



NATALIA ALEXANDRIA

...sharing the extraordinary

For a detailed step-by-step description of coaching and its process, please return to the coaching page and click on FAQ.

THE PROGRAM

Life coaching is a process of guided self-exploration and supports the achievement of a client's desired objectives.

At nataliaalexandria.com we will evaluate multiple dimensions of the **Self**: physical, mental, emotional and spiritual. We pursue a bigger picture perspective when striving to assist you with your objectives because we seek optimal results and lasting transformations. We appreciate and consider all that you have accomplished up to the point you undertake our service, and we endeavor to maximize your results.

Why **Self** matters

Self represents the essential qualities that make a person distinct from all others, and the challenge is to define and leverage these qualities when achieving goals.

The initial consultation is free and the duration of the coaching relationship depends on the client's personal needs and preferences. Our methodology is grounded in behavioral sciences, body/mind and vibrational medicine, philosophy and spiritual traditions. The areas of focus will include a combination of, but will not be limited to, the following:

Life Design

What do you want your life to look like?

We begin our program by addressing your fundamental life reality and how you would like to improve or change it. It is about clarification and direction. It will include a life audit which supplies a structured system to help you navigate

desired change effectively. It helps to identify areas of improvement, as well as any gaps in your development. You will discover opportunities for growth and identify personal, professional and relationship goals.

Personal Development

How will you change course?

This component helps you determine the most positive way you will shift direction in order to achieve your goals. This process develops the strength and level of your behavior, character and individuality. It also improves interpersonal effectiveness while encouraging equilibrium. Together, we will evaluate the quality of your energy and challenge your belief systems, behavioral patterns and internal dialogue. You will experience an increase in self-awareness and emotional intelligence.

Transition

Will it be smooth?

This area of focus refines your ability to manage change and its uncertainty. It may require the breaking of old and ineffective patterns and developing new skills. You become adept at conflict resolution, managing obstacles and creating solutions. If necessary, you will make added adjustments with your approach in goal achievement in order to produce the confidence required to successfully execute objectives. You will experience personal satisfaction with life, relationships and/or work.

Spiritual Expansion

Are you utilizing your strongest life asset?

This part of our program fuels all aspects of life fulfillment by applying the energy of spirit. Spirit is the consciousness beyond the mind and it is a source of infinite knowledge, capacity, power, and joy. We focus on strengthening your ability to apply spiritual energy to everyday living, transitional difficulties, and the successful achievement of goals. This area of our program targets purpose, passion, and discovering your life advantage. We will evaluate the qualities of spirit, explore universal truth, and refine your ability to perpetuate meaningful decisions.

Please feel free to contact us with any questions.

Natalia Alexandria CC

772-205-2761

coaching@nataliaalexandria.com

www.nataliaalexandria.com

©2013 nataliaalexandria.com All rights reserved.