



FREED & POWERED UP
FREEDOM FROM THE PAST. YOUR POWER NOW.

Interview with La Toya

1. How long have you been doing what you do and how did you get to be an expert in releasing triggers and emotional baggage?

I've been working with the art of releasing triggers and emotional baggage for a long, long time, starting with my own in 1999 when I finally decided to completely release my past and step into my present and my future. It was a long and difficult road. Extremely painful and confusing. I tried so many methods, so much trial and error. I remember not understanding why the counseling, the medication, my religious beliefs were just not working. It's all the trial and error, all the questioning, and all the answers that I found and compiled along the way that truly gives me expert status.

In addition to my own personal experience, I'm a certified life coach and I hold educational degrees (not clinical licensing). All this, combined with my extraordinary passion and life-goal to help women not suffer the way I did and for as long as I did, has driven me to professionally coach people through all levels of trauma for over 8 years, but not officially for 20 years.

2. Who are your clients exactly?

I work with people just like you, women from all over the world with different backgrounds, cultures, and belief systems; women who are really good at what they do; women who are successful at life, women who feel like they've not accomplished anything at all, women who've experienced the range of oppression, suppression, depression, and trauma, women who've tried other methods and are still not experiencing the kind of freedom and power that they know is possible. However, they have never been taught exactly how to release their triggers and emotional baggage or set up systems so they ALWAYS have a battle plan to conquer the triggers that come up and lead powerful lives. That said, women I've worked with run the whole gamut.

3. How are you different from other "coaches?"

Although we will occasionally touch upon some family system stuff and other "clinical-type" things, you have me as a trigger-release expert and consultant. I SPECIFICALLY work with women who are experiencing triggers and emotional baggage. In other words, I don't consult with people who just want to improve their lives or income and I'm not a Jill-of-all-trades-coach. I refer those people to other coaches. What that means to you is that I am very focused on your freedom from triggers and what that freedom can do for your life. Because my focus is very narrow, what you get with me is direct expertise on what works for this purpose. In addition, I've had to use these systems on myself, being a survivor and thrive-or of some really traumatic relationships. I've simply become an expert at

all this and that's why my clients get great results. I'm genuine, down to earth, and I bring 'me' to the sessions, every time.

4. What type of personality do you work best with and what is expected of me?

Freed and Powered Up workshops, products and programs were created for people who are absolutely excited and deadly serious about getting free from triggers and emotional baggage and ending the fears and anxiety around entering new relationships and being in relationship with self; Meaning, not waking up in the middle of the night anymore wondering, "how will I ever have a deep, trusting relationship again?" They were created for you to put systems in place within a few months (sometimes weeks!), which will eventually lead you to all the peace, happiness, and freedom you need—not three, four, or many more years, which is a conservative estimate on the traditional time it takes to truly heal.

Being a person who truly values quality of life and meaningful relationships, I'm known to work best with others who truly hold these values, who are super-ready to get going and just want to know exactly what steps to take.

Consider what you'll do with me. You will be expected to take serious and consistent action. No excuses anymore, just a very different way of thinking and full support while you achieve this incredibly exciting goal: freedom and your power back in record time.

5. Who is this program not for?

Please know I'm very selective in who I work with and I cherry-pick my clients, choosing to (gently) turn away people who aren't suited for my programs and won't get the results for which they would have signed up for. (It wouldn't be fair to them.)

The Freed and Powered Up programs are NOT for those who are still in an abusive/trauma inducing relationship, at least not right away. It's been my experience that people in oppressive and trigger inducing relationships do not trust the recommendations I give them and do not do the work. The reasons for this are numerous and this program would not be conducive for this situation.

If you fall within this category, Please know that I am here to support you, but in a different capacity. I have been there myself. Do yourself (2) favors:

1. Please reach out and get help. You deserve freedom, peace, and life. You deserve true love. Please know that you are loved and supported. [Please reach out to this link.](#)
2. Sign up for my free tools over email ([Click here](#) to subscribe.) The free information will get you started towards your goals until you're ready to work with me one-on-one or through one of our courses.

Another type of person I won't work with (without exception) is the chronic doubter of possibilities, as well as individuals who consistently make excuses for not getting their assignments done or challenging every aspect of the program. If you are one of these people, I gently and respectfully ask that you not call and I hope you understand why. We'll probably just not work well together and I wouldn't want you to waste your time or money. Is that fair?

6. Does coaching really work?

Yes! The result of this work is an approach to healing your mind, heart, and spirit, over time and with your dedication, works consistently to take back your power, happiness, peace, and self-worth to up level your life like no other method.

7. What results can I expect?

You can expect to:

1. Hone in on the EXACT triggers that set you back and develop a plan to disempower them.
2. Discover the root of your F.E.A.R.s and develop a strategy to disable them, and then eradicate them.
3. Create S.M.A.R.T. goals for your fears, triggers, and emotional power.
4. Get proven ways of educating your environment to respect your values and boundaries.
5. Learn how to handle your triggers and your emotions more efficiently so you actually have space for life and juicy, genuine, deep relationships.
6. Get proven ways to truly begin to love yourself again, value yourself again, and attract those that are 1. Like you and 2. Willing to accept and appreciate you.
7. Work smarter at building your emotional power, not harder.
8. Create new goals for healing every 90 days to keep pulling yourself into your future.
9. Stay accountable to these goals and achieve them.
10. Get proven techniques you can apply right away, not having to reinvent the wheel on your own.
11. Set up power systems.
12. Receive specific tools for you to use: "just add water" style.
13. Learn time saving techniques that will dramatically cut down your learning curve.

