

TRANSFORMATION COACHING

Safae Oussalem

Awaken

You understand why you feel lost — and you take back control of your life.

By the end, you will...

- Finally understand why you react, shut down, and struggle — without blaming yourself
- Stop being overwhelmed by your emotions and start using them as a powerful tool
- Clearly identify the subconscious patterns that have been sabotaging your life
- Reclaim control of your focus, your thoughts, and your energy — every single day

What's included

- ✓ 5 individual sessions (online or in-person Dubai)
- ✓ Personalised NLP techniques
- ✓ WhatsApp support between sessions

Release

You let go of what has been weighing you down for years — and make peace with your story.

By the end, you will...

- Break free from the limiting beliefs that have been holding you back for years
- Release the negative emotions from your past — anger, fear, sadness, guilt
- Transform painful memories — and look back at your past with peace and gratitude
- Watch your relationships begin to heal naturally — family, partner, friends
- Feel lighter than you have in a very long time

What's included

- ✓ Everything in Package 1
- ✓ 5 additional individual sessions
- ✓ Limiting beliefs & negative emotions release
- ✓ NLP Timeline & Hypnosis techniques
- ✓ 2 months WhatsApp support

Rise

You become the woman you want to be — and build the life you deserve, right where you are.

By the end, you will...



- Know exactly who you are, what you want, and how to get it
- Become the creator of your life — never again a victim of your circumstances
- Set goals that are deeply aligned with your true values — and actually achieve them
- Have a clear vision of your future, wired into your subconscious as a certainty
- Radiate confidence — in your family, your relationship, your social life, your career

What's included

- ✓ Everything in Packages 1 & 2
- ✓ 10 additional individual sessions
- ✓ Values, SMART goals & driving question
- ✓ Future Timeline — installing your vision
- ✓ 6 months WhatsApp support
- ✓ 2 follow-up sessions post-programme

MOST POPULAR

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