

## Connect with yourself to discover a life you love waking up to!

### A little about me:

When I first found out about coaching, within a moment it seemed that everything in my life up until that point led me there. I have always been passionate about supporting others in being true to themselves and I have always seen potential in the people in my life, even when they couldn't. I studied business with the thought of working in Human Resources - in the hope that I could make a difference in people's day to day lives by caring about their state of mind and what is important to them - even in the workplace. And that is because when people are at their best, they can do whatever they put their mind to - and with that the world becomes a better place. Coaching has impacted my life in so many ways and I love being able to be a part of that journey with my clients as I witness their growth.

### Who do I work with?

I work with people from all walks of life who want to know and be true to themselves. Many feel as though they are not living up to their full potential yet know somewhere deep down that they are capable of more. My clients are ready for something to change and ready to open themselves up to new possibilities.

Some come to me to work on their insecurities, others want to improve the relationships in their lives. Some are looking at a career change and others simply want to experience more happiness and feel empowered in life.

### How might coaching benefit you?

Embarking on a coaching journey can:

- offer you the space to **connect with yourself** again.
- open you up to **seeing possibilities** in parts of your life you didn't before see any
- evoke **new perspectives** from you, leaving you **feeling lighter** as you think about yourself and your life.
- help you create a space in which **solutions** come to you almost effortlessly
- lead to an increase in overall **happiness** and **peace**

- bring out **the best in you** (which by the way, is already inside you!)

## What do clients say about me?

“I felt very safe and supported in our coaching space and her energy is very calming. She has an uncanny ability to deeply listen without judgment, and to help others make sense of their thoughts and emotions. Often times, I would come into our session with a heavy truckload of thoughts, and walk away feeling much lighter after...As a serial entrepreneur, I've lived my life on overdrive for a long time. With Samara, I finally saw that I didn't need to anymore. She helped me find more balance and calm while I was building a new business and writing a memoir. She also helped me gain confidence that I am doing enough and that I AM enough.” - Entrepreneur

“Sessions with Samara helped me to believe in myself and trust to myself more. The dialogue helped me to find out that in many cases I already knew the answers for majority of my questions and what the right solution might be for me in different life situations...During the sessions Samara helped me to hear my inner voice better.” - Project Manager

"Over the past few months I have had the privilege to be coached by Samara. She is one of the most authentic, inspiring and understanding people I have met. Not only can Samara patiently listen, she can connect dots that were unclear to me before...Through Samara's unique approach she helped me see things in a different perspective, and I am forever grateful for that.” - Actor

### **My FREE offer for you: 3 x 60 min coaching sessions**

Three sessions will not only give you an idea of what it's like to work with me, but will also allow you to experience some of the magic that can happen on a coaching journey. If you show up open and willing, there is no limit to what you could begin experiencing in your life.

If you this resonates and you feel ready, feel free to  
check me out on [Facebook](#)

or

contact me at [samarajolina.coaching@gmail.com](mailto:samarajolina.coaching@gmail.com)

