



 @hollyannacoaching

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WELCOME!



I'm Holly, a spiritual life and purpose coach. I'm here to help you uncover the version of yourself that is more in tune, more in flow, and able to confidently and unapologetically live with joy and purpose.

I've put this PDF together to give you everything you need to know about me and my coaching, and how we can work together.

If you are itching to get started... the first step is a free 45 minute discovery call on zoom for us to get to know one another, talk about your goals and answer any questions.

You can book that directly [here!](#) ☆☆

Or, keep reading to find out more..

HOW CAN I HELP YOU?

My intention as a spiritual and life purpose coach is to reconnect you with your intuition and **find your purpose** so you can stop living for the future and **start** living with **peace, joy** and **contentment**. Right NOW.

Life can be hectic and overwhelming. But just take a moment to breathe. Literally, I want you to just exhale and relax those shoulders.

We're only on this planet for a short amount of time, and I want to help you understand yourself better so you can live with ease and stop feeling like you're in an uphill battle with life.

I help people who are tired of over-thinking everything, feeling constantly overwhelmed, anxious and confused and are ready to find passion, purpose, joy and confidence to step into a version of themselves that ✨ lights ✨ them up.

I've been where you are.

For years I had no idea what my path was. I had ideas but fears and doubts about my own ability paralysed me from taking action. I often felt like the worst in the room- like I **wasn't good enough** or as **worthy of success** as other people. I was **crippled with the fear of failure and what other people would think, and I just wanted someone else to tell me how to be happy and what was 'right'**.

I would constantly **pin my happiness to a future moment** which, when it arrived, would actually leave me feeling empty rather than fulfilled. The more I chased the future, the further away true contentment felt.

I thought if I could just get to *there*, THEN I would start to be okay, but it never happened, and instead I'd just want the next goal.

I knew there was more to life but felt my only way out was to jump on the hamster wheel of adult life so I could start acquiring material things, become 'successful' by society's standards, and hopefully find happiness there.

I knew deep down it wasn't the right path for me, the trouble was I didn't know what WAS the right path, because I couldn't hear myself over the noise of life.

So what did I do?

I stopped looking for someone else to tell me what to do, and went inward.

I found spirituality and NLP (more on that at the end of this document), and started to work on myself.

And as I shifted some of my big fears and anxieties, I started to actually hear my own intuition. The universe started delivering the right people, opportunities and messages and I started to get in **FLOW** with life.

I became **brave** enough to take the leap. **Confident enough to see my worth.**
Trusting enough to believe it would all work out.

And I'm not going to sit here and say 'I made it', because life is a journey, not a destination.

BUT, I now have complete trust in myself and life, have an unshakeable inner confidence, and have so much more JOY. Life feels lighter and easier and FREE.

I am abundant, grateful, joyful and content.

Life feels like one big playground for me to explore.

And I want the same for you.

If any of this sounds familiar...

- Feeling **constantly anxious** about the future
- **Overwhelmed** with where to start when it comes to deciding where you're headed in life
- Feeling like if you could just reach that future moment, then you'll feel happy
- Life feels like you're **going through the motions** and living on autopilot without actually **participating** in your life
- Finding yourself **overthinking everything** in your life and wondering why you can't get a hold of your thoughts, finding yourself in spiralling thoughts that result in you being so mean to yourself

- Feeling **crippled by self-doubt, lack of confidence**, and wondering why everyone else has it figured out other than you

Then it sounds like you're ready to change, and I can help you.

I want you to imagine, just for a second, how your life would LOOK, BE and FEEL if you....

- Woke up feeling **EXCITED** about the possibilities of your life?
- Had **complete control** of your thoughts and have all the tools to better manage your mind?
- Had more **FUN!** Life felt easy and light and free?
- Had **complete trust** in where life was taking you, knowing you are the creator of your reality?
- Felt in **CONTROL**, like life was happening FOR you, you were in **FLOW** with life and everything was working out for you?
- Had clear direction, you knew your **PURPOSE** and had clear steps for how to live it?
- Had **UNSHAKEABLE** confidence and resilience, and felt that you can handle anything!?

I promise, it's all accessible for you.

This universe is infinite in possibility and abundance.

The only thing between the current you and your highest self is your belief that one story is true over the other.

I'm so ready to help you become HER.

I am so grateful for Holly's coaching - it has honestly **made me see the world in a whole new way**. Holly has enabled me to find all the tools within me to **live a better life and I am so lucky** to have had the sessions to make this happen! Holly is so patient in her approach to the sessions which makes it feel very accessible. I urge anyone thinking of signing up to **take that leap - you won't look back :)'**

If you're ready to find **peace, trust and purpose** in your life, then I'm so excited for you! Let's find out how we can work together....

