



“MY LIFE BACK ON TRACK” COACHING PROGRAM

If you are a woman who suffers in silence, have experienced some form of trauma, abuse in any form shape or fashion. Then this program is for you. If you lack confidence, self-esteem and insecure about yourself, then this program is for YOU!! Interpretations of events that has happened in your life will mess you up. Lourdes will teach you how some of your interpretations were wrong from the beginning and where the root of the problem lays. As a survivor of domestic violence and addiction and Incarceration, Lourdes brings healing, help and hope to women that want to be emotionally free, and teach YOU how you can Pick Up The Pieces and Become The Masterpiece™.

THIS PROGRAM IS FOR Women at every level in life who has experienced or is experiencing domestic violence, drug abuse, re-entry from prison or you are having difficulty dealing and releasing the very pain in your soul that is stopping you from evolving into the masterpiece you were meant to be.

BENEFITS:

- You will have your own personal coach who partners with you every step of the way
- You will set and accomplish your goals, get organized and clear out the clutter and distractions
- You will break down fears, the unknown, the unfamiliar and the thoughts of “I can’t”
- You will break the chains that has kept you bonded
- You will learn how to identify distorted beliefs and raise your awareness
- You will learn how to heal your inner child and to tap into your intuition
- You will learn how to create a limitless life and break the mental prison walls

HERE’S WHAT YOU GET: As a Client of the “My Life Back On Track” Coaching Program

- An initial 90-minute exploration session to identify your journey and set a 90-day plan **(\$400 Value)**
- 6 ongoing 1-hour one-on-one coaching sessions (45mins) **(\$1200 Value)**
- 3 30-minute emergency coaching sessions (45mins) **(\$400 Value)**
- Unlimited email access and support to ensure you’re supported and guided every step of the way **(\$500 Value)**
- Welcome Packet that includes Lourdes’ “*Breaking the Code of Silence*” e-Manual **(\$400 Value)**
- Bi-Weekly Group Healing Calls and Occasional brief check-in calls **(\$500 Value)**

~~\$3400~~ VALUE - YOURS FOR ONLY \$1200 OR 3 INVESTMENTS OF \$400

**THIS EXCLUSIVE, CONFIDENTIAL PROGRAM IS SPECIFICALLY DESIGNED TO
UNLOCK THE POTENTIAL AND POWER IN YOUR LIFE.**

Space is limited to 15 participants to ensure individualized attention and maximum interaction. To get started, contact: coaching@lourdesempowers.com | Office: 347.618.6400