

## A note from the coach...

*Hey Power Players!*

*Are you ready to break through those barriers holding you back?*

*Sometimes we're not sure what the wall is or how it got there, but don't you worry, leave that to me.*

*People are inclined to tell you "think positive" these days as a cure to all problems. Sometimes, it's just not that easy! It is half the battle, but the other half is having a new perspective to help you see what you're missing.*

*It helps to have a professional (Masters in Counseling and certified Life Coach) to assist and have your back during this process.*

*In whatever area of life you choose to focus on, I will work with you to smash those walls and get you to the other side. I know you got this.*

*Your soul support person,*

*- Salinta T.*



*"If you have a dream, don't just sit there. Gather the courage to believe that you can succeed and leave no stone unturned to make it a reality."*

*-Dr. Roopleen*



## The Pursuit of True Happiness

with

*Salinta T.*



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## Summer Coaching Packages:

### Soul Package

- 4 sessions for \$50 per session (\$200)
- Accountability / Sounding Board

### Power Package

- 4 sessions for \$80 per session (\$320)
- Plus 1 free session
- Accountability / Sounding Board

- Mental Exercises

### Executive Coaching Package

- 6 sessions for \$100 per session (\$600)
- Plus 2 free sessions
- Accountability / Sounding Board / Mental Exercises
- Daily message for accountability
- Access to me Monday – Friday via WhatsApp or Email

Choose the package which best suits you. They are all designed to guarantee both coach and individual are committed to the process! No matter which package you choose, remember you're paying for a professional who is committed to you, your privacy and your growth.

## Sounding Board

I will listen to you using reflective and active listening. There is no judgement. I will seek understanding to ensure you feel understood. Together we will make sense of jumbled thoughts and tidy them up so you don't feel so overwhelmed.

## Mental Exercises

You will be given worksheets which will assist in achieving your goals. These worksheets will assist you in operating from a place of happiness rather than a place of overwhelm. We will dig deeper into your values, barriers and hesitations. The worksheets will help us brain dump in order to make space for what truly matters.

## Accountability

I will tell you what you need to hear not what you want to hear. I will give you a push to recognize what you are capable of. We will break down big projects into small steps to ensure you feel more able to accomplish your goal. I will check in with you each session to see what progress you have made or what is blocking you from progressing.

## Daily Messages

You will receive a daily message. It will be unique to your journey and goals. It will come in the form of an affirmation, tips to work towards your goal, check-in on your progress, support during a hard time and more. It is not limited to one and may be a combination of two topics.

## Daily Access

You are able to message me on WhatsApp or email throughout the day (Monday – Friday; 9am – 7pm). I will respond within two hours. You don't have to feel like you're hassling me or you have to wait until the next session to use me as a sounding board or problem solver. It is part of the service and I look forward to hearing from you!