



# 1-1 Coaching Packages

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Step into your transformation with intention and clarity. NLP coaching with me is about more than goals - it's about *becoming your truest self*. Each package is a carefully held container, designed to meet you where you are and guide you toward meaningful change.

## The Spark – Igniting the Journey

**For those who have started their inner work and are ready for a catalytic nudge.**

You've done some self-reflection and know there's more waiting for you. This package lights the flame for your next step, helping you clarify what matters, anchor new perspectives and activate meaningful change.

**Includes:**

- 6 x 1.5-hour coaching sessions
- Weekly check-ins to maintain momentum
- Valid for 2 months

## The Flame – Embodying Change

**For those ready to commit to steady, lasting transformation.**

You know a shift is needed and you're ready to move through it. Together, we melt resistance, ignite action and establish new ways of being that stick.

**Includes:**

- 12 x 1.5-hour coaching sessions
- Weekly → biweekly rhythm for integration
- Valid for 4 months



NLP Training | Leadership Development | Transformational Coaching

*Guiding individuals and teams into authentic leadership, clarity and conscious choice*

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## **The Forge – Alchemising the Self**

**For those ready to release old stories and step fully into themselves.**

This is a deep-dive, sacred space for transformation. You'll be supported, seen and guided home to your own truth, building new patterns and resilience from the inside out.

**Includes:**

- 18 x 1.5-hour coaching sessions
- Weekly → biweekly rhythm for deep integration
- Valid for 8 months



## Meet Your Alchemist of Change

Hi, I'm Svenja.

My work is about helping you understand yourself more clearly. How you think, how you respond and the patterns that shape your experience of life.

From that place of awareness, something shifts. You begin to make different choices. Cleaner choices. More aligned choices.

I work with individuals and teams who are ready for that level of honesty and that level of change.

My background spans coaching, Neuro-Linguistic Programming (NLP), leadership development and more embodied, earth-based practices. What brings it all together is presence, deep listening, and the ability to work with what is actually happening, not just what's being said.

In our work together, we don't stay on the surface. We work with the patterns underneath the patterns.

The thinking behind the behaviour. The emotional responses that repeat themselves.

And we shift them, practically, consciously and in a way that lasts. This is where insight becomes something you can live. Where the past no longer defines your choices.

And where you begin to lead your life with clarity and intention. If you're ready for that kind of work, you're in the right place.





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## Let's Connect

If this resonates, you're welcome to reach out.

You can contact me directly to explore working together, ask a question or find the offering that feels most aligned for you.

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