



Explore the Universe Within

Process Coaching is a self-empowering alternative to counselling or therapy offering a unique approach to deep emotional healing and true wholeness of being. The Process Coach provides the understandings, perspectives and inner tools that empower and support the client in doing their own healing work. The client becomes their own therapist, their own healing practitioner. Once learned and integrated, the work becomes a unique intuitive expression of the individual.

- * *Free yourself from guilt, denial and judgments.*
- * *Learn how to bring loving acceptance to all your feelings.*
- * *Feel more love for yourself... and others.*
- * *Manifest more of what you truly want in your life.*



Sarah Hoel is a Certified Process Coaching Teacher who has also taught early childhood and special education, and has counseled both children and adults in a variety of settings. Certified in Reiki level two, Sarah brings a potent blend of personal skills and resources to her Process Coaching practice.

"I love helping people discover a new way of self-exploration and healing that allows them to truly love all of themselves."

Thursday Evenings in Danvers 6:30 – 8:30 PM

Jan 7th, Jan 21st, Feb 4th, Feb 18th, Mar 3rd & Mar 17th

Cost for the class series: \$185, which includes weekly telephone check-ins, 6 classes, a 240-page Process Coaching Practitioner Manual, and Healer's Practices 2-CD set.

For registration, or further information, contact: Sarah 978-304-0674.