



**Melanie Smithson, MA, BC-DNT, LPC, CHT**

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*Certified and experienced professional coach and counselor will guide you through life-changing processes so you can access the wisdom of the body for yourself and your clients*

## **The Force Be With You**

### **A 6 Month Coaching Program for Helping Professionals**

*Over a 6 month period of individual and group coaching you will learn to:*

- **Disengage from mind chatter that keeps therapy stuck in stories**
- **Track emotions in the body for effortless release**
- **Break free of destructive habits including worry and self-criticism**
- **Embrace the power of play for yourself and clients**
- **Use the body to shift relationship patterns**
- **Cultivate positive behaviors to stay refreshed and inspired**
- **Set Goals and Take Action**

#### ***What others say about the benefits they have received***

*Melanie's ability to leverage all of me is having a great impact upon my results. She sees things that I do not, and works to release my limiting beliefs and turn them around into action points. Coaching with her has reduced my daily stress level and increased my ability to break through so many barriers. Jean Schoenecker, Senior Sales Executive*

*My life is improving in every area and money is flowing like never before. I love using the body interventions with my clients. It has made therapy so much more effective and much more fun! Jackie Chivers, MBACP, Director at Athena Counseling Services, Swansea, UK*

**The Force Be With You Program** was developed by Melanie Smithson after 20 years of providing body-oriented psychotherapy through groups, private practice and supervision.

Melanie knows the power of accessing the body to effect transformation. She uses her own unique blend of modalities including Sedona Method Releasing, Body Awareness, Wonder and Compassion to help move you through blocks and limitations and access your own transformational therapist from within.

***Your Program Includes:***

***Your Personal Worksheets and Recordings-*** worksheets and recordings to help you assess your own blocks, evaluate your progress and work through the body to aid you in facilitating your clients through therapy.

***Live, bi-monthly group telephone mentoring-***each call will last approximately 90 minutes and will include a short teaching on the subject, group exercises, a question and answer period, and suggested “homework” (or action steps) so you can start benefiting immediately. Calls are recorded so you have continued access to the guided exercises and can accelerate your progress.

***Six private 30 minute coaching sessions-***In these sessions, we will get laser focused on your individual questions about using the body to break free for both yourself and clients.

***E-mail Access-*** Convenient communication when you need it.

***Valued at \$15,000, and ultimately priceless, your investment is only \$1497, or six easy monthly payments of \$297.***

***Is the Program Right for You?***

**This program is not for everyone...**

To help determine if you are a good candidate and the program is the right fit for you, consider these questions:

- Can I afford to not do this work for myself and my clients?
- Am I willing to commit the time and resources it will take for this to happen?

*That's it. Two questions. Can I afford to not do the work? Am I willing?*

**If you honestly answered both of these questions, and you're ready, then I have an offer for you.**

**Here's my offer:**

*Purchase the program for only \$1497 or easy payments of \$297 a month and attend my "Busting Loose" seminar for free. (\$597 value)*

*But, you have to act now. There are a limited number of coaching slots available each month and when full this offer may no longer exist.*