8. Can I contact some of your former clients to see what it's like to work with you?

Unfortunately, the type of work that I do is very private and intimate. Some clients have enacted privacy concerns because of the origin of their triggers and possible continued dangers. Please feel free to read testimonials on my webpage. Thank you for understanding.

9. How quickly can I expect results?

This depends on many factors:

- a. how long you've been working on your trigger and emotional baggage
- b. how much you put into the assignments
- c. your willingness and readiness to transform, for real (release excuses)

That said, virtually all clients see results within the first 3 months in the form of new perspectives, identification and battle plan for triggers, and minimum, the beginning stages of freedom from them. Clients who stay longer experience deeper, longer lasting, definite and tangible freedom from triggers, identification of freedom and power in adjacent areas of their lives, a deeper sense of peace, happiness, and power restored.

10. How can I guarantee myself that I will get more power and healing, in record time?

Do all of your assignments and fieldwork. Be totally focused on Freed and Powered Up. Understand that it's not a "quick fix," it's not magic and it takes 3-6 months for you to plant all the seeds and for those seeds to grow into the fruit that you can enjoy. All my clients who have diligently applied every step of the Freed and Powered Up system have successfully taken back more power and joy than ever in their relationships and in life in general, in much less time than they would have on their own. Many have experienced more tangible results that they have ever had with clinical methods.

11. How will we work together and what does the program entail?

I'm so glad you asked! I absolutely love working with my clients 1 on 1. The depth we get to share and the transformation we get to create is like no other. It looks like this:

1 On 1 COACHING

Total Freedom Make Over Package

For those who really desire to completely and totally uproot the triggers and emotional baggage that keeps them from living their best lives. It is meant to spend significant time facing, hammering, and eradicating each major trigger, baggage element, and fear. This is the “no trigger left behind” package. In this package you’ll get:

- 12 Week Transformation Commitment
- 90 minute strategy and planning session for your success in this program at beginning and end of program
- 1 x 30-minute session per week
- Text access everyday for questions or concerns when completing the transformation work.
- Free, daily morning prompt text
- **Recorded Video training to keep and refer back to.**
- A life coach who’s been there, used these methods successfully on herself and hundreds of women from all over the world.
- Your freedom, your power, your peace, your joy, your healing, your fullest life.

***Upkeep Packages available and assessed at the end of our initial work together.**

DIY Package

- This opportunity provides a 1 on 1 life-changing 90 minute strategy session. This session helps you plan out 90 days of soul searching and deep diving activities to weed out your triggers and baggage, make self-revelations, and be more prepared to act on change.

12. How long is the program?

The Total Freedom Makeover program is 12 weeks. There’s no way you will experience the change you are wanting, hoping for, and needing in less time than that. I find that most clients will get what they need in this time. I also offer upkeep programs for those who desire continual specialized care and support. Why wouldn’t I? I love my clients!

13. What are your coaching programs like?

In a word, POWERFUL. Unlike anything you’ve experienced before. They are soul searching, self-revealing and always empowering. They are self-directed but coach guided. They are gentle and yet propelling, prodding you to get the results you want and deserve. They are not “clinical-ly”, sterile, or general. They are probably what you’ve been waiting for.

14. Do you accept credit cards?

Yes.

15. Do you have payment plans?

With the bonuses you get for signing up with full payment, it’s definitely worth your while. However, if money is the only obstacle, we accept payment plans for the *Total Freedom Package* only.

16. OK, I know that I want to work with you. How do we get started?

Great! Did you know that one of the most prominent characteristics of successful people is that they take action? They take educated risks, are decisive, take action, and they move forward towards success faster as a direct result of this. It's a well-known fact these people make decisions based on their gut instinct. So, that being said, since this feels right for you, then go for it.

Here's what you do: just click on the contact link above or if you have a question, give me a call at 619-333-6621 or email me at latoya@latoyazavala.com and I'll be happy to answer any questions you have. I can't wait to meet you to get you started on your path to more healing and power and the confidence to enjoy it all!

17. If I'm not sure I'm ready to get started, how can I sample your work at low cost to see if it's the right solution for me?

A way to sample *The Freed and Powered Up System* is by subscribing to the [Freed and Powered Up](#) podcast for interviews, fresh and empowering perspectives on emotional healing and power, and life changing tools and action steps to changing your life. Available on [Apple](#), [Google Play](#) and [Spotify](#).

The "Freed and Powered Up" YouTube channel provides you with snippets of all that life changing power and inspiration from our Coaching Program. [Subscribe here](#).

18. I have a family and a busy life. Although I want my power and freedom back badly, I don't have much time to spare. How much time do I need?

I will invite you for a moment to close your eyes and envision your life, 12 months from now, truly living your life without the heavy weight and serious blocks of the emotional baggage and triggers. Imagine living with your power, your self-confidence, your peace and self-worth propelling and governing your life and your relationships. Imagine your friends and family asking you how you got your groove back and why is it that you are glowing. Would that be worth 1 hour a week plus additional time spent on doing the self-discovery homework? I can almost hear you saying "Yes!"

19. OK, I'm ready to do this for myself, but I have a couple of additional questions. Can I call you?

Absolutely! Sounds like you're ready to be pulled into your future! Yes, if you have a couple of questions, just email me at latoya@latoyazavala.com or call me directly at 619-333-6621 and I'll be happy to walk you through the different options to see which one will be the very best for you. I can't wait to see you succeed and am honored to be the one to help you. Let's get going!