

FROM CATERPILLAR TO BUTTERFLY COACHING AND MENTORION PROGRAM

Program Description

January 2018

Ready for Your Metamorphosis?

Evolution is a slow process. It can take life times to break through unhealthy patterns and move up the evolutionary spiral. If you don't just simply want to wait for it to happen, and instead desire to take your life into your own hands, From Caterpillar to Butterfly is for you!



This is the **Transformational Coaching Program* on steroids!** In this **six-month program**, you will morph from one state into another to become the new, healthier and happier you, stepping into your power to fulfil your true potential. People mostly come to see me after having hit a major wall, an obstacle they can't surmount on their own. We don't normally look for change when things go well. In fact, we tend to become complacent if we don't have some problems to solve. Life has a way of getting us back in motion and catapulting us to the next level of our evolution! Pain, physical or emotional, is a major catalyst that incites us to take the necessary steps towards change.

“Today has been the most relaxed, blessed, guilt free day I have spent in my life (to date). I know that there are many more to follow. I love myself. I trust myself... I didn't think I could do it. I didn't think I would make it through. God bless you for your patience, perseverance and insight. I am in the most amazing state of gratitude.” *Karen L., retired, USA*

Define your Dream

We start by you setting a goal which concerns your most burning issue or desire, the catalyst. We work together until your desired outcome is realized. At this point, you have reached a new level, a higher peak from which you look at life from a different perspective.

Now that you have a much broader vista, you are able to see what lies ahead, the next mountain range with even higher peaks which you couldn't perceive from your initial point of view. We now aim for another major mountain top, an outcome that leaves the initial pain far behind and that represents your ideal vision of life!

Six-Month Life Changing Process

To attain such lofty goals, we stay in close touch, conducting one Transformational Coaching or Healing session per week for 16 weeks, with an additional weekly 20 minute guidance call to monitor your progress, answer questions and ensure you are staying on track with the assignments. The 16 weeks of 90 minute Transformational Coaching and Healing sessions are followed by 10 weeks of weekly mentoring calls for a total of six months of life-changing work together.

The Transformational Healing sessions aim at ensuring your physical body catches up with the rapid changes that are taking place on the mental, emotional and spiritual levels. It also helps me assess where you are at from a deeper level. Additionally, I can remove obstacles and clear your chakras and energy pathways through energy work.

The coaching process is followed by a period of mentoring to ascertain that your accelerated evolution continues and becomes a habit. Questions are answered, self-help tools conveyed and new challenges surmounted with ease.



Guarantee

You will reach the desired outcome and reap the full benefit of your investment provided you "show up" to for the sessions, complete the assignments given to you, apply the tools I provide you with on a regular basis and make the payments on time. I work with you until the time we both feel that you have accomplished what you set out to achieve.

New habits for a new life

"I'm so glad I made the decision to do the Transformational Coaching Program with Irma, even though at that time I wasn't even sure if I'd be able to manage the funds. However, things just fell into place and that's how I know this was meant to be. It was such a magical experience! I am extremely grateful for the kind of faith and dedication Irma puts into her work. To have her so invested in my life's journey was inspirational. I definitely feel better. I am a more confident person, more grounded. I have more clarity. I have let go a lot of things. The end result being I feel a lightness of being, a sense of purpose to my life and a feeling of always being guided. I also came to Irma with scoliosis that I was born with, something I thought I'd have to live with. But all the mental, physical, emotional and spiritual work we did cured me of my scoliosis! Now that is not something I have heard of or seen before."

Aishwarya M., lawyer, India

After half a year of profound changes, you will look back at your life from before and wonder if that was really the same person! Your concept of self will be as different as that of a butterfly is from that of a caterpillar! The metamorphosis will have taken place.

There are no limits to what you can aim for, provided it is in alignment with your soul and your highest purpose. We will address every area of your life, the physical, emotional, mental, spiritual and financial. Not only do we aim for higher grounds, but also for a balanced, hence healthy life. This includes a wholesome lifestyle that you are able to maintain over time.

Appointments:

Normally, the sessions are weekly at a time that is suitable to both of us. If an appointment needs to be re-scheduled, I require a **48 hour notice**. In the case of a short term cancellations, I will conduct a remote Transformational Healing session instead so that you don't forfeit your appointment and get to benefit, even if you are not present. Should I feel that a change in schedule would help with the process, I will also let you know at least 48 hours in advance.

Preparation:

You will receive instructions to help you define the desired outcome that you want to work towards. This is

the basis of our work. Once the goal is set, you write a description of your new life, after having attained your goal. You send this to me before our first Transformational Coaching session.





Step 1: Helping you find and define your desired outcome.

What is the most important aspect of your life you want to transform, the catalyst? Describe your dream life.

Step 2: Discovering root causes of your issues, pain, failures.

Step 3: Uproot the causes of your problems, eliminate dysfunctional beliefs and negative emotions, shift your values from negative to positive, reprogram the brain for success and happiness.

Step 4: Provide you with self-help tools for personal empowerment and continued improvement.

Step 5: Results check: We work together until we both agree that you have achieved your desired state/outcome.

Step 6: From new vantage point, define larger, even more central desired outcome, a key that aligns you with your soul's purpose. Includes finding your Life Purpose.

Step 7: Remove the obstacles that have prevented you from attaining that outcome and from living your Life Purpose.

Step 8: Results check: Ensure you have attained the second significant desired outcome and you are living or moving towards embracing your Life Purpose in your daily life.

Step 9: Continued support: Through mentoring, I help you stay on track, anchor the changes and resolve any additional issues that may surface.

Format

- 10 x 90 min. Transformational Coaching sessions, one-on-one.
- 10 x 60 min. mentoring sessions, one-on-one.
- 10 x 45 min. Transformational Healing Sessions, one-on-one.
- 18 x 20 min. guidance calls.
- Email support between sessions.
- Assignments between sessions.
- Especially designed tools and audio-visual support to accelerate and enhance your customized process.

Included Tools

- Goal Setting—Strategic Visualization— 4 - 5 Hypnosis Recordings to address your specific needs— Holistic Money Management— Money Metamorphosis—Releasing through Writing—Worry Buster— Health and Stress Management— Heart Math—Heart and Abundance Meditation—And more...

Bonus Material

- Original Smile Meditation with customized mudra
- Guided Light Meditation

Please contact me for the Fee

Contact Me

Give me a call for more information about my services and programs.

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