

## **Offer:**

**A female life coach who focuses on dealing with childhood traumas, overcoming them and creating a meaningful and successful life**

Gave the coach typeforms with questions on their target audience etc...:

[https://docs.google.com/spreadsheets/d/1w9xqXpAcsUU9\\_Kc4cw8fwGbmPZEv8dzkZHq3tebvyCE/edit#gid=0](https://docs.google.com/spreadsheets/d/1w9xqXpAcsUU9_Kc4cw8fwGbmPZEv8dzkZHq3tebvyCE/edit#gid=0)

---

## ***WELCOME SEQUENCE***

*Email #1*

Subject: **Welcome To The Family**

Preview Text: **You just took the first step toward meeting your highest self!**

I'm so glad you're here, {firstname}!

First of all, thank you for signing up to join me and many other women on this healing journey 📧

You now do not have to stay up late at 3 AM racking your brain to find a solution to your problems...

Instead, you have me, and I'm looking forward to helping you embrace emotional control.

As a woman who has struggled with abusive relationships

I have had to overcome many challenges myself, tried different things, and failed dozens of times.

That's the main reason I started giving women tools to overcome their traumas and transform emotional pain into a source of inner peace.

So, stay tuned 😊

In my next email, I'll be sharing the story of a famous black career woman, who went from being abused as a child to a national icon, which will show you that **ANYTHING** is possible.

In the meantime, I want to take some time and get to know you better.

If there would be one thing you would want to achieve this year, what would it be?

Reply to this email, I will respond to every single one of you!

Take care!

With love,  
[Your Name]

*"We do not learn from experience...we learn from reflecting on experience."  
- John Dewey (US-American philosopher)*

*Email #2*

Subject: **From Childhood Trauma To One Of The Most Powerful Women On Earth**

Preview Text: **A story about a woman who turned her trauma into triumph, and it's too good not to share with you.**

I hope you're well, {firstname},

When you walk into your favorite coffee shop, and look at the people sipping on their aromatic beverages...

Most DO NOT seem like they're going through dramatic hardship at all, do they?

**You are not alone** with your struggles.

We often believe *everyone else is perfect and we are alone with our problems.*

It is important for your self-esteem to know there are millions of women around the world facing the **same challenges** like you day in and day out.

To give you a famous example of what is actually achievable, I want to share with you the story of the most famous black woman of America, *Oprah Winfrey*.

As you may know, Oprah is an absolute boss and one of the most influential women in the world today. But, would you ever guess that her childhood was anything but easy?

Growing up, Oprah was born into **poverty** in Mississippi and her mom struggled to raise her on her own. She went through some pretty tough times.

**Physical and emotional** abuse at the hands of family members, and even being sexually abused by several men in her life.

But, she never lost sight of her dreams and kept on pushing through the hard times.

Despite all the challenges she faced, Oprah excelled in school and landed a full scholarship to a well-known University, before she kicked off her career as a news anchor and worked her way up to hosting her own talk show...

**..The Oprah Winfrey Show** - which by the way, became the highest-rated daytime talk show in history!

But, Oprah didn't stop there.

She founded her own production company, Harpo Productions, and produced hit shows like Dr. Phil and Rachael Ray.

Now, she's worth billions and is considered one of the **most powerful and influential women in the world.**

So, if you think you're alone, just know that we are all in the same boat and everything is possible if you stay dedicated and follow your *heart*.

There are plenty of women out there who have gone through similar experiences and come out on the other side even stronger and more successful than before.

I hope this story gave you inspiration and maybe you can find yourself in the young *ambitious* Oprah.

If so, leave a reply on what you're planning to do next in your **self-love journey**. I am all ears and will answer every one of you!

In the following email, I'm going to share with you a dead simple mind trick to gain complete control of your emotions. *Don't miss it, it will change how you view emotions forever.*

With all the best,

[Your Name]

*Email #3*

Subject: **Gain Emotional Control Instantly With This 1 Simple Method.**

Preview Text: **It's so simple that you can do it while watching TV 😊**

Check this out, {firstname},

As I predicted in my last email, I would like to showcase a **straightforward solution** to take *absolute command* over your emotions.

