



**Sammy Wan
Holistic Coaching**



Your Fullest Expression

Awaits you!

1-1 Coaching Options



Ready to drop your fears and doubts and live your fullest potential?



Dear beautiful being,
Welcome to an opportunity for us to co-create a version of success and wellbeing that is true to you.

I see you, dear perfectionists and people-pleasers. You're tired of trying to be good enough, and allowing fear of judgement to stop you from achieving what you want.

I see your deep yearning for more self-love and confidence. Perhaps you've been in therapy for a long time or delving deep in personal development, but still feeling stuck and lost!

I've been there. And my Coaching practice is born out of my own transformation when I started applying mind-body work. I'm now on a mission to **help every woman to recognize their worth and limitless potential.**

I'm Sammy - your coach, mind-body mentor, and biggest cheerleader along the way!

SAMMMY WAN COACHING

My coaching approach & philosophy

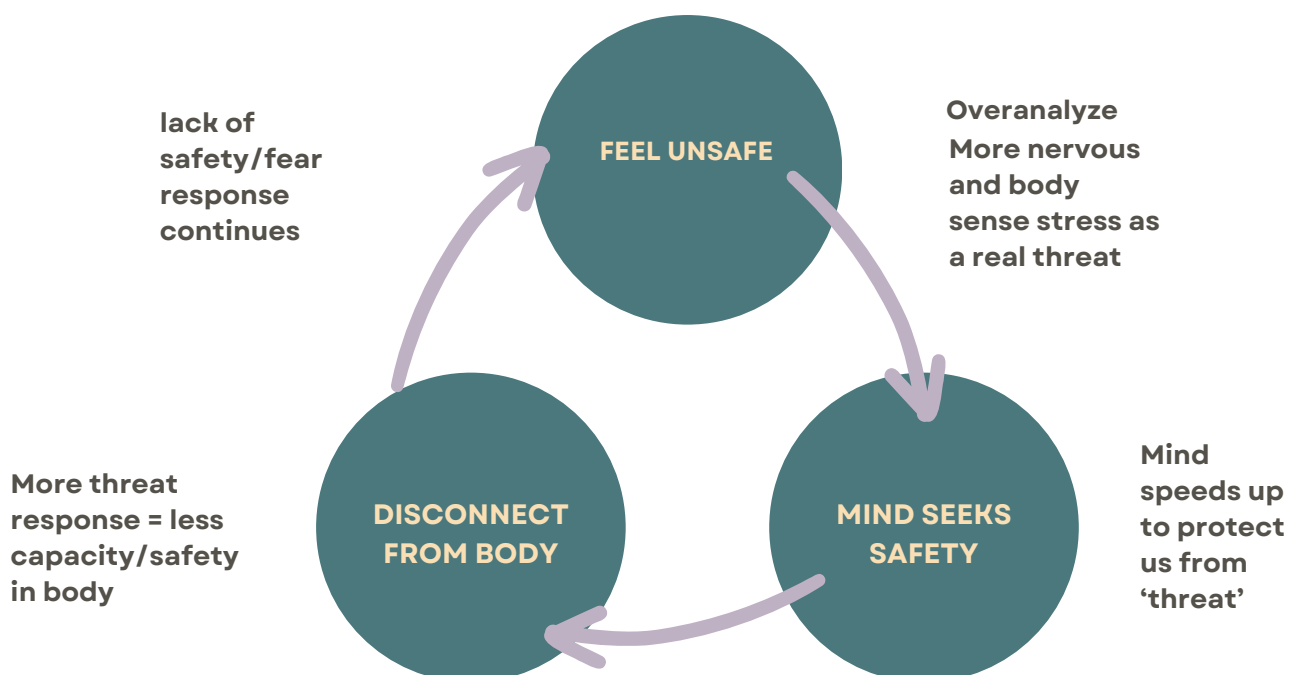
We cannot think our way out of overthinking. The only way to access calm and clarity is through our body.

There's only so much we can shift when we approach change through our minds. We try to force thoughts like 'I should be better than this, I should be grateful for what I have, I should feel happy!' We spiral into deeper layers of judgement and self-criticism, only to end up in more misery while trying to be joyful.

I operate from the belief that **all my clients are resourceful and already whole, we're not here to fix, but to help you access and cultivate your own wisdom, resources and live an authentic life.**

We cultivate compassion and self-love through a *felt* sense, rather than forcing ourselves to be more. You'll find yourself returning to the core of who you are by feeling your emotions fully, creating safety in your body and moving out of your stuck thinking patterns to finally achieving what you are already capable of.

