

## A note from the coach....

*Hey Power Players!*

*Are you ready to break through the 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 Counselling 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.*

*Ta ta for now!*

*- Salintae T.*

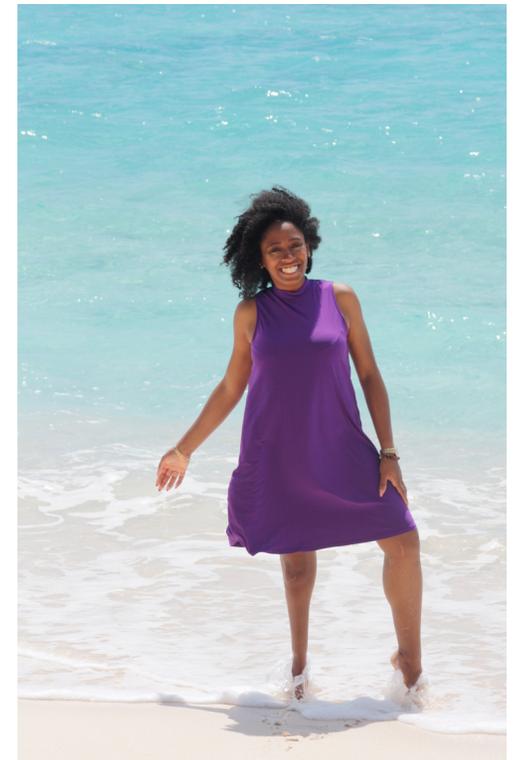


Phone: (1) 441 - 537 - 8896

Email: [info@MetanoiaPower.com](mailto:info@MetanoiaPower.com)

Email: [consults@MetanoiaPower.com](mailto:consults@MetanoiaPower.com)

[www.MetanoiaPower.com](http://www.MetanoiaPower.com)



## Why coaching?

Everyone can do with a bit of coaching from time to time. It can provide you with renewed energy, a shift in focus, accountability and so much more. People who want to feel empowered and in control of their life/business seek out coaching services. Clients range from CEOs to stay at home mothers to aspiring entrepreneurs. Coaching is goal specific and individualized.

## Personal Development

Find the answers on how to get from your current place in life to your desired place using your strengths and mastering your weaknesses.

Expected

- 12 Sessions
- 45 Minutes each session
- \$100 per session = \$1,200 package

Desired:

- 6 Sessions
- 45 Minutes each session
- \$150 per session = \$900 package

## Relationship Coaching

A relationship coach will consider all sides of the union whether it be romantic, platonic or a family relationship and provide insight into how all parties can move forward positively.

Expected

- 12 Sessions
- 1 hour each session
- \$150 per session = \$1,800 package

Desired:

- 6 Sessions

- 1 hour each session
- \$200 per session = \$1,200 package



## Career Coaching

Whether you've been out of the workforce longer than you've expected, in a chosen field longer than you've expected or in a chosen field you wish to progress in, career coaching will benefit your future.

Expected

- 12 Sessions
- 45 Minutes each session
- \$100 per session = \$1,200 package

Desired:

- 6 Sessions
- 45 Minutes each session
- \$150 per session = \$900 package

## Business Coaching

Business coaching provides you with two minds to get to one destination, more success.

Expected

- 12 Sessions
- 1 hour each session

- \$150 per session = \$1,800 package

Desired:

- 6 Sessions
- 1 hour each session
- \$200 per session = \$1,200 package

## Spiritual Coaching

What does your Inner Self need from you to

flourish? Spiritual Coaching helps you uncover the inner mysteries and build on them.

Expected

- 12 Sessions
- 45 Minutes each session
- \$100 per session = \$1,200 package

Desired:

- 6 Sessions
- 45 Minutes each session
- \$150 per session = \$900 package