WAYS WE CAN WORK TOGETHER

The **CONNECT** programme:

A 6 week 1:1 container

The **PURPOSE & PASSION** programme:

A 3 Month 1:1 container

GLOW sessions:

1 off, 2 hour coaching session on a topic of your choosing

What's included?

- 6 weekly 1:1 sessions- in person or on zoom- 90 mins each
- Tailored and personal coaching plan depending on your needs
- Unlimited WhatsApp support between sessions
- Detailed notes between sessions
- 12 1:1 sessions - in person or on zoom - 90 mins each
- A coaching plan tailored and personalised to your needs
- Unlimited WhatsApp support between sessions
- Detailed notes between sessions
- Personalised meditations and tappings
- 1 x 2 hour session, in person or on zoom
- Recording of the session
- Detailed notes and a PDF of resources sent afterwards

What is it?

The connect programme
6 weeks of coaching to
reconnect you to the
most important
relationship in your life...
you!

- You'll understand your thoughts and emotions and learn how to manage them.
- You'll heal, challenge and rewire the negative beliefs and stories in your life and replace them with empowering ones.
- You'll connect to your intuition and learn how to trust your inner guide.
- You'll gain clarity about the direction you're headed.
- You'll build resilience and confidence to deal with any situation/ problem.
- You'll build so much self-trust and self-acceptance!

... And so much more!

The connect programme
is here to take you from
overwhelmed and
anxious to confident and

The purpose and passion
programme is a 12 week
programme designed to bring
you back to yourself so you can
uncover your purpose and start
living it.

We often think happiness is the
goal when really it's fulfilment
we're searching for- happiness
comes as a by-product.

Throughout the 3 months we
will cover everything on the
CONNECT programme, PLUS...

- Discover your soul's purpose and what you were meant to do with your life
- Upgrade and realign your current values to be in alignment with the type of person you want to be
- Imbed your outcomes and dreams into your subconscious mind so you easily and magnetically attract them
- Uncover and heal the limiting beliefs that tell you you can't have what you want
- Build unstoppable self-love, trust and confidence in yourself to go after your goals

The soul purpose programme is
the ultimate transformation. By
the end you will feel completely

Glow sessions are one-off,
tailored coaching sessions
that dive deep on a topic of
your choosing.

They're soup for the soul.
Nourishing. Rejuvenating.
Empowering.

Prepare to look and feel like
you're glowing from a week in
the sun afterwards!

Topics to choose from:

1. Confidence
2. Goal setting
3. Overthinking
4. Emotional management
5. Self-love

Confidence:

Gain unwavering confidence
in who you are the what you
stand for. You'll understand
what held you back and be
able to confidently step into a
new glowing, confident
version of yourself.

Goal Setting:

Get crystal clear on what you
actually want and build a
beautiful picture for this
outcome. You'll understand
better how to achieve your
outcome and the steps you
need to take.

Overthinking:

Understand why and what it
means to overthink. Reframe

calm and by the end you'll feel a sense of deep peace and trust that everything is working out for you.

in alignment with your goals, free of any doubts, and deeply peaceful, knowing everything you desire is coming for you, and you can create anything you want.

and challenge your thought patterns and be equipped with tools to manage and overcome those tendencies so you feel more calm and in control of your mind.

Emotional management:

Understand your emotions. Where they come from, what they mean, and how to work WITH them not against them through various tools and techniques to feel empowered and in control when they arise.

Self-love:

Find out what self love really means, how to have more self love in your day to day routine. Be guided through a self-love meditation, and be given tools and techniques to foster more self-love.

The **CONNECT** programme:

A 6 week 1:1 container

The **PURPOSE & PASSION** programme:

A 3 Month 1:1 container

GLOW sessions:

1 off, 2 hour coaching session on a topic of your choosing

Who is it best for?

For those who want to get back to the joy in life. You want to feel connected to yourself so you can make better decisions and have more trust. You currently feel lost, overwhelmed and anxious.

Perfect for those seeking answers. You feel lost, overwhelmed and anxious and yearn for purpose and fulfilment. You want to feel excited about where you're going and have clarity on your purpose and how to get there.

Great for those who want an introduction to coaching.

You have a specific area you want help with and want to learn more about your mind and soul, and be given tools to use in your life to feel more in control.

Investment

Prices start from £63 per session.

I have a variety of different payments plans available which we can discuss on a discovery call.

If you're unsure which programme would be best for you, or would like more details, we can hop on a zoom call and discuss your individual needs, with no obligation to sign up after the call 😊

You can book that by clicking [here!](#)

LOVELY CLIENT STORIES

I know my coaching creates epic transformations, but I wouldn't expect you to just take my word for it. Here's what some of my current and past clients are saying:

Holly is a brilliant coach! When I started Holly's coaching I was feeling disorganised about my ideas and plans for my career. I was seeking a space to dedicate to talking and reflecting about my personal goals.