The mind-body loop of overthinking - why you're stuck with your thoughts

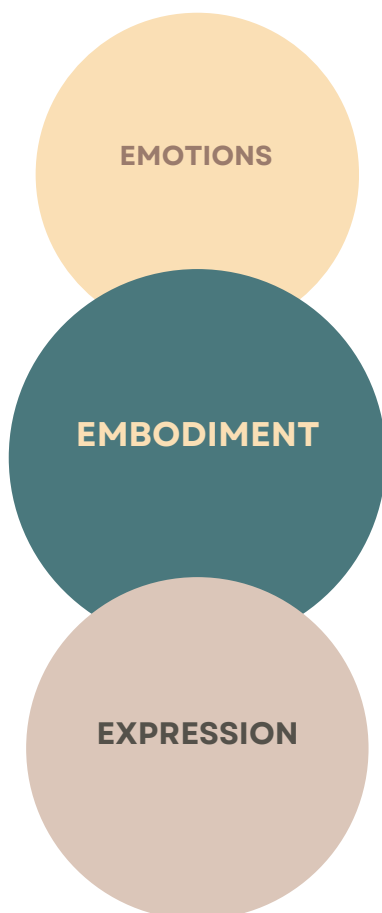


Holistic Coaching

My work adopts a holistic lens, with embodiment and mindfulness at the core of our work. I also draw on a range of expressive art and journaling exercises to help you integrate the learnings and develop a self-reflection practice.

We'll get curious, go deep and at a pace that works best for you. For many, the journey begins with getting more in touch with our emotions and making the mind-body connections with your fears and limiting beliefs.

Through self-inquiry and coaching, we'll gain insight to your dominant patterns and address them on an emotional and embodied level that creates more ease, confidence and freedom to achieving what you desire.



The Holistic Coaching model Mind-Body-Soul Integration

- Use your emotions as a powerful source of guidance
- Allow emotions to move through your body freely
- Learn to feel your full emotional range without guilt or shame

- Learn the language of your body's sensations and meet her needs
- Anchor yourself and say no confidently
- Quiet your inner critic by moving into the body
- Receive self-love by cultivating body awareness

Tools could include: meditation, mindfulness, somatic practices, breathwork

- Creativity and self-expression as a healing tool
- Tools used will be based on what you're naturally drawn to - art, writing etc.
- Unlock deeper integration and connect to your higher self

DOES THIS SOUND LIKE YOU?

- 'I'm never enough. No matter what I do, it doesn't feel enough.'
- 'I cannot follow through with anything.'
- 'I'm trying to be kinder to myself but it's so hard!'
- 'I'm really afraid of making mistakes and how others will judge me.'
- 'I'm worried of disappointing others or not being ___ enough.'
- 'I want to take care of myself better.'
- 'I want to believe in myself and feel more confident.'

Then my coaching is made just for you!

You'll gain:

- **A grounded sense of self, purpose and worth**
- **A connection to the gifts and beauty within you**
- **A deep connection to your body and emotions**
- Clarity around your core values and step-by-step integration
- A toolkit and map for breaking through your limiting beliefs and rewriting them
- Clearing of mental blocks of perfectionism, self-doubt
- A pathway to healthy and balanced living that feeds your mind, body and soul
- Most importantly- to finally see and celebrate your own greatness and create a life of your hearts desires!

Options

Individual session (pay per session)

92 EUR/ 80 GBP - 60 mins session

135 EUR/120 GBP- 90mins session

One-off sessions are aimed at helping you work through specific issues and improve your overall feeling of confidence and strength to be able to move forward in your own way.

e.g. Making a decision, navigating a difficult conversation, integration after workshop

4 x sessions deeper work (pay in full)

348 EUR/ 305 GBP - 4x 60 mins session

This container allows for deeper work and is crucial for mind-body work to be integrated fully.

There are options to flex them as bi-weekly sessions (weekly sessions recommended for starting out)

- Releasing old blocks and patterns going from surviving to thriving
- Living from the centre of yourself over people-pleasing tendencies
- Develop your own roadmap and resource for navigating daily stress and old patterns (*understanding your emotions, body and thoughts and how to shift*)
- A life-long embodied practice and deepened connection to your body, true expression

Special offer for workshop participants:

92 EUR/ 80 GBP

90 mins Integration session

For a limited time, I'm offering an introductory offer for those who have joined a workshop. and would like to experience more.

- In-depth consultation and coaching session following insights gained from workshop
- Uncovering your dominant patterns and responses - gaining a map of your emotional and body awareness
- Recommendations and somatic practices you can takeaway to help you move forward



EMOTIONS

EMBODIMENT

EXPRESSION

Curious to learn more?

Get in touch to book a session.

You'll understand and experience a deeper level of connection with these 3 layers of self and where are your current blocks are.