TRANSMUTE YOUR TOXIC SMALLNESS MINDSET!

Sheila Bélanger

The "Alchemize Your Mindset" Coaching Journey is for you if you're ready to transmute limiting toxic smallness mindsets and be more fully an authentic visionary change agent.

As your Transformation Coach, I am your facilitator of change. You are the one who enacts the key changes necessary to live an empowered, authentic and generative life.

In the six-session coaching journey, we'll use the first three stages of my signature *Transformation Journey Roadmap* as a guiding map for your personal transformation journey.

Inner practices utilized in the coaching journey come from guided imagery, journaling and Process Work to support you to effectively transform yourself on your Edges of Change.

As preparation for each one-hour coaching session, you'll do a 30-minute inner work practice (such as journaling or a guided imagery process).

See the next few pages for details on the "Alchemize Your Mindset" Coaching Journey.

Click here to visit Sheila's website.

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MEET YOUR INTUITIVE TRANSFORMATION COACH

SHEILA BÉLANGER

INTUITIVE TRANSFORMATION COACH

I'm a certified ICF coach and carry a process-oriented approach based in depth psychology and archetypal initiatory journeys.

I dynamically work with you at your *Edge*, the precise point of change where your conscious and unconscious dimensions meet and where the flickering indicators of your true potential lie.

At that *Edge*, I support you to access your innate intuitive wisdom, make effective and sustainable mindset changes and authentically live into your true visionary, maverick nature.

My background with mindset-shifting modalities includes a Master's degree in Transpersonal Psychology and extensive training with:

- Archetypal Astrology Initiatory Cycles
- Process-Oriented Psychology
- Guided Imagery
- Meditation
- Soulcraft™
- Earth-Based Healing Techniques

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TRANSFORMATION JOURNEY ROADMAP

INNER WORK FOCUS POINTS

1 TRACK YOUR INNER FIGURES

Understand how key inner figures contribute to your habitual toxic smallness mindsets

2 MAKE ATTITUDE ADJUSTMENTS

Make key mindset shifts to develop a visionary mindset

3 GATHER YOUR INNER ALLIES

Cultivate sustainable relationships with your inner allies

4 USE MAPS TO NAVIGATE EDGES

See and track the bigger picture of your life journey

5 STEWARD YOUR SENSITIVITY

Embrace self-responsibility and respect your sensitivity

6 APPRENTICE TO YOUR INNER VISIONARY

Be your unique generative maverick presence in the world

ALCHEMIZE YOUR MINDSET COACHING JOURNEY FEES

Six Sessions Payment options:
Full; 2-payment or 3-payment plans
Reparation rates available for the BIPOC community.
Contact Sheila here.

Are you ready to transmute the poisons of your toxic smallness mindsets and want to explore if the "Alchemize Your Mindset" Coaching Journey is a match for you?

Click here to schedule a complimentary 30-minute Chemistry Call.

Questions? Contact Sheila here.