

PIVOT TO HAPPINESS

12-WEEK 1:1 COACHING PROGRAM TO SUPPORT YOU IN
CREATING LONG-LASTING POSITIVE LIFE CHANGES, FROM THE INSIDE OUT,
REGARDLESS OF EXTERNAL CIRCUMSTANCES

Kasia Rutkowiak
TRANSFORMATIONAL LIFE COACHING

Meet your coach...

Hi, I'm Kasia



First of all - welcome! I know that you came here for a reason, and I am so happy that you did!

If you are like the majority of the amazing women I work with, then you feel that life must be much better than what you are experiencing right now, however you just can't seem to find the key to happiness, the wisdom, the courage, and the strength to change your current reality. I know exactly how that is because I used to feel the same way. And that's why I AM HERE FOR YOU.

I am passionate about helping women who are feeling overwhelmed, unworthy, stuck, or trapped in their current reality, to step into their power and re-create their internal and external world to match the life they have always dreamed of having. The life they were always MEANT to have.

My goal is to help women like YOU to release any mindset limitations that keep you from living your dreams and give you the tools, techniques, and strategies that you might need in order to create a life that feels aligned, balanced and joyful, regardless of the outside circumstances.

Does it sound good? If so, then please keep on reading.

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If you are tired of feeling stuck, confused, lonely, or unsupported in any way, and are willing to do what it takes to elevate every single area of your life, then you are in the right place.



I will happily lead you through a **unique transformation** of your mind. One that will help you build a happy life on a new, solid foundation.

Furthermore, from now on, you will be able to create any changes in life from a place of ease, peace, and joy.

If you are an extraordinary, loving, bright,
and passionate woman, but simply cannot
seem to find your true *happiness*,
as you are repeatedly struggling with

lack of self-love or self-acceptance

feeling of being stuck or trapped by your life's circumstances

negative emotions in response to other people's actions

low self-confidence, self-esteem & self-worth

quitting bad and unproductive habits in your personal
and/or professional life

figuring things out on your own - without succeeding

feeling used or mistreated by other people

taking time for YOU without feeling guilty or overwhelmed

taking action in regards to finally getting in control of
your own life and happiness

**then our 12 weeks together will
transform your life!**

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**I will support you in finding your life's joy,
balance, and purpose, as well as**

learning how to love yourself unconditionally

getting clear on what *YOU want* and showing up for it

becoming authentic and unapologetic
as you stop people-pleasing and create healthy boundaries

getting rid of any stories, emotions, and thoughts
that are not serving you

letting go of anxiety and worry in everyday situations

reprogramming your subconscious mind with the most
positive and empowering beliefs

creating a roadmap towards your short-term and long-term
goals

adopting a mindset that sets you up for success
in every single area of your life

discovering how to take advantage of the Universal
Law of Attraction

and more!

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PIVOT TO HAPPINESS 1:1 COACHING PROGRAM

CHANGE THE WAY YOU PERCEIVE LIFE
AND BUILD THE FOUNDATION FOR LASTING HAPPINESS
IN JUST 3 MONTHS

- a signature coaching concept tailored to your needs
 - 12 x 60-minute video call sessions over the course of 12 weeks
 - weekly homework, including lessons, guided meditations, journaling practices & exercises focusing on different aspects of life
 - direct voice note/message support
 - feedback on all the homework
 - 3 custom-made hypnotherapy recordings to shift your subconscious beliefs and help you move past any blocks
 - learning and mastering the Emotional Freedom Techniques to help you deal with any negative emotions, quickly and effectively
- and more!

A PERSONALISED COACHING CONCEPT

As my private client, you receive a detailed coaching concept including all of the topics we will work through together, as well as all the necessary materials - videos, audios, and workbooks.

The materials are released on a weekly basis, which allows you to focus on here and now, rather than what's next and creates much more clarity.

WEEKLY ONE-ON-ONE, 60 MIN SESSIONS

Weekly 60-minute sessions where all the *magic* happens! Each week we will concentrate on a foundational aspect of life, and work through what *you* need to focus on in each area.

SIGNATURE TOOLS

As a certified Life & Success Coach NLP, T.I.M.E. Techniques, EFT Practitioner, and Hypnotherapist I have all the tools to support you in creating massive breakthroughs and profound, long-lasting shifts on a subconscious level, that you will benefit from for the rest of your life.

SUPPORT VIA VOXER

My clients' *favorite!*

Imagine having your mindset coach available for anything that's on your mind in between sessions, and being able to receive feedback as you go! Between our calls, I will have your back 5 days a week to help you out, if any obstacles should arise.

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A SNEAK PEEK AT SOME OF
THE SUBJECTS WE WILL COVER
DURING OUR 12 WEEKS TOGETHER:

Getting Clear On What You Want

Who Do You Need To Become
to Create the Life You Want?

The Amazing Power Of Subconscious Mind

Understanding Your Brain & Its Tricks

Choosing To Be At Cause
& Personal Responsibility

The Power of NOW & How To Create Outcomes
From A Place Of Peace

Letting Go Of Ego
& The Danger Of Comfort Zone

Deciding On Your Reactions

Relationships & Boundaries

The Law Of Attraction

A FEW WORDS FROM PAST CLIENTS

Before working with Kasia I had many fears that prevented me from living a better life. I was trying to work them out by myself, but I couldn't get rid of them, despite the efforts.

Working with Kasia was amazing. After working together, all my fears and worries disappeared. I feel much lighter and happier. I see how the Universe reacted to that. It started showing more opportunities, new people, gifts. I was stuck, and now I am on another level.

Thank you so much, Kasia!
The Universe sent you to me when I really needed it. I am so grateful for your help!

ANASTASIA, NEW ZEALAND

When I found Kasia, I was struggling with anxiety, as well as a lack of self-esteem. For the longest time, I have had this fear of not being able to achieve what I wanted. I tried self-help guides and all the YouTube videos but they weren't much help.

Kasia creates the safest space. She is kind and understanding and has plenty of life experience, which was important to me.

After getting a ton of clarity and insights, I experience that mindset change can do wonders.

Kasia has also provided me with tasks and tools to help me create habits that help me in the long run.

Now I finally know and feel that I can achieve anything I want.

If you are on a fence, I would tell you, go for it! You won't regret it.

SALWA, UNITED KINGDOM

I have never worked with a coach before, so I was very hesitant (and scared) thinking about investing so much into myself. But something I felt inside, just wouldn't let me stop thinking about it and so I made the leap.

Thinking back today, I don't recognize myself from before the program. It has been my life's best investment, and no designer bag, tropical holiday, or any other extravagant treat can ever bring as much joy, fulfillment, and true, profound happiness, as getting to the core of yourself and finding out that it is actually ok to be whomever you want to be.

Especially now, in the world that is so unsure, knowing that we create our reality, learning the tools to always look for (and find) positive solutions, is absolutely priceless. I love my life!

KATRINE, DENMARK

Are you ready to give yourself the life *you deserve*?

I am here to help you in this journey,
and I have your back!

You might be only a few months away from starting
to live your *best life ever*,
and it will only be the beginning...

[APPLY HERE](#)



If you are interested in working together and serious about putting in
the time and effort to create a much better future,
please follow the next step, and I will get in touch with you shortly.

Kasia

*I only work with a few clients at any given time, therefore waiting time might occur.
However, if you feel as if your current situation requires "a fast track",
please leave the note on the form, and I will do my best to help you.

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