



Elevate
with
Rachael Jayne

Coaching
Packages
2024

@HEARTOFTHEHORSE

Elevate with Rachael Jayne

Let me declare that I believe that we as individuals have all the answers we need within ourselves. No therapist, coach or healer is going to give you what you already do not have.

What we resource ourselves with is help in seeing what potential wounds, beliefs, patterns or traumas that are getting in the way of you connecting with your innate sense of self. This is when we choose specific people that we resonate with, to help us dive for the gold within.

I am the first to declare I have a wonderful rich circle of people around me that I call healers, mentors, therapists and friends. They have all helped grow me to the current version of how I turn up in the world. I believe we can maintain ourselves very well in our day to day lives, but with our biggest vulnerabilities or aspirations we often need a space holder, a witness, a spiritual mentor to guide us through the transformations that we know are possible for ourselves.

I would be delighted to be invited into your inner sanctum and share the journey with you for a time frame that suits you. The packages below all have a framework that can guide us, but the journey will be very unique to each person as it is absolutely tailored to what each individual needs.

Empowerment 101 – I am willing to allow myself to change

Let's open up new possibilities on a 1 month journey

4 x weekly 90 minute sessions over the course of the month

\$888

Transformation – Listening to the wisdom of your soul

Lets walk together on a 2 month journey

5 x 90 minute sessions over the course of 2 months

\$1111

Let's unlock your mission



A deep dive to creating the life you are here to live

3 whole months dedicated to unlocking your full potential

8 x 90 minute sessions over the course of 3 months

\$1777

This is hands down my favourite. Why? Because I have reinvented myself many times in my life. Letting things go, breaking old habits, exploring limiting beliefs, working through the pro's and con's of change and of course dreaming new possibilities. This takes time. It is not a quick process. We are often in the fertile void in this time, potentially letting things go but not sure of what is on the horizon. It can be deeply uncomfortable. I would be lying if I said otherwise. Every cell in my body knows this process.

This beautiful package creates the space for you to evolve through the processes we share. Time for you to dive deep into your truths and begin to harness the courage to take small steps or bold life changing free flying decisions to match your mission on earth. Don't be scared by that word, that is part of what we can unlock together.

Hold my hand while I radically re-invent myself



12 weekly x 90minute sessions over 3 months

\$2664

This is perfect when you are currently in the holy fire of transformation and you are holding on for dear life. One of my favourite quotes to describe this experience is

"If you are in a Dark Night of the Soul right now: So, if you, my friend, are mid-spiral right now, on your way down or all the way down, know that the dark place you are in where it seems God Herself has forsaken you, I have been there. I may be there again. And I am listening.

"Even if I never get to meet you, I will meet you here, because the dark is a place where I made my home and I found my home. I can go there with you now anytime. I can sit with you, and you will feel the metronome of my heart beating with yours. We can burn together. I know how to burn with you, yet not go down in flames. I am educated in the ways of the dark. I made it out alive, and you will too. And not just alive, but alive. Rebirthed. The parts of you dying in there, you don't need them anymore. Not where you're going.

"If you're there right now, I know you can barely hear me. I know the sound is muffled, and anything that tastes remotely of platitude you will spit out at once. But hear this: where you are is not a mistake. You are in the forge. The goddess of holy blacksmithery knows what the hell she is doing.

"I myself have no map or script or blueprint to give to you, but you will still make your way through. But don't worry about that now. It might sound like bullshit. Just put one foot in front of the other. Breathe in, and breathe out, again and again. Don't even try to imagine the sacred yet. I will not try to convince you that there's any sacred left in your life. Just give me your hand and take one more step with me, and then one more. I know that where we are going is worth all of it. But you have to believe me. All you have to do is trust me. Even if to trust me, just stay with me. Stay with me here.



"Let me show you the rungs on the ladder out of this cesspool you are submerged in. Let me straighten the crown on your head as you dodge arrows flying at you from your own mouth.

"Stay with me here. Keep reading. Keep feeling. There will be at least one good, true, useful thing you'll find here that will work for you. Let me show you how to use pain as a life raft. Let me show you the wisdom of what feels insanely hard. Let me show you how to let your isolation drag you into the arms of the Beloved. Stay with me here. Let me show you how to grab another and another pearl out of the underworld and return to this world alive. You're in a holy place, even though it feels like hell. This is where an aspect of your Genius is birthed." FEMININE GENIUS, LIYANA SILVER

Need I say more, let us begin if this is where you are at right now..

A coaching container for liberation

A full ONE day deep dive immersion into YOU.

6 hours

\$1222



This is an ideal experience if you are short on time and know that you don't have the space to incorporate regular coaching into your schedule. This also can be ideal if you are unexpectedly finding yourself in the precipice of change or unexpected life circumstances and you do not have time to spaciously explore the possibilities in front of you.

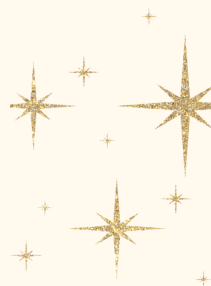
We will spend the day together from 10am - 4pm at a location that we choose. There will be a framework that we will explore in helping you align your inherent gifts with the life you are wanting to create. Don't be perturbed by the word framework as our processes will also be intuitive, creative and most importantly bubbling up from deep within you. Varied healing modalities may well be incorporated to help with any aspects that are creating blocks, or may be sabotaging you creating the life you are here to live. We will share chai, lunch and delicious cake to celebrate at the end of our day.

In all of the above packages you will be given prompts to explore various modalities in between our sessions that will support you discovering your unique potential. They could include journaling, dance, meditation, moving your body, utilising healing visualisations and various other practices that may specifically help with what you personally are navigating.

These packages are NOT for you

- If you want to stay the same right as you are in this now moment. Take a minute and dream ahead 6 months, 1 year, 5 years...do you like what you see on your current trajectory? Can we safely assume, this could be where you will be if no action is taken?
- If you think I will provide the solutions and you can just turn up. It is the fertile time in between our sessions that changes will weave through your life - based on your commitment to YOU

Let's have a discovery call if we haven't already, to chat further to see if we both feel we are the right match for one another. Let's be pioneers and explore limitless innovations and curiosities as you birth your most aligned and authentic version of yourself into the world.





Payment details or better said YOUR investment details

A direct payment into my bank account will confirm your coaching container. It is brave investing in yourself. Often as women and mothers, we find so many other priorities before those we value for ourselves. I am honoured you chose me to walk with you for awhile.

If payment in full is problematic a 50% deposit can be arranged and the final 50% can be one month later for the longer coaching packages.

Payment plans may be considered on a case by case basis.

Gibson & McLeod Family Trust

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