

## Transpersonal Psychology Coaching

During this session we draw on the transcendent quality of consciousness to shift the client from ego-centered focus problems towards expansive awareness, which enables the discovery of solutions, drawing on spiritual wisdom and principles, and doing so in a pragmatic way that aims to empower people in the context of their everyday lives. Transpersonal coaching is considered a bio-psycho-socio-spiritual approach to coaching that may help to resolve issues concerning the body, mind, relationships and spirituality.

**Session Fees: THB 5,200 (90 min)**

## Life Transitions Coaching

Building on my experience in supporting people going through life transitions which may occur particularly challenging, I use tools and techniques such as the creation of a safe and emergent space, the skills of deep listening and embodied mindfulness practices to guide my clients through transforming these difficult times into opportunities for personal growth and self-actualization.

**Session Fees: THB 5,200 (90 min)**

## Clinical Hypnotherapy For Healthier Relationships

The subconscious mind is considered to be the source or root of many of our behaviors, attitudes and motivations. In this session, we use the hypnotic state as a powerful tool to access the subconscious mind and shift patterns that may be in the way of experiencing more freedom and authenticity in your relationships.

**Session Fees: THB 5,200 (90 min)**

## Trauma-informed Somatic Counseling

In this session, I will use trauma informed counseling skills, somatic practices for emotional healing and nervous system regulation as well as advanced trauma processing techniques. It is an authentically holistic approach - incorporating and honoring the somatic, psychological, emotional and spiritual aspects of the client.

**Session Fees: THB 5,200 (90 min)**

## Emotional Wellness Coaching

This session is about learning to reconnect with your feelings; the ability to feel, hold and regulate emotions. Being able to surf the emotional waves, which move through your body will give you access to the invaluable information they carry. Often this process brings more self-awareness, self-connection and the capacity for real intimacy in relationships.

**Session Fees: THB 5,200 (90 min)**

# SUPPORTIVE THERAPIES WITH STEPHANIE RAULT

## Embodied Menopause Transition Coaching

In this session we bring curiosity to the many somatic manifestations and symptoms a woman's body will experience during this stage of life. We then follow these to the wisdom and revelations they bring to the surface of the subconscious realm. Often time, these sessions will transform the perception you have of this period of your life into the magical and transcendental rite of passage that it is.

**Session Fees: THB 5,200 (90 min)**

## Holistic Weight Management Coaching

Through the many years I have worked with people having difficulties to maintain a healthy weight, I have learned that only a holistic approach will bring results. In this session I will use a multidimensional approach to your personal journey addressing the many important factors that may contribute to your body's natural ability to reach a healthy weight.

**Session Fees: THB 5,200 (90 min)**

## Package of any above 3 coaching Sessions

**Sessions Fees: THB 15,000**

**\*All Prices are nett**



### About Stephanie

Stephanie brings a comprehensive approach to the wellness journey. Having witnessed the potential of a true holistic approach to health and wellness, she incorporates the transpersonal space and a trauma-informed somatic approach to guide her clients towards wholeness.

With a background in hospitality, followed by a career in Public Relations, Stéphanie transitioned into health and wellness, out of her own experience in having to take care of her body and mind. With over 15 years of experience in the wellness field, she received her training from the Institute of Integrative Nutrition as well as the Integral Yoga and Tsui Shiki Ryoho Reiki lineages.

She holds a Bachelor degree in Metaphysical Sciences, is globally certified in Transpersonal Psychology Coaching and Clinical Hypnotherapy. She has recently completed the one-year professional training in Dr Gabor Mate's Compassionate Inquiry psychotherapy approach and is currently training in trauma-informed somatic counseling.