



JENNIFER ENGLER, LLC

ENERGY BASED COACHING



www.jenniferengler.com

Energy Based Coaching for

- Leadership Development
- Path and Purpose
- Life Transitions
- Integration of Experiences with Energy Healing
 - For example following Hypnosis, Reiki, and/or Readings

Now more than any other time in our history has it been so important to clearly understand, manage and align with your energy.

- Do you seek to follow what feeds your soul and feels life-giving but you can't seem to find a path forward?
- Have you been told that you are sensitive or intense and struggle to experience your energy as a gift versus feeling like it's a burden?
- Would you like to explore connecting to your higher self to better understand your next steps?

I can help you take an energy-based approach to exploring these questions and finding the practices that will best help you ground your energy and expand your awareness so that you can find your own truths. Energy based means that we focus on what gives you energy, determine what helps to ground you and identify what hijacks your energy, so that you can move toward greater inner peace and alignment to your soul's essence. I integrate tools and frameworks from my study of Positive Intelligence, study and teaching of Energetic Foundations and Reiki, as well as what I've learned from my trance and hypnosis work. I am open to working with you on a wide range of topics in this capacity, including leadership development, path and purpose/work and career, life transitions and higher self alignment/spiritual development.

Coaching can also help integrate your experiences in expanded consciousness via hypnosis, Reiki, Energetic Foundations Class, and/or Readings. Integration can help you develop practices to support you in following the guidance you receive and leaning into your own truths.

