



*essenza*  
**COACHING**

**OVERVIEW**  
& PRICING

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[www.laurentatro.com](http://www.laurentatro.com)

Discover your essence, live your truth.™



# What to expect

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01

## New Beginnings

You've answered the deeper calling for clarity and it's YOUR time. Over the next few months together we will dig in, dig out, and create a framework for clarity. Throughout our time together, you will discover a deeper level of trust with yourself and your path, an understanding of what no longer serves your highest good - and a roadmap for what does. Thank you for trusting me to be your guide.

*truly, lauren*

# 02 Our Journey

Welcome to this empowering journey! Our time together is designed with a clear purpose: to guide you towards a more fulfilling and meaningful life. Your commitment to this personal transformation process is the key to unlocking a path of self-discovery and positive change.

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Remember, this is your journey, and the commitment you're making is a powerful step towards living a life that reflects your true desires and potential. Let's begin this transformative process together!

Lauren  
**TATRO**





## At-A-Glance

Here is a top line at-a-glance of where we will focus throughout our sessions. As this is an intuitive process, I will guide you through this and also adjust based on where we may need to spend more time in order for breakthrough and clarity.

### Areas of Focus:

- **Surrender:** Understanding how your past impacts your present, in order to rewrite the future, from living deeply in the 'now'. Signal what you are ready to release. Journaling review and reflection of energy anchors.
- **Awaken:** Core beliefs, fears and values - bringing the subconscious to the surface. Cord cutting and calling back energy to self. Determining what is on 'auto-pilot' to reclaim your power.
- **Transform:** Conscious rewiring, intuitive goal setting and accountability. Visioning your future self, how does she move? What is she doing? How does she feel?
- **The Living Truth:** Stepping fully into your embodied energy, boundary work, communication and discussing obstacles and scenarios that will arise on your path.

*The beginning sessions will feel a bit more expansive, reflective and in flow state. We will build from flowing to doing to increase clarity as we progress.*

A wooden tray with a blue and white patterned cloth holds a candle, a small cross, and other items. In the background, a potted plant with green leaves is visible. The text is overlaid on the image.

when you silence  
the mind, clarity is  
gained.

@discover\_essenza\_coaching



## 04 Goal Mapping

As we progress in our coaching journey, we will begin to establish specific goals. Keep in mind that these will include multiple areas of focus (finding a balance of 'being' and 'doing') some examples:

### 1. **Values in Action**

- Identifying core values
- Determining where you are living in true alignment with those values.
- Micro-goal setting to begin shifting towards your truth.

### 2. **Goals for Communication**

- Where do you feel you aren't fully speaking your truth authentically?
- What boundaries are needed to support your highest good?

### 3. **Goals for Inspired Action**

- Where do you see yourself in the future? Identifying the root of the why.
- What steps are needed to get you there?



# create space

daily practices for allowing what supports your highest good.

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## 05

### Creating Space

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**We will focus on specific steps in between each session for you to ‘create space.’** This process focuses on intention and presence. Silencing the mind, in order to connect deeper with the wisdom of your body and being. We will identify any limiting thoughts or beliefs that are taking up space in your conscious and subconscious thought patterns, sink deeper into mindful living and the art of observation.

This process creates a blank canvas and space to call in what’s coming next - *your highest calling and purpose.*





06

## Clarity Gained

By the end of our sessions you will have more clarity and connection to self. You will have your roadmap of goals and daily practices to take with you on your path. I invite you to continue to carry what you've learned and apply it to your daily life. Self-awareness and a focus on your outlined goals will guide you on your path with clarity and trust.

You are the embodied leader of your life and will keep growing, learning, and thriving. Your potential is limitless.

Let's get started my friend!

# 07 Packages & Pricing

## *The Living Truth*

**Coaching Duration:** 3 Month Package (9 sessions)

**What to expect:** 60 Minute sessions done via Zoom with call notes and recordings provided after each call. Communication and support in between sessions as needed.

**Investment:** \$3,500 paid in full up front or \$1,300/m payment plan (\$3,900 total)

## *EmpowerHour*

**Coaching Duration:** 60 Minutes (via Zoom)

Upon completion of The Living Truth, add-on sessions can be purchased for continued support.

**Investment:** \$300/hr payable in advance of each session

*Lauren*  
**TATRO**

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