

# COUPLES TRANSFORMATIONAL COACHING PROGRAM

Program Description

February 2025

## Happily ever after...

A happy partnership, be it a marriage or another form of relationship, counts among our biggest blessings. It increases the quality of our lives and it improves our health. The opposite, alas, is true as well.

Considering the importance of a successful relationship, one wonders why we never learned about how to achieve this rare feat in our many years at school... We usually jump into what often turns out to be tumultuous waters without much preparation. We then tend to imitate our parents, or go in the opposite direction, if we aren't satisfied with what we observed. Since they faced the similar difficulties to we are now confronted with, they didn't exactly have the best of chances either. Thus what we tend to learn from our role models, consciously or subconsciously, is often less than ideal.

Add to that a hectic modern life style, perhaps in-laws and later on children, as well as the media. Our environment may or may not support our endeavor to build a successful relationship. If we have children, they take up time and energy, and rightly so. But where does that leave your love life? If you want to have children, you may be experiencing problems to do so naturally; this is unfortunately the case of increasing numbers of couples. We see the happily ever after fable repeated in a multitude of forms and believe that this is how it works in reality. If our sex life isn't satisfactory, there is always internet porn and sex robots. McSex, as I call it.



“Irma’s love has been beyond the imaginable. Through her love, her kindness and her gift, she has allowed me to be reborn. After 42 years of dread and death, I have been liberated of everything. Finally I live, I am alive!

A life flooded with an altruist, limitless love, a state of completion and happiness, all anchored in the present moment.

A man just happy,

*Olivier Vinchon, France*

## Leave dysfunctional patterns behind

As if that was not enough, add work and financial stress to the mix and you have to wonder how any couple can survive in today's world!

By breaking through unhealthy patterns and removing negative emotions from your energy field, you stop the vicious circle so many are stuck in where they attract similar undesirable circumstances over and over again because their energy field magnetizes more of the same. Instead, because your subconscious program has changed, your life will change automatically!

### First things first: You!

The less old baggage we bring into a partnership, the easier the ride is going to be. Less inbuilt pressure makes it easier to deal with external stressors. One of the functions of intimate relationships, beyond the obvious, is to confront us with our unresolved issues. Trauma from the past will be triggered when someone gets under our skin. Unfortunately, we are rarely equipped to deal with the dragon that rears its head. Rather than confronting it, we project it onto the partner and make him or her the bad guy. When we both behave in this unenlightened, yet normal way, we have the recipe for disaster. A cold shoulder is the prettier version of it; violent arguments the more apparent one.

Thus, the first part of the Transformational Coaching Program for Couples is to clear house. Your house! Each partner first defines what she or he wants to achieve by working together. In individual sessions, we remove the obstacles that have prevented you from reaching this goal. We unearth old wounds to heal them. We reprogram unhealthy beliefs. We re-examine deep-seated values. Before moving on to the joint sessions, we double-check to ensure that we achieved what we set out to do individually.



## 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.

"You have helped me so much, and I have gained so much wisdom from you. It's been one of the highlights of my life really, getting to know you.  
So thank you, again :)"  
S. N., India

"Irma, you are amazing and truly gifted in helping people overcome their fears, phobias, clarify their vision, re-program and fine tune themselves. This program was a very challenging experience for me, however nothing compared to the many positive changes I made in my life soon thereafter. All sessions were meaningful, impactful and, most importantly, successful by applying a "never give up" attitude. You have a strong positive aura and healing energy. Thank you again for your invaluable trust and help!"

*Franck, HR Consultant,  
Singapore*

## A successful outcome can take different shapes

I cannot guarantee that we will save the couple if it has been drying out on the rocks for what seems forever. When our life paths take us in different directions, when we have learned what we were meant to in a relationship, it may be better for each to pursue their path independently rather than remain as strangers under the same roof. In such a case, a peaceful separation undertaken with understanding and kindness can be your saving grace. It can even heal wounds inflicted during a tumultuous marriage. The ideal way to leave a relationship is to integrate its learnings and to not bring baggage from it into the next one!

On the other hand, if you still have elements to contribute to each other's development, if there is fire left, we get to work! You first define together which direction you want your couple to take. Now that many of the individual obstacles are out of the way, we can realign your paths. You find your most important life values and we define them for the couple so that you are aware of your guiding light. We look at patterns that aren't serving you anymore and replace them with behaviors that do. We improve communication and identify what needs an upgrade. We do another check to ensure we accomplished what we set out to do before rounding off the process. **Then it's time to celebrate!**

## Incorporating all aspects of your being

Transformational Healing sessions are part of the process, as are assignments in between sessions. The former allow me to smoothen the path via your energy field. Healing also helps your body process the massive changes that it has to integrate. The home assignments are required in order to achieve all that we set out to do in such a short time. I equip you with tools and methods that will address different aspects of the processes.



## 9 STEPS TO SUCCESS



### Individually

Step 1)  
Helping you find and define your desired outcome individually. Find the most burning aspect of your life you want to transform and describe your new life.

Step 2)  
Discovering the

root causes of your issues, pain, blocks and undesirable results of the past.

Step 3)  
Uproot the causes of your problems, eliminate dysfunctional beliefs and negative emotions; reprogram the brain for success and happiness.

Step 4)  
Results check: We work together until we both agree that you have achieved your desired state/outcome.

### AS A COUPLE

Step 5)  
Helping you define the desired outcome as a couple. After having achieved your personal desired outcome, what do you want to transform in your relationship and where do you want to take it?

Step 6)  
Discover and change dynamics and patterns that are in the way of creating your desired outcome.

Step 7)  
Practice tools for the couple to operate more optimally in the future.

Step 8)  
Results Check

Step 9)  
Celebrate!

## Format

- 10 x 90 min. Transformational Coaching sessions, one on one, 5 for each.
- 5 x 90 min. Transformational Coaching sessions as a couple.
- 6 x 90 min. Transformational Healing Sessions, 3 for each individual.
- Email support between sessions.
- Assignments between sessions.
- Especially designed tools and audio-visual support to accelerate and enhance your customized processes.

## Included Tools

- Goal Setting
- Strategic Visioning
- Hypnosis Recordings to address your specific needs
- Releasing through Writing
- Worry Buster
- And more, according to your particular needs...

## Bonus Material

- Guided Meditation
- Booklet with couple's exercise
- Circular Breathing exercise

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## Contact Me

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

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