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SEE IT. BELIEVE IT. BECOME IT.

# VISUALIZATION COACHING

## What is visualization coaching?

Visualization Coaching is a guided process that uses mental imagery, intentional imagination, and cognitive rehearsal to help you train your mind for the future you desire. When you repeatedly imagine the outcome you want — with clarity, emotion, and belief — your brain begins to build new pathways that increase confidence, reduce fear, and support the behaviors required to reach your goals. In this service, we practice turning possibilities into felt realities in your mind first — so you have the courage, direction, and internal alignment to act on them in real life.

## Who is visualization coaching for?

Adults (18+ years old) who want to accelerate performance, confidence, or spiritual imagination through guided inner practice — those who can engage in reflective exercises and commit to short, regular rehearsal practices between sessions.  
\*Not recommended as a standalone option for people in active dissociative states or acute crises without concurrent clinical support.





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## Format & Logistics

- Session length: 45 minutes (Zoom).
- Frequency: Most clients benefit from bi-weekly sessions. However, sessions can be scheduled as needed, depending on client's unique needs and capacity.
- Includes short, guided recordings and prompts for daily practice.



## What to expect in a session:

- Brief grounding and safety check.
- Clarify a specific target (goal, behavior, character trait).
- Guided visualization with sensory detail and somatic anchoring.
- Translate imagery into micro-actions and concrete behavioral steps.
- Assign short daily mental rehearsals and integration checks.



## Key Outcomes

- Sharper sense of identity aligned with goals.
- Strengthened confidence and clearer pathway to action.
- Increased approach-motivation and reduced avoidance.
- Improved follow-through as inner rehearsal converts to outward practice.

