

