Remember the story about **Oprah** I told you last time?

What is the factor that propels certain women from rock bottom to attaining fulfilling relationships, contented families, and a life devoid of any emotional detritus?

It's **emotional control**.

First, you need to understand that our bodies and souls are *connected* to each other.

Tensions within your body cause many problems that doctors would describe as psychological diseases.

In your everyday life, you will less likely feel these exact tensions, but as soon as you take a few minutes and go through the following meditative practice, you will understand why this is *wondrous*.

It is most advantageous for you to gain knowledge through personal experiences and regularly implement the ensuing technique (experts suggest practicing this

technique for a minimum of 5 minutes daily for 30 days or more to achieve mastery over your emotions)."

**Now, here's what you need to do:**

Simply, situate yourself or repose for a fleeting moment and execute a profound exhalation.

Now start to scan your **whole** body for **tensions** that build up.

Many women start feeling tension in their forehead, neck, shoulders, and back.

This is completely normal and nothing to be worried about!

At this moment, seal your eyes, lay your hands on the affected areas, and inhale deeply into those regions. Embrace a feeling of unadulterated love and gratitude for yourself, while you perform this procedure.

The more you practice this technique, the more you will have incredible inner peace and overwhelming self-love.

Continue this routine daily, and your ability to gain back your authority over your feelings will grow with every passing day. ❤️

If you have any questions, or want to share your experience with this technique, just reply to this email. I will read all your responses.

with all the best!

[Your Name]

*Email #4*

Subject: **The Importance of Loving Yourself: The Path to Emotional Restoration**

Preview Text:

Dear {firstname,}

**Self-love** should be the number one priority in your life.

Oftentimes, we try to bend ourselves to fit in and end up feeling unhappy.

I hope you've tried out the **exercise** in my last email as it is fundamental to get started on your self-love journey.

But no matter how much effort you put into your progress, if you do not get over this one hurdle, you will never merge into your **higher self**.

Let me become more specific on this very important topic. It's an absolute necessity for your healing process.

It is the ability to not judge yourself for past experiences and current emotions you are experiencing.

For this, you need to reflect on yourself.

And coming from a similar situation like yours, I know how tough that is.

The easiest way to get an honest reflection of your situation is to talk open to someone you trust. You need to open up for your weaknesses and flaws, which can be difficult.

This comes from a deep **fear of rejection**, since we subconsciously already assume people will judge us.

This is a common problem of therapy patients as their unfamiliarity with the therapist provides a disconnect between them.

I know this from my background as a professional nurse.

Patients often experience lack of trust regarding us nurses or even the doctors.

It's just not enough to wear a white coat, look smart and use Latin phrases.

You need to build a *bridge of trust* between the patient and yourself.

Having dealt with childhood trauma myself, I know how terrifying it can be to go to a therapist.

It is hard to open yourself up to a complete stranger, and tell him your life story. It is necessary for us to talk to someone we can trust. Someone who "has been there" and "done that".

This is why I created **Follow Your Path**, where I am able to guide people on their own unique journey towards healing, without them feeling like a **number**.

My goal is to make you feel respected and looked after.

This is why I believe I can only help you overcome your roadblocks, if we get along well with one another and you are absolutely comfortable with me.

To let you get to know me a little better, I invite you to a quick clarity call where we can see if we are on the same wavelength.

[Click here to schedule a free clarity call with me](#)

If you have any questions just reply to this email and I will get to you as soon as possible.

I appreciate your time, girl!

You've got this,

[Your Name]

**Email 1: Introduction and teasing the next email**

**Show the Coach is like them**

**Entertain familiarity**

**Email 2: Telling a story (of the coach or someone else who achieved dream state)**

**Email 3: Value Email**

**email 4: DIC -> LINK**

Along the lines:

1. Confirm your subscription
2. Road To Resilience: How One Woman Overcame Childhood Trauma To Become The World's Most Influential Businesswoman
3. The single most effective tool to let your worries go and strive
4. If You Continue Making This One Mistake You Will Keep Stagnating Forever