



ONE TO ONE

Empaths Mind & Energy Mastery

PROGRAM



Imagine, Create, Expand

... welcome to our program!

Thank you for showing your interest in the 1 on 1 Empaths Energy & Mind Mastery Coaching Program.

I am an Intuitive, Speaker, Coach, and Energy Healer, dedicated to helping you Discover and Harness your inner power to live a life full of Joy, Passion, and Vitality.

I specialize in the Art of Conscious Communication & Energy Healing.

My coaching expertise is over 10 years. I love to support people like You looking to learn and grow both in a personal and professional way.

This program is bespoke and tailor-made to suit your needs.

It features 12 powerful sessions to focus on the evolution of every area of your life:

- Energy
- Mental & Emotional
- Physical
- Spiritual
- Habitat



Mind & Energy Mastery Mentoring Program



"You deserve all the Love you can imagine because Love is what You are made of"
-Bashar

Our work

- Create solid Unshakeable belief in yourself
- Conscious Listening and Communication: Learn to communicate your truth with Authenticity and Clarity
- Mind Mastery: Breakthrough fears and Limiting Beliefs Programming
- Embrace the new You releasing the past to achieve powerful transformation gently
- Custom-tailored Guided Meditations & visualizations alongside your curated mastery program



GOALS OF THIS PROGRAM

1

BECOME EMPOWERED

To speak your Truth with integrity, compassion and confidence in your intuitive abilities.

2

SELF-TRUST

Create a compelling Vision, identify what success and rewards look like and take small consistent steps towards them.

3

MASTERY OF YOUR ENERGY AND MIND

We'll discover what's behind your deepest fears and make them your most loyal friends.
Reveal an intimate connection with yourself and everyone around you.

WHAT TO EXPECT

- Learn to ground yourself
- Create congruency in your Heart Centre and Mind
- Open up to Life by sharing your Light and Love
- Get specific information about a lifestyle that supports and sustains your growth
- Achieve your goals moving forward in life, following your Heart.

EMBRACE YOUR GIFTS

Mind & Energy Mastery Mentoring Program



PACKAGE INCLUDES:

This program is bespoke and tailor-made to suit your needs.

It features 12 sessions to focus on the evolution in every area of your life:

- Energy
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Step into your highest potential.

Each session lasts 90 minutes and is dedicated to your empowerment and transformation.

ENERGY

Through observation and contemplation, energy can reveal deep wisdom about the whole of Creation including us.

Learn about:

- Light language
- Frequency
- Patterns
- How it works
- How to re-calibrate, re-charge, modify and amplify it
- Activate your unique codes to access your inner realm and experience Higher Consciousness



MENTAL

Learn how to master your Mind by:

- Being present
- Understanding how the mind works
- Calm and regulate your nervous system
- Create unshakable belief in yourself
- Work with your saboteurs
- Communicate powerfully in life



EMOTIONAL

By mastering the art of opening your heart you'll:

- Meet your Inner Child
- Learn to master your emotions defense mechanisms, and what triggers them
- Master emotional stability



PHYSICAL

Learn about:

- Specific lifestyle information that supports and sustains your development in all areas
- How to collect data about yourself so you can read your past, present and create a better future for yourself
- Applying Energy Healing to create a constant flow of vitality in your body



SPIRITUAL

Learn how to:

- Connect with Your Creator, become One with the Essence that it is YOU
- Embrace your own Divinity, who you really are
- Develop Intuition and discover your greatest gifts
- Expand and Transform to amplify your superpowers
- Realize your Soul-aligned purpose



HABITAT

We'll create an Energy Matrix to sustain your inner transformation using:

- Energy Healing to activate and cure different areas of your life, home, and business
- Feng Shui principles to generate an extra 33% of your good luck in all areas of your life



BONUS

Special discount and access to my other programs, events, offers and retreats while we are working together.

YOUR INVESTMENT

£3,500

Or

3 Installments of

£1,166

BOOK NOW

SPECIAL OFFER

16 Sessions for

£4,000

Here's How It Works



Whats posible...

- Develop Unshakeable belief in Your self
- Regulate your Nervous System
- Create a new Mindset to achieve your dreams
- Find your Lifes Purpose. One that is coherent with your Heart & Mind.
- Learn to speak your truth with compassion and authenticity.

You'll create...

The ME manual

This Life-changing tool helps you to predict your future with accuracy based on your own evidence-based data

Learn Time Coding: collect data and evidence about your time, body, and mind.

- This is essential to support your growth and expansion in this life

THIS PROGRAM COVERS

1

INITIAL ASSESSMENT

We'll start by understanding your values and priorities as well as your personality, non-negotiables, and commitment. An essential part of this phase is Self-awareness, Conscious communication, Personal life and Work balance.

2

SET UP CLEAR GOALS & DEFINE AN OUTCOME

Let go of the past and get clear about who you are and what you want from a satisfying professional and personal life.

3

RESEARCH

Explore, compare and analyse your findings to understand the level of dedication this phase of the process needs.

4

CREATE A COMPELLING VISSION

Identify what success and rewards look like and take small consistent steps towards them.

5

STRATEGISE A SHORT AND LONG BULLET-PROFF ACTION PLAN

Use specific, measurable and achievable timely goals.



Client Testimonials



“

"Jael helped me to find Trust and Confidence in myself and my abilities. Her work helped me to overcome my confidence wobbles. She made me feel comfortable and open up and be honest. I realized my potential, and I can keep up the good work in a sustainable and manageable way."

- Josh
from London

“

"Through the coaching sessions, I've learned to be kinder and to accept myself. The coaching models and tools we've worked with have helped me to develop a more positive outlook on life. It really feels like the burden on my shoulders has been lifted."

- Gloria
from Madrid

“

Jael has a wealth of experience internationally in terms of clients and their culture. Our sessions were highly focused on my objectives and tailored to my motivators and concerns. I moved countries three times in two years. Jael helped me to set achievable goals in my new life."

- Samuel
from Kent



Please read our Google My Business Reviews, we've got over 45+ 5 ★ Reviews!



THE BIGGEST
adventure

YOU CAN EVER TAKE
IS TO LIVE

THE LIFE OF YOUR

dreams.

-Oprah Winfrey



READY TO Get Started?



There are a variety of ways we can work together. Prefer to meet in person?

Great, let's talk about a location to suit you, close to your office or home, I'm based in London but can travel further afield if agreed.

Want the flexibility of not having to leave your home or office? Then let's meet over Zoom or phone.

[BOOK NOW](#)

