

# A BEAUTIFUL YOU, A BEAUTIFUL LIFE

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## 90-DAY ACCELERATED TRANSFORMATION PROGRAMME

Hello! I am Marcia, a transformational life coach and energy healer/activator; in this 90-Day Programme, I help beautiful, powerful and courageous souls who are questioning their life, their purpose or existence, to align with their truth and their power. I help them move forward creating the foundations and/or those next steps of that beautiful, fulfilling and authentic life that is theirs by divine right; and making a positive impact in the world.

I invite you to get to know me and my programme through this interview.

### *How long have you been doing what you do and how did you get to be a Life Coach and Energy Healer?*

Hi, I will be honored to tell you a little bit about me!

I am an attorney and I worked for over 15 years with international organizations as Technical Adviser, Project Manager and Consultant in democratic governance in post-conflict countries. Over 10 years ago I felt a clear desire for a new life purpose, a truly fulfilling and joyful life. I was feeling quite “empty” then despite a “successful” career; life had turned into a heavy responsibility rather than happiness and realization. I felt lost, burnt out, lonely and confused. This was the beginning of a profound spiritual and emotional transformation that touched every area of my soul and life. I healed and changed in profound ways, and as I did it, new skills and intuitive abilities woke up in me. And in the past few years I started to share my experience and abilities offering guidance and support to those open hearts facing challenges in their lives, and looking for a truly authentic, fulfilling, abundant and joyful life.

While living in South East Asia I pursued trainings in Reiki and Zhi-neng Gi-gong (both are energy healing methods); these and other activities eventually opened me up to my own intuitive abilities and my own practice of energy healing. And recently, I completed my certification as a Life Health and Coach (Health Coach Institute, US). I’ve also have a meditation practice for most of my life that has been my great ally. These experiences, other classes and spiritual retreats have given me my own deep understanding of who we truly are as Spirit, as Energy. Through my experiences I have also gained understanding on how our thoughts and beliefs create our realities and circumstances -who I define myself to be determines the experiences I create. I combine these different resources and skills in my private sessions with clients to facilitate change and transformation in their lives. The process includes guidance from our Higher Self, our Higher Wisdom so that the client receives the empowerment, the healing, the guidance or the clarity that is ready to receive and acknowledge in the moment.

If you are looking for a greater state of inner harmony, abundance and wellbeing and feel the call to work with me, I will be honoured to be your guide!

### *What results can I expect if I choose to join your programme?*

I love this question! You can expect to:

Discover and embody more of the powerful and beautiful being you truly are beyond the wounded version of self you have known yourself to be.

Identify and heal/transform core limiting thoughts, beliefs, behaviors, wounds or patterns so that you can embody more of your true authentic self and move forward creating the life you desire with greater ease and grace.

Get clarity on that which is your passion (or that which is in the way of knowing it), what makes you feel alive and that you can turn into your new career, business or purpose; and soul-led actions to make it a reality.

Create a greater sense of connection to who you truly are as well as access to your inner truth. This will create a new level and understanding of self-love, compassion, wisdom, peace, joy.

Transform, as appropriate, your relation with money, wealth and abundance so that you joyfully allow more of what is truly yours in your life.

As you heal and transform, you will experience a greater sense of knowingness of what “a beautiful life” truly means for you and how to begin or keep manifesting it.

A greater understanding of your soul-led creation/manifestation process and your divine creation power. Because, Yes, you are a powerful divine creator!

### ***What exactly is your system and what does it include?***

A Beautiful You, A Beautiful Life Transformation process is an intensive holistic journey that involves mind, body and soul re-alignment and healing, to gradually embody the energy of the version of you equipped to create your joyfully abundant and fulfilling life.

Given the energy that I channel you will be in a sacred container since the beginning of each session. We will use empowering questions to get the complete story on any subject as well as to open up to new possibilities. I will be sharing new information on a specific theme in many of the sessions and we will have an experiential exercise. When required we will also have a process to heal, transform or activate whatever is required in order to create space for the new. And in every session we will agree on soul-led and inspired actions for you to take for the next 7 days.

In addition to these steps, you will learn tips, techniques and resources to manage your life more easily and to make your life work for YOU (instead of the other way around).