Holly helped me set clear **career goals that feel true to what I want**, which has given me a **sense of direction**. She created a safe space for honest reflection. I **now feel more confident** about my intention for this coming year.

I would **recommend Holly's coaching to anyone**, her approach is creative, sensitive and open. Holly has a great sense of humour and brings a lightness to the space which makes the sessions very fun!

Her **creative approach** to coaching includes physical and spiritual forms of questioning which she carefully selects to meet your needs. It is **extremely useful** to have Holly to listen and **guide** you if you are feeling stuck or lost in your personal/professional life.

Poppy 22

I would recommend Holly's coaching to **everyone and anyone** interested in spirituality and inner healing. Since coaching with Holly I've noticed a very **significant change in my mindset and general body/soul wellbeing**, it has made me **more positive** when dealing with certain uncomfortable situations.

Jas, 18

I feel as though I am **learning more about myself, connections between people, the mind body/soul**, how to deal and cope with certain situations, but generally I feel with Holly's help I am bettering myself as a person and am healing my wounds. **Everyone should have a life coach!**

I am so grateful for Holly's coaching - it has honestly **made me see the world in a whole new way**. Holly has enabled me to find all the tools within me to **live a better life and I am so lucky** to have had the sessions to make this happen! Holly is so patient in her approach to the sessions which makes it feel very accessible. I urge anyone thinking of signing up to **take that leap - you won't look back :)'**

Izzy, 23

When I started coaching I was **feeling stuck, lost, uninspired and lost track of the things I really wanted in life.**

Holly has introduced me to so many ideas and concepts that I have never heard of before. She listens and tries to get to the core of each issue or point before introducing different techniques so as to tailor her plethora of expertise to your situation.

I now know where I want to be and what I want to do, I've made goals that I really look forward to seeing through. I have also **learnt new techniques to soothe anxiety and overthinking** and have been able to process how and why I act and behave in certain ways. I feel I **have direction** once more to a path that will be **more fulfilling** for me.

Chloe, 21

Holly has really helped give my life direction again, she puts a lot of time, thought and effort into planning and tailoring the sessions and creates an incredible safe, curious and open space.

I love her approach and highly recommend her coaching.

I would 100% recommend working with Holly, she is a talented and brilliant coach. She has **such a positive energy and all of her sessions are well thought out and really helpful.**

Sophie, 21

When I started Holly's coaching I was **struggling with confidence, managing my emotions and setting healthy boundaries**. I was also feeling lost about how my future would look.

She has been an understanding, calm and kind person to work with, she always makes you feel comfortable and calm.

I now find it much easier to get in touch with my own intuition to set healthy boundaries. I also feel more excited and positive about my future. I have learnt loads of skills to manage my emotions and I know more about myself.

When I started coaching with Holly I'd never opened up to anyone, I felt like therapy was a weakness. **Now I have such a different perception, it's not a weakness, it's just a great way to**

grow and work on yourself! I found myself looking forward to the sessions, it was great knowing I had that safe space each week, just for me.

Jaisy, 20

When I came to coaching, I was such an overthinker, I'd overthink everything and then get so annoyed and frustrated at myself. **Now, I have a completely different outlook and Holly has helped me reframe how I see overthinking.** I've seen such a transformation in my mindset and how I talk to myself.

I honestly feel like I can now do anything I put my mind to! I feel much more

content in myself and have built resilience, knowing I can anything and have the ability to get through whatever life has in store!

MY COACHING & QUALIFICATIONS

My coaching combines science and spirituality to give you a holistic approach that is backed by real techniques that work, so you can trust that you're in the safest hands.

I am qualified to master level in NLP (Neuro-Linguistic Programming), and have additional qualifications in EFT (emotional freedom tapping) and Hypnotherapy.

I am also qualified as a Dharma and Spiritual Life Coach through the Dharma Coaching Institute.

My approach to coaching is to blend mindfulness and spirituality with real life techniques that work. You will learn more about the way your mind works, and be guided through practical methods to overcome limiting beliefs, fears, doubts, insecurities and anxieties, whilst also understanding the essence of the human condition- we are souls that hold infinite love, abundance and light within us, accessible at any time if we're in tune enough to tap into it.

I want to guide you so you can step into your own power and give you the tools, information, and healing so you can access a version of yourself that is in tune, in flow, and able to confidently and unapologetically live with love and abundance.

LETS CHAT!

If you've made it this far, it's safe to say I think you're interested in coaching! If you would like to discuss further, or have any questions at all, you can contact me a few different ways:

1. Message me on instagram @hollyannacoaching
2. Email me at hollyannacoaching@gmail.com
3. Book a discovery call [here](#)

I'm excited to hear from you!