

Getting there



INNERCORE ENERGETICS

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Are you committed to transforming your life?



The Consciousness Coaching® Model

Our coaching uses the Consciousness Coaching® method that cares for creating supportive conditions for coaching to happen. What sets this model of coaching apart, is the use of a specific protocol, which includes **Awareness Creations®** to support us in making more empowered and informed decisions such that the results happen “by themselves”. In order for this to happen, time is taken to carefully design an agreement of sessions unique to the goals and needs of each client or group.

ABOUT INNERCORE

We believe you have the power to access unlimited magnificence and to create a resourceful and meaningful life no matter what your circumstance.

We facilitate, create and deliver transformational trainings. We provide coaching and mentorship to connect individuals and groups with consciousness and expand perceptions to regain harmony and peace of mind.

It is our aim to nurture and promote love and empowerment through the inherent wisdom of the individual, community and nature.

OUR COACHING

We coach people who desire transformation. Our coaching intimately connects you with your spiritual heart which contains a vast knowledge of where you need to be, who you need to be and the correct timing to move into action.

OUR COMMITMENT

We are committed to embracing the moment, evoking your power, and evolving consciousness!

We are committed to you getting the very best coaching and training value from each session by being 100% present, listening carefully, and gently reflecting and prompting you to widen your vision.

Every coaching session is adaptable to your needs.

You can use coaching to:

- Share feelings, desires and goals
- Heal emotional pain
- Gain more clarity
- Work toward specific goals
- Keep commitments
- Resolve conflicts
- Improve relationships
- Unite your team
- Brainstorm and strategize
- Enhance spiritual connection

And break through plateaus when life seems to have lost its purpose.



Personal Coaching

Intimate sessions with a qualified coach help you to connect with what really matters. It is an experience that transcends everyday reality when you have an insight from the inner core and take powerful commitments to act on it. Life changes immediately from drab to fab!

Professional Coaching

Use our consciousness training and coaching to boost performance, increase productivity and enhance the flow of communication in the workspace.

Other Services

- Private coaching
- Partner coaching
- Group coaching
- Team coaching
- Therapeutic Healing Massage
- Support Group Facilitation
- Customized Awareness Workshops
- Conferencing Facility hire/services
- Private Meetings Location