, self-sacrificing and people-pleasing
- Build a strong sense of self as you become a detective on what it means to be YOU, discover the map of who you truly are and get clear on how you're uniquely designed to live and thrive in this world
- Build the skill of taking action by connecting to your self-worth and self-belief
- Transform your relationship with yourself from conditional kindness to one of unconditional self-compassion and self-acceptance so you can be unapologetically YOU.

It's time to give yourself the permission to dream and expand in a way that's so much more healthy and gentle on your nervous system.

“The biggest transformation I've noticed is the way I'm now much more compassionate with myself.”

That's why I would recommend working with Sam to other women without hesitation. It's such a beautiful container full of lots of gentle accountability, oodles of love and support and a wonderful community. - Lucy-Anne, owner of Little Sparks of Joy Studio

Because everyone is different – there's 3 bespoke coaching options for you to choose from...

OPTION 1	OPTION 2	OPTION 3
<p>✨ A lot can change in 30 days <i>The mini series</i></p> <p>1 x 60 minute coaching call 4 x weeks of Voxer coaching support (three days a week Tue-Thurs.)</p> <p>\$1,100</p>	<p>✨ 3 Month <i>Spacious</i> Coaching Package</p> <p>Monthly 60 minute coaching calls 3 days a week Voxer support (Tues - Thurs)</p> <p>\$1200 per month x 3 months</p>	<p>✨ 3 month <i>Intensive</i> Coaching Package</p> <p>Fortnightly 60 minute coaching calls 3 days a week Voxer support (Tues - Thurs)</p> <p>\$1600 per month x 3 months</p>

Warning: Doing this work will change your life forever

Because when you unconditionally believe you are worthy and deserving – everything you've ever dreamt of suddenly becomes possible.

And the good news? **This is 100% something that's within your power to shift.**

Together I'll show you how.

It's time to open up to new hopes, dreams and possibilities – it's your time, my darling.

Say it with me – I AM worthy and deserving of ALL of my biggest, brightest dreams!

If you want to know if coaching is for you...

BOOK A CALL or SEND A DM AND LET'S CHAT

I want to hear about all your dreams and see how we can work together to bring them to life. Sam x