



From Anxiety *to Peace & Joy*

A transformational coaching program to
break free from High Functioning Anxiety

*Restore your well-being and vitality
Reclaim your full potential and happiness*

From Anxiety
to Peace & Joy

Do you live with constant stress and anxiety, although you may appear successful and calm from the outside?

Are you struggling with perfectionism, self-doubt, fear of failure?

Do you feel overwhelmed, overextended, and depleted?

High Functioning Anxiety is negatively impacting your :

- job performance
- career advancement
- relationships at work and at home
- mental, emotional and physical health
- life satisfaction and well-being

I've created this coaching program for you.

PROGRAM INTRODUCTION

This coaching program:

- gives you the **tools and strategies** to creates long-lasting changes.
- is informed by neuroscience, positive intelligence, my client experiences, and my personal journey in overcoming high-functioning anxiety.
- tackles the **root causes** of your anxiety. It 's not a quick fix.
- is a transformational program.
- leads your through your **own unique journey** with a **proven framework** for success.

A HOLISTIC APPROACH

I believe in a holistic approach to well-being. This program is designed to address not only the mind but also the body and spirit. True transformation comes from nurturing all aspects of your being.



THE FOUNDATIONS

- Prioritizing your **self-care**
- Developing a **mindfulness** & mental fitness practice
- Navigating your anxiety and difficult **emotions**
- Fostering a **positive mindset**
- Developing a vibrant **vision & purpose**



SELF-CARE

High-functioning anxiety puts your nervous system out of alignment and depletes your vital energy. The first steps to bringing back balance in your life are:

- **Prioritizing your self-care** to restore vitality and energy
- Developing your **self-compassion**
- Creating **healthy boundaries**

MINDFULNESS

High-functioning anxiety is a habit that you need to transform. It starts with developing self-awareness and restoring calm with mindfulness practice.

- Learn **practical and simple tools** to regulate your nervous system and control your stress response
- Establish your **self-awareness** by developing your brain muscles to intercept the sabotaging thoughts -- move from reacting to responding.
- Create new habits in your daily routine: **pause, connect, and listen to your body**
- Develop your ability to be **present, grounded, and focused**

NAVIGATING EMOTIONS

High-functioning anxiety is accompanied by other difficult emotions. When not dealt with, these emotions can create significant internal suffering.

- Learn **effective strategies** to navigate your anxiety and your difficult emotions:
 - no more bottling-up or feelings of overwhelm
 - shift from reacting to responding intentionally
- Turn your emotions into useful information that can guide you
- Nurture **positive emotions**: joy, gratitude, contentment, empathy...

POSITIVE MINDSET

Some beliefs, thoughts, and mindsets feed your high-functioning anxiety. It is critical to shift your perspective by:

- Revealing the **underlying roots** of your anxiety
 - Identifying self-sabotaging thoughts & behaviors
 - Recognizing your **limiting beliefs**
- Creating **new beliefs and mindsets** that serve you better
 - Rewiring your brain to create new thought patterns
- Fostering a **growth mindset**
- Developing your **positive intelligence** to address challenges in life with clarity, assuredness, and satisfaction.

VISION & PURPOSE

While you are setting yourself free from anxiety, it is important to bring clarity to your path.

*What do you really want to create in your career, your relationships, your life?
What is YOUR definition of success?*

- Develop a vibrant vision aligned with your true self and purpose
- Connect to your intuition and inner wisdom
- Identify your core values and purpose
- Create goals that align with your vision and bring you excitement



THE PROCESS

Set yourself up for long-term success



YOUR RESULTS



WHY WORKING WITH ME?

Compassion, Radical Acceptance and Science are the foundations of my holistic approach.

I've personally experienced the suffering that comes with high-functioning anxiety. I've developed a deep understanding of the underlying root causes and effective strategies to manage the angst of worry, concern and apprehension.

I am passionate about helping others break this cycle and live the vibrant and joyful life they deserve.

I care deeply. I will be your sounding board, your support, your guide, your cheerleader, your challenger, and your accountability partner.



KIND WORDS FROM MY CLIENTS

"If you want to start dealing with your anxiety and start **enjoying your life FOR REAL**, go with this program." - Tatiana

"Gaelle creates a **safe space** for me to be **open, honest and vulnerable** while guiding me along a path where I set the course and take the next steps with **excitement**." - Kyle

"Thanks to our sessions I do feel more **energized, enriched** in my ideas and I'm definitely **positive** for a strong future life holds for me." - Peggy

"Gaelle is **supportive, non-judgmental, motivational**." - Kelly

DETAILS OF THE PROGRAM

- Duration: 4 to 5 months (flexible with your schedule)
- Online with Zoom
- 12 one-to-one coaching sessions:
- Additional support:
 - Access to me through Whatsapp during the entirety of the program
 - One emergency call per month
 - Additional content (video, pdfs, online assessments)

Contact me to schedule a discovery call

Ready to embark on a transformative journey?

Schedule a discovery call today and let's explore how our coaching programs can help you overcome anxiety and create a life aligned with your true self.

During the call, we'll gain a deeper understanding of your unique challenges and aspirations, and discuss how my personalized coaching approach can support you in achieving your goals. It's time to invest in yourself and prioritize your well-being. Take the first step today and unlock your path to inner peace and joy.

[Click here to
book a call](#)

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The Time is Now

You deserve to live a vibrant life you love, aligned with who you truly are.
You deserve to live expressing your full potential.

Say "no" to the vicious cycle of anxiety.
Say "yes" to Peace & Joy.

Reclaim your quality of life and your vitality.
Experience success on your own terms.
Restore your well-being.
Assert your right to happiness.

The time is now.

Gaëlle

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