

Fresh Start: FAST-ACTION COACHING PACKAGE

CAN YOU CHANGE YOUR UNCONSCIOUS MIND?

An apparent obstacle to “conscious leadership” – and to “conscious” anything – is the extent to which we operate from the unconscious. This is far more significant than we tend to realize. Brain research shows that our “emotional brain” chooses our actions based on memories and emotions long before our “thinking brain” gets involved. Indeed, more often than not, our responses to emotional stressors are so fast and automatic, we are blind-sided by them. Involuntary processes are incredibly powerful. They can powerfully support us. They can powerfully get in our way.

Are you caught in this struggle? You’ve chosen to make a change; you know what to do. And then when it matters – when you’re under pressure or stress – you don’t do what you promised yourself you would. Conscious choice takes a back seat to unconscious conditioning. It’s frustrating and discouraging. It can undermine self-trust. What now?

Limbic Coaching® Unlike conversational methodologies, Limbic Coaching® helps especially when you cannot “talk your way out of” what’s stored or operating in your body/mind or soma. It takes into account how the brain works and the soma, as a whole, processes information, emotions and stress. You can successfully release deeply ingrained patterns without “figuring them out.” The story is not the point!



“Answers” for what’s blocking you come from within you. You are awake and completely “at choice” during all our work. Limbic Coaching® combines 1) bilateral brain hemisphere stimulation based in Eye Movement Desensitization Reprocessing (EMDR), 2) aspects of neuro-linguistic programming (NLP), and 3) myostatic muscle response feedback. As you access unconscious brainwaves, you subtly catalyze neural connections for powerful change. Clients consistently report feeling a lightness of being, as though a burden has been lifted or scaffolding removed.

FREE YOURSELF UP TO...

- Overcome personal and professional disappointments, setbacks, and blocks on the way to achieving goals
- Facilitate access to knowledge, skills and resources in difficult or new situations
- Dis-empower limiting beliefs and memories
- Transform limiting thought and behavioral patterns
- Improve access to innate resources and capabilities in the moment and context where you need them
- Increase creativity, effectiveness, resistance to stress, and overall wellbeing.

Get unstuck Stop being caught in patterns that hold you back & diminish your power.

Get moving Give yourself a fresh start with internal alignment, clarity and greater wellbeing.

Price available through April 1, 2016

FAST-ACTION COACHING PACKAGE

- 30-minute preparation Coaching Session by phone or video Skype
- 2-hour in-person Limbic Coaching® Session Bridging Lives office: Sausalito, CA
- 1-hour integration Coaching Session in person, by phone or video Skype

3.5 hours total: \$697 - save 50%

BEATA LEWIS, JD, MSC

With over a decade of experience as a certified Master Somatic Coach™, I am one of only a handful of individuals certified in Limbic Coaching®. For nearly 20 years, leaders, knowledge professionals and business owners have partnered with me to cultivate trust-centered leadership presence and collaboration, sustainable and enlivening growth in business and intentional transformation.



COACHING FOR LEADERSHIP AND COLLABORATIVE EXCELLENCE

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