



ONE TO ONE COACHING VIA ZOOM

Self-Love Intensive

Develop a healthy sense of self, from the inside out

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You can be the most beautiful person in the world and everybody sees light and rainbows when they look at you, but if you yourself don't know it, all of that doesn't even matter. Every second that you spend on doubting your worth, every moment that you use to criticise yourself, is a second of your life wasted, is a moment of your life thrown away.

C. JOYBELL C.

OVERVIEW

Transform the beliefs that *shape you*

This program is designed to help you develop a *healthy sense of self* by uncovering negative self-beliefs and transforming them into positive beliefs that empower you and add to your self-worth and growth.

What you think or believe becomes true for you. And these beliefs are reflected back at you in all your relationships too.

OBJECTIVES

As everything starts with **YOU**, within **YOU**

this program helps you

01

DISCOVER

All that is not Love. Uncover your current beliefs and self-love quotient.

02

TRANSFORM

Reconnecting with your true SELF.

03

SELF-CARE ACTION PLAN

Practical, simple and easy to fit in your day to day life.



THE APPROACH

How do we bring an *internal shift?*

We work with the angelic realm including Angels, Unicorns and the principles of life coaching. You will be taken through

YOU WILL BE TAKEN THROUGH

- i. Personalized guided visualizations
 - ii. Exercises
 - iii. Growth work during the week
 - iv. Angelic guidance
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AFFIRMATIONS

“I AM the power in my Universe.”

*“I am loving. I am lovable. I am loved. I choose to act,
speak and think from a space of love. Where there is
Love, there is no lack. I love myself and everyone reflects
the same back at me.”*

STRUCTURE OF THE PROGRAM

Your four weeks, *step by step*

Intake questionnaire. Once you sign up for the Program you will be sent a Questionnaire to fill and return. Everything you share is bound by confidentiality.

SESSION 1 · 45–60 MINUTES

01

Where you are *now*

In this session, we will discuss the area(s) you are having challenges with, your beliefs and feelings about yourself, subconscious beliefs and I will have a few questions to ask. You will be given GROWTH WORK to do. We will plan out the schedule.

SESSION 2 · 60-90 MINUTES

02

Transform and *release*

In this session we will focus on transforming what does not work for you anymore. Identifying and releasing old patterns and any limiting self-beliefs.

SESSION 3 · 60 MINUTES

03

What is *self-care*?

Creating a self-care plan, why and how self-care is important and the different ways it shows up in life. How to draw healthy boundaries with love etc. Throughout the program, I will be working closely with you with exercises and visualizations customized for you.

SESSION 4 · 30-45 MINUTES

04

Wrap up and *continued growth*

Addressing any questions and discussing a continued growth work plan.

PROGRAM COST

Your *investment*

The one-month program, payable upon registration before the program begins.

FEES & AVAILABILITY

For fees and the next available start dates, please email me at

surabhi@surabhikalsi.com

or growwithsurabhi@gmail.com

MESSAGE ON WHATSAPP

WHAT'S INCLUDED

- One-on-one coaching hours (4 weekly sessions as outlined above)
- Angelic guidance and exercises
- Email support throughout the program
- Growth work exercises during the week between sessions
- Exercises for continued work after one month

MATERIALS

You will require a journal dedicated to this work.
Access to a computer/laptop for ZOOM.

BONUS

Rose Reiki sent to you by
Surabhi

Rose Reiki helps boost self love, self confidence,
self worth, self esteem. It helps in reminding the
receiver of their inner beauty.

WHAT MY CLIENTS ARE SAYING

Stories of *transformation*

Surabhi, I want to thank you from the core of my heart for leading me to this wonderful program, it is always fun & a great learning to hear your sweet voice and unbiased guidance.

You have that courage to call spade a spade and you do it very beautifully this has actually helped me to come out of my shell & repeating the old patterns without any realizations of the same.

Your teachings always leave me with the pleasant n soothing experience and I feel you infuse a lot of positivity/healing/blessings on energy levels during the process, your blessing have a lot of love and power and even the universe responds to it by manifesting it.

I have been struggling with something from my childhood which was unknown to me till the time you revealed it to me, I completely trusted you during the entire process and that has made all the difference.

And, now, I am feeling free & light & more empowered. Thanks! for all that you have done to bring these changes.

What changes are you noticing in yourself, your life?

A lot many changes are there: I became more assertive, I got a lot of clarity about my future goals/path, I got more sincere towards my commitments (both personal/professional), I became more optimistic.

— DIVYA M.

You explained the goals of the session and how I will learn to put myself first. You were able to reach out and connect with me. You understood the big void I was feeling as I lacked in self-worth and self-love feels. You were encouraging, firm, and caring through the sessions. You gave me doable exercises and reviewed them, and only then moved on to the next. Each session is intense and left me with a sense of self in a way one doesn't imagine oneself – a feeling of expanded consciousness.

I hesitated initially over spending money on self love... it did seem a bit frivolous. But then a day came when I realised that I was spending a similar amount on material goods which still leave me feeling inadequate. I wanted to reach into my inner-self, and I didn't know how.

I liked the step by step weekly process. It gave me time to absorb and become aware of the sensations inside me. The exercises are with me so I can go back and check and re-affirm. I liked the way you conducted the sessions with me – you are very encouraging, and firm. I loved the chakra balancing – it was powerful!

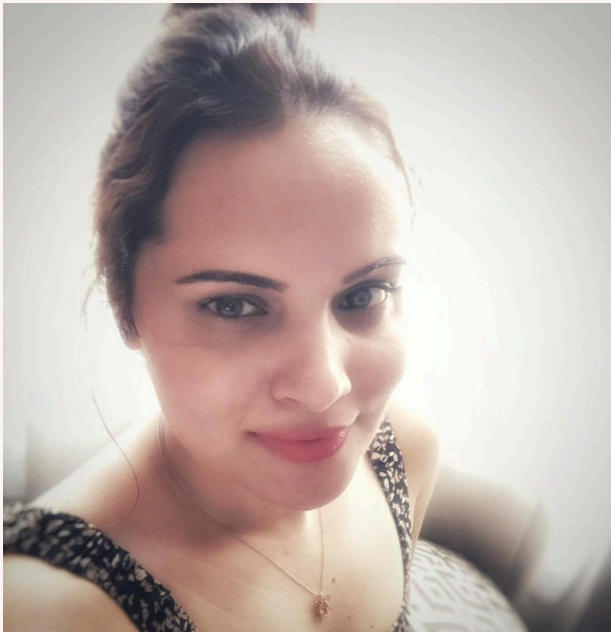
— JAYSHREE M.

*“A feeling of expanded
consciousness.”*

“

It was a wonderful transformation. It's like unfolding myself into a beautiful, NEW person who I always wanted to Be. The simple guidance, understanding, freedom to express, awareness and change in perspective that you brought about. I really enjoyed this new makeover. I can only imagine loving myself more each day. It's an amazing way to discover who I really am and what I really want to be.

— SNEHA, MUMBAI



ABOUT SURABHI

Meet your *coach*

Surabhi is a certified Health Coach, #1 Amazon bestselling Author, Spiritual Teacher and Master Teacher Trainer associated with the Diana Cooper School of White Light. To know more please visit surabhikalsi.com

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Email me for fees and start dates

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VISIT SURABHIKALSI.COM