

## Self-Esteem Builder - 1:1 Coaching Program with Erika

In my signature program you will learn **how to change negative thinking and build your self esteem.**

**Our goal** is to dive into the challenges that are keeping you stuck and use my tools and resources to overcome these challenges to set you on your path to flourishing into fullness. The 1:1 work will allow me to fully tailor our approach to what works for you PLUS you are fully supported throughout the program with email, text and/or voice message support between sessions.

In this program you will learn:

- **Self-awareness** - THE most important self-improvement tool (you can't change what you are not aware of!)
- The key to **LASTING behaviour change** - identifying limiting core beliefs AND how to challenge them.
- **How to become unstuck** by identifying your happiness traps (perfectionism, comparison, people-pleasing, self-sabotage etc) AND how to overcome them.
- How to **identify exactly what you want** and take immediate action.
- How to **make time for you** and make **YOU the highest priority** (let's dissipate that resentment you feel when you put EVERYONE else first).
- The steps to **living intentionally** - how to get off of autopilot and make sure you live the life that you want.

I'll share with you **the exact recipe** that I personally have used to come from a place of struggling with low self-esteem, negative self-talk, debilitating anxiety, and a general unhappiness in life to a place where **I am happier than I have ever been.**

**Exactly what you get in my 4 month program:**

- 8x 45 minute sessions (2/month)
- Unlimited support via text/email/voice message throughout the program
- Optional: additional resources and templates for personal development
- Bonus: 15 minute face to face session for emergencies (1 per month)

With my coaching, I have helped women change their lives by **improving their confidence & self-belief**, helping them break through **limiting beliefs**, **navigate life changes**, help them **understand themselves** and to **realise the importance of self-love**. Read for yourself some words from the people I've worked with:

- "Erika's insight and dedication to her coaching has made my experience life-changing. I have gained validation and self belief to trust myself. I feel I

have become stronger and more confident in making decisions for my future. I love that I am planning a future me!"

- "Erika's ability to relate her own life experiences to mine created a welcoming and relatable atmosphere. I have gained a better understanding of myself and how my mind is such a powerful thing that needs to be trained to be kinder to itself."
- "Through our continued collaboration, I have been able to make significant progress and achieve personal growth. The consistent support, guidance, and insights provided by Erika have helped me navigate challenges, gain new perspectives, and make positive changes in my life. I feel more empowered, confident, and ready to overcome obstacles, set goals, and work towards realising my full potential."
- "I found it very valuable and to be offering improvement in areas of my life I otherwise don't really have a mentor or guide for."

### **What will we cover?**

The exact approach will differ as I will design this according to your needs, but you can expect something like this:

- Month 1 - identifying & understanding your challenges - improving self-awareness, how our thoughts and beliefs create our reality.
- Month 2 - how to overcome your challenges & what your ideal life looks like - figuring out what you want.
- Month 3 & 4 - putting these actions/steps into practice and setting you up to continue to work towards your ideal life.

### **Where, when and how much?**

WHERE: In my studio in Hurstbridge if you prefer face to face, or online via video call.

WHEN: I have 2 spaces currently open to work with new clients - we can start immediately!

HOW MUCH:

- \$1600 or 4x \$400 payments

### **How do I book?**

Fill out your details [here](#) and I will give you a call to ensure that I am the right fit for you - and we can go from there!