



PVSSYFLOWERS



WORK
WITH ME

LEARN MORE ABOUT...

ONE ON ONE *Coaching*

VOXER *Coaching*





My name is belle

1-1 coaching is my favorite work to do because it is the deepest work I can do with a person. It allows me to learn about each woman's unique starting point and guide her through her personal blindspots towards her healing. I've been working 1-1 with women since 2019. These are some of my guiding principles around how I coach and what the foundation of our 1-1 relationship together is based on.

Learn more about my personal story and how I got here on my website.



01 A healing relationship

Developing a close relationship with my clients is extremely important to me because the actual coaching we do isn't the only healing component of our work together. If you were emotionally wounded in relationship (with your parental figures) then some of the deepest parts of your healing need to happen IN relationship. That trauma requires a healthy connection to be modeled and experienced to be fully rewired. Reconnecting with your heart and your emotional self takes courage. It's not easy to start trusting your inner experience after spending decades denying it. The relationship we create together contributes tremendously to your ability to heal. Just like in nature, healing and growth happens all on its own when the environment is supportive and stable. Having a compassionate and attuned partner in your healing journey is almost as healing to your nervous system as any of the actual inner work you do on your own. The safety we create together gives your inner child space to come forward and confirmation about its feelings. Our emotional and energetic relationship allows this part of you to receive the felt experience of a healthy, regulated, connection while you move through challenging feelings or pain.

02 Seeing your blindspots

I'm going to help you to see your blindspots.

A part of developing a healthier relationship with ourselves is opening up to the things we cannot see.

Pain and suffering often comes from false assumptions and beliefs that feel so much like truth that we struggle to see them for what they really are. I'm going to help you compassionately see the false framework you may be holding onto that may be causing you pain.

03 Building a relationship with your heart

Your heart is a profound place of awareness, wisdom, and knowledge.

Tuning into it and developing a relationship with it will be one of the most important tools you have for your life as a woman. You always have access to higher wisdom about a situation through your heart.

It will always have truth for you. It's simply waiting for you to turn to it and start learning how to hear it. Strengthening your ability to hear your heart is a central part of my work with you.

04 Understanding your feelings and emotions

Feelings and emotions are energetic packages of information. When we learn how to unpack them, become curious about them instead of judgemental, and find their underlying message we start to learn the language of our hearts. When we start learning and navigating that language we experience a tremendous release from fear, both unconsciously and in our day to day lives. We become much more capable of being present with ourselves, instead of white knuckling our way through emotional experiences.

05 Learning and responsibility

Learning is freedom. Taking responsibility is power.

Most women I work with are very disconnected from their power and deep down feel helpless and powerless, especially in intimate relationships (which is just a reflection of the powerlessness they feel about themselves). Their most painful behaviors, thoughts, and patterns are the result of unconsciously striving to find a feeling of empowerment/security for themselves, from the outside in. Being open to learning about your deeper self and learning how to take responsibility for your inner experiences are cornerstones of how a woman can find a strong sense of self again.

Emotional processing 06

If you want to heal/love yourself/reconnect with your heart you have to consciously interact with your inner world. Emotional processing is something I teach every one of my clients. And then we get to practice, practice, practice it. The ability to process emotions and situations in a way that brings understanding and relief is one of the greatest things missing in our modern relationships. Just talking about how you feel isn't processing. My goal is to help you fine tune your ability to move through your emotions in a structured way, no matter what you may be feeling.

voxer coaching

This type of coaching is best for :

Women who have done some inner work or are familiar with working with themselves and their emotions. They feel capable of going deeper into themselves with guidance from me, but don't need major hand holding to get there (that would be more suited for 1-1 zoom sessions).

Busy women or women with changing schedules that need more flexibility

Women who want to address challenges, questions, and blindspots around their emotions and/or relationships in nourishing, bite sized pieces.

Women who want to experience working with me beyond a single session but without a long term coaching contract.

INVESTMENT :
1 month at a time
You will be required to
download Voxel or
Telegram
Pay via Paypal, Stripe
or Venmo
\$600

How it works

There is no limit to the amount of messages you can send me or what you can ask. I respond Monday thru Fridays , once per day, between 10am-11am EST with any insights, guidance, or next steps I feel are important based on what you've shared in the previous 24 hours.

' Our messages will sometimes look like an extended conversation exploring one topic. Other times it may simply be about whatever is coming up for you that day.

We can discuss anything through our messages, but I will always continue to guide you to find your own answers and do the inner work to heal.

1-1 coaching

1-1 coaching is best for women who :

Are ready to learn how to process their emotions and practice this regularly

Are open to learning about the inner child and their unconscious behaviors, feelings, and beliefs

Are willing and motivated to be honest with themselves

Have a strong desire to learn about their inner world

Are ready to take full responsibility for their experiences and growth

INVESTMENT :

3 months/12 sessions

Pay via Paypal, Stripe,
or Venmo

Pay in 3 equal installments
or pay in full :

\$2400

How it works

1 zoom session per week (or as frequently as your schedule permits). I'm happy to work with you to find a day/time that fits into your schedule. Many of my clients are international so we can get creative with times as needed

All sessions are recorded and sent to you to keep

You will receive homework from me almost every week so expect to do explorative work in between our calls