Remember that for your life to change YOU need to change first. And any process of transformation has its ups and downs, until the person reaches a new stability in a greater state of inner harmony. I expect my clients to have conviction and dedication throughout the entire process.

## How is the programme structured?

The programme runs for 90 days and we meet once a week during that period, for a total of 12 coaching sessions.

1 <sup>a</sup> Session	What is a beautiful and fulfilling life for you? In this session we delve into your “original beauty” and you will connect with your deepest heart desires to feel and... create a vision of your unique beautiful life. Based on the information received you will define an Intention for this Programme and will create <i>anchors</i> . (Many times the vision is not totally clear or complete at this point and that is OK)
2 <sup>a</sup> Session	I Am the Creator of my reality and that which I seek is already within me. Our goal is to understand that we are powerful divine creators beyond the idea/experience of victimization, powerlessness and pain that we have created. I connect with my Higher Self and my truth.
3 <sup>a</sup> Session	The importance of “having fun and play”: we will create a <i>fun and nurturance menu</i> . And will focus on activities that give us energy, are our passion and align us with our life purpose and intentions.
4 <sup>a</sup> Session	It is safe to let go of that which no longer serves our highest good: we will identify and transform core limiting thoughts, beliefs and “stories”. And will discuss how to prevent or deal with self-sabotage.
5 <sup>a</sup> Session	I matter and my desires matter: the importance of defining healthy boundaries in our relations as well as of grounding in our personal power.
6 <sup>a</sup> Session	Revisiting our programme Intention: we pause to validate the original intention and we make any adjustment needed in case circumstances have changed. And we acknowledge and celebrate the progress made so far!
7 <sup>a</sup> Session	Reinforcing who I truly Am: my wounds, pain and limitations are Not my truth. I continue to ground in my personal power and truth.
8 <sup>a</sup> Session	Body wisdom: I give myself permission to love, listen to and nurture my physical body. Guided meditation to feel and listen to our body. Many times our body is the messenger of unbalances we have created in our life.
9 <sup>a</sup> Session	Redefining my relation with abundance and prosperity: I am the Source of infinite abundance in Oneness with Creation.
10 <sup>a</sup> Session	Redefining my relation with money and wealth: we will identify and transform core limiting ideas, beliefs and conclusions about money and wealth.
11 <sup>a</sup> Session	Assessment of progress and results: we will evaluate how far we have gone in building the foundations of and/or creating our new Beautiful Life. Stress: we will introduce a breathing exercise as a resource to reduce stress.
12 <sup>a</sup> Session	Living in the Now, in our Truth and sustaining the vision of our Beautiful Life. Gratitude. Definition of next steps.

This is meant to be a flexible Programme and can be modified in agreement with the client on a case by case basis, honoring the client's Intention for the Programme and the guidance of our Higher Self. The order of sessions and/or the emphasis of a particular session can be changed if need be, prior to or during the course of the Programme.

### ***How are you different from other Life Coaches and Energy Healers?***

I am meant to share my own experience of deep transformation from pain and suffering to love, joy, freedom and true beauty. Also, as mentioned earlier, I have developed my own intuitive abilities and my own practice of energy healing. So "my energy" is unique, just as Yours. When you understand *your divine uniqueness* you realize that there is really no competition and no comparison. There is only *you* sharing *your* unique gifts and talents in *your* unique way.

I invite you to read about me, read about my programme and ask your heart, your higher wisdom, if Marcia and her programme is the right support for me now... *Feel* into it. Regardless of what your mind may be thinking, does it *feel* right?

### ***What kinds of clients do you work with?***

I work with *Seekers* who, like me, have fallen out of love with themselves, their lives, the world or have gone through a challenging experience that makes them question their life, their purpose, their existence. But have not given up on the idea, the possibility that a truly beautiful life and LOVE exists somewhere, somehow for them, and have decided to look for it (it is already hidden within them actually)! These are dedicated and committed people who are ready to do whatever it takes to find and manifest that life. Who have decided to show up for themselves no matter the challenges, the pain, the doubts or the fears. These are people who are willing to explore their spiritual essence and to know that they are so much "more than just a physical body", and they are meant to contribute to a more beautiful world.

### ***Who does this programme NOT work for?***

I only have a few openings per month in my current schedule, so please know I am very selective about who I work with, choosing to (gently) turn away people who aren't suited for my programme and won't get the results they would have invested in (it wouldn't be fair to them).

The *A Beautiful You, A Beautiful Life Transformation Programme* is NOT for those who aren't ready to commit financially to their transformation, and it is NOT for those that look for "a quick fix", or are not willing to be honest and vulnerable and face their shadows.

Another kind of person I won't work with (without exception) is the whiter or the chronic skeptic, as well as individuals who consistently don't show up to sessions, or show up late or make excuses in order to keep putting themselves and their wellbeing last on their list of priorities.

If you are one of these people, I kindly and respectfully ask that you not schedule an initial conversation with me and I hope you understand why. We'll probably just not work well together and I wouldn't want you to waste your time or money. Is that fair?

### ***Does this really work?***

Absolutely! I have been through it myself. Every client will make the progress s/he is ready to make in the moment. The result of our work is an approach to life that has you feeling more peaceful, powerful and on purpose, in some cases maybe for the first time in your life.

### ***How quickly can I expect results?***

Your transformation begins the moment you say YES and continues everyday throughout your 90-day experience and beyond.

And as soon as you decide to join the programme, your Higher Self and Guides start preparing you for this adventure!

### ***How can I guarantee myself that I will get the programme results?***

If you have tried things and failed in the past, chances are good that you didn't have the appropriate support, system or accountability. You get all of these in the A Beautiful You, A Beautiful Life Transformation Programme. I will be your guide, I will support you, I will share resources, I will give you insights, I will remind you of your power and beauty. But I will also hold you accountable, I will lead you to your own truth and I will challenge you to embody the best version of you. And I expect you to take full responsibility for your process and do the work! Ups and downs are part of the process, and no one but you can make decisions and take action to create the new that you desire to create in your life.

Part of the reason for the significant investment in this experience is to ensure that you show up for yourself like never before.

### ***What is the programme investment?***

Currently, the total investment is of US\$1695.

MODALITY: 12 weeks of coaching, one 60-90 min session per week and email or whatsapp support in between sessions

Different handouts may be provided through the process as applicable.

As a Bonus, the client will receive different audios to support with healing or clearing of old energies and activating new ones.

### ***Will I recover the investment I put into this coaching programme?***

The information and skills you learn, and the profound personal transformation you make with the Programme will be with you forever, transforming your life in so many ways! This is a valuable gift from you to you!

If you don't take action, and things don't change, how much would you spend in the coming years searching for a solution? Very likely a lot! In other words, what would be the cost of not taking action now? Ask yourself, why do I think I am not worthy of this investment? You are a divine creator!

***Based on everything I've read and heard about you, I know you are the one I want to work with. How do I get started?***

Congratulations on making a decision for a totally new Beautiful Life! I am honored and excited to be your guide in this profound journey!

Here's how we get started:

Please schedule our *Discovery Session* ([marciacoachdevida@gmail.com](mailto:marciacoachdevida@gmail.com)) and complete/return the questionnaire you will receive in preparation for the session. The Discovery Session will help you receive clarity about what you want and the best path forward to achieve it. And it will help us determine if you are a good fit for me and if I am a good fit for you.

If a decision is made to work together, I will walk you on how to make the investment.

Then, we will choose a recurring day of the week and time for your sessions. These are on-line sessions and should be considered a SACRED TIME, no distractions or interruptions, no phone calls –they are FIRST priority because YOU are FIRST priority. No excuses!

Sessions will occur once per week for 90 days.

I will also send you a Welcome e-mail that includes details of the Coaching Programme and conditions you need to agree before our first session.

***Is there a possibility for renewal to continue working with you?***

Yes, if that is something you'd like eventually, I'll share how you can do that as we get closer to the completion of your first A Beautiful You, A Beautiful Life Transformation experience.

***OK I am ready to do this for myself, but I have a couple of additional questions. Can we address them in our Discovery Session?***

Absolutely. We'll be sure to cover all of your questions, plus the Discovery Session will give you firsthand experience of what it would feel to have a powerful coach and healer in your corner.

**Choose YOU**

**Choose a Beautiful Life**