

SOUND SOUL GROUP

HOLISTIC COACHING
12 WEEKS



JENN GIETZEN



LEVEL 1: CONNECT

- ›3 GROUP GATHERINGS
- ›1 SUNDAY AFTERNOON EACH MONTH (2 HOURS)
- ›››GREAT FOR THOSE NEEDING SOME AUTHENTIC COMMUNITY & SUPPORT

INVESTMENT: \$150



LEVEL 2 : TUNE IN

- ›3 GROUP GATHERINGS
- ›JOURNAL PROMPTS, GUIDED MEDITATIONS & TOOLS
- ›››IDEAL FOR THOSE WHO WOULD LIKE SOME ADDITIONAL GUIDANCE AND ENJOY INDEPENDENT WORK BUT MAY NOT HAVE TIME FOR INDIVIDUAL SESSIONS

INVESTMENT: \$300



LEVEL 3: LEAN IN

- ›3 GROUP GATHERINGS
- ›6 INDIVIDUAL COACHING SESSIONS (2/MONTH)
- ›JOURNAL PROMPTS, TIPS, GUIDED MEDITATIONS
- ›››IDEAL FOR THOSE WHO WOULD LIKE INDIVIDUALIZED SUPPORT BUT LIKE A COUPLE OF WEEKS BETWEEN SESSIONS

INVESTMENT: 60 MINUTES \$100/90-\$130/120-\$160 SESSION

TOTAL: \$600/\$780/\$960



LEVEL 4: DEEP DIVE

- ›3 GROUP GATHERINGS
- ›12 INDIVIDUAL COACHING SESSIONS
- ›JOURNAL PROMPTS, TIPS, GUIDED MEDITATIONS
- ›››IDEAL FOR THOSE WHO WANT TO GO ALL IN AND ARE COMMITTED TO REALLY MAKING SOME LASTING CHANGES

INVESTMENT: 60 MINUTES \$95/90-\$125/120-\$155 SESSION

TOTAL: \$1140/\$1500/\$1860

SOUND SOUL

HOLISTIC COACHING

“YOUR VISION WILL BECOME CLEAR ONLY WHEN YOU LOOK INTO YOUR OWN HEART. WHO LOOKS OUTSIDE, DREAMS; WHO LOOKS INSIDE, AWAKES.

-CARL JUNG



JENN GIETZEN, MT-BC

If you're seeking heartfelt, genuine and intuitively guided support on this constantly unfolding and often wild journey we're all undertaking, and you desire deep transformation, you are on a journey of healing and self discovery, then this opportunity may resonate with you.

I am deeply passionate about working with those who want to dig in a little deeper, change what might not be working and explore new habits that support your vitality and holistic well being and, ultimately shifting you into a felt state of wellness. This world is shifting in interesting ways and in that we are called to really step forth into who we are as individuals with unique gifts and talents and bring those into the world with clarity and confidence. As we delve deep into our collaborative efforts, you'll receive numerous tools to help you stay aligned in this New Year of a New You. We will co-create our sessions together, integrating experiences and tools that benefit you the most, ones that relax and de-stress as well as inspire you to meet whatever arises in your beautiful heart with curiosity and compassion. Our journey of growth is continuous, yet sometimes we crave a little boost, guidance, or a just need a gentle nudge.

I approach our work with gentleness, holding open, non-judgmental space for you to discover, uncover and recover your true essence. I believe that none of us are broken; instead, we are radiant beings, perfectly whole (we sometimes have a hard time seeing that), and we're here navigating a life that can be both challenging and exquisitely beautiful. We possess everything we need within us, but occasionally we need a little guidance and support from others to truly see and feel that.

My mission is that our work together, alongside community and connection with other women if you choose, helps you fall deeply in love with yourself. I want you to embrace and accept who you are, shine your light, and step into your authentic, real, and unapologetic self. Our foremost responsibility is to care for ourselves, learn how to manage our energy, moods and mindsets, thus enabling us to care for one another while giving from a place of abundance and love. It really does take showing up and putting in some work and from experience, I know it is absolutely worth it.

This year's group theme is SELF LOVE, where we will explore what it means and learn how to genuinely care for and befriend our deep selves. We will explore how you spend your time, how to make time for solitude, for rest, for play and discovery of new ideas and practices.

Here's what you can expect if you choose individual sessions with me in addition to the group sessions:

- A 60, 90 or 120 minute coaching/support session with me each week or every other week—be it in-person, virtual, or over the phone—whatever suits you best.
- Tools for your deep exploration including any, some or all of the following....buffet style....
 - Sound and music therapy (sound baths for relaxation, embodied voice work, emotional release, deep stress relief...)
 - Breath Work - experiences, ideas and support
 - Meditation and mindfulness guidance (from creating a space at home to establishing and maintaining your practice and integrating mindfulness into your life)
 - Embodied movement practices (gentle stretching and somatic movement to facilitate shifts)
 - Nature experiences (such as talking and walking the trails at the Loft or simply being outdoors, mandalas)
 - Journal prompts for deeper introspection
 - Simple tools to share with your family for improved sleep, connection, and creativity
 - Resources including music, books, and poetry, podcasts, etc....
 - Creative project support
 - Recorded Guided Meditations

A FEW DETAILS ...

THE GROUP:

- GROUPS WILL MEET ON SUNDAYS FOR AROUND 2 HOURS,
- THE FIRST SUNDAY WILL BE FEBRUARY 16TH
- WE WILL DECIDE AS A GROUP THE BEST NEXT 2 SUNDAYS (IN MARCH & APRIL)
- OUR GROUPS WILL BE FLEXIBLE AS WHAT THE MEMBERS NEED, WHETHER THAT BE A SOUND BATH, BREATH WORK, A WALK AND TALK IN THE WOODS, A DEEP MEDITATION, CONVERSATION, ETC.
- DOWNLOAD WHATSAPP FOR GROUP COMMUNICATION

WAYS TO SAVE :

(YOU COULD SAVE 15% IF YOU DID ALL 3:)

- PAY IN FULL (5% OFF)
- SIGN UP BEFORE JANUARY 20TH (5% OFF)
- GET A FRIEND TO SIGN UP FOR ANY LEVEL (5% OFF)

PAYMENT OPTIONS (LEVEL 2, 3, 4):

I KNOW PAYING IN FULL ISN'T POSSIBLE SOMETIMES AND I COMPLETELY UNDERSTAND THAT. SO HERE ARE SOME OPTIONS (I WILL GET SPECIFIC DATES FOR YOU)

- 2 PAYMENTS (1 DUE AT THE BEGINNING OF THE SESSIONS, AND THE 6TH WEEK)
- 3 PAYMENTS (1 DUE THE FIRST WEEK, THE 4TH WEEK AND THE 8TH WEEK)
- 4 PAYMENTS (1 DUE THE FIRST WEEK, THE 3RD, THE 6TH AND 9TH WEEK)
- 6 PAYMENTS (PAYMENT EVERY OTHER WEEK)

TO SIGN UP:

>>>PLEASE REACH OUT BY EMAIL OR TEXT IF YOU'RE INTERESTED ASAP, AS SPOTS ARE LIMITED:

MONARCHMUSIC1@GMAIL.COM

616-405-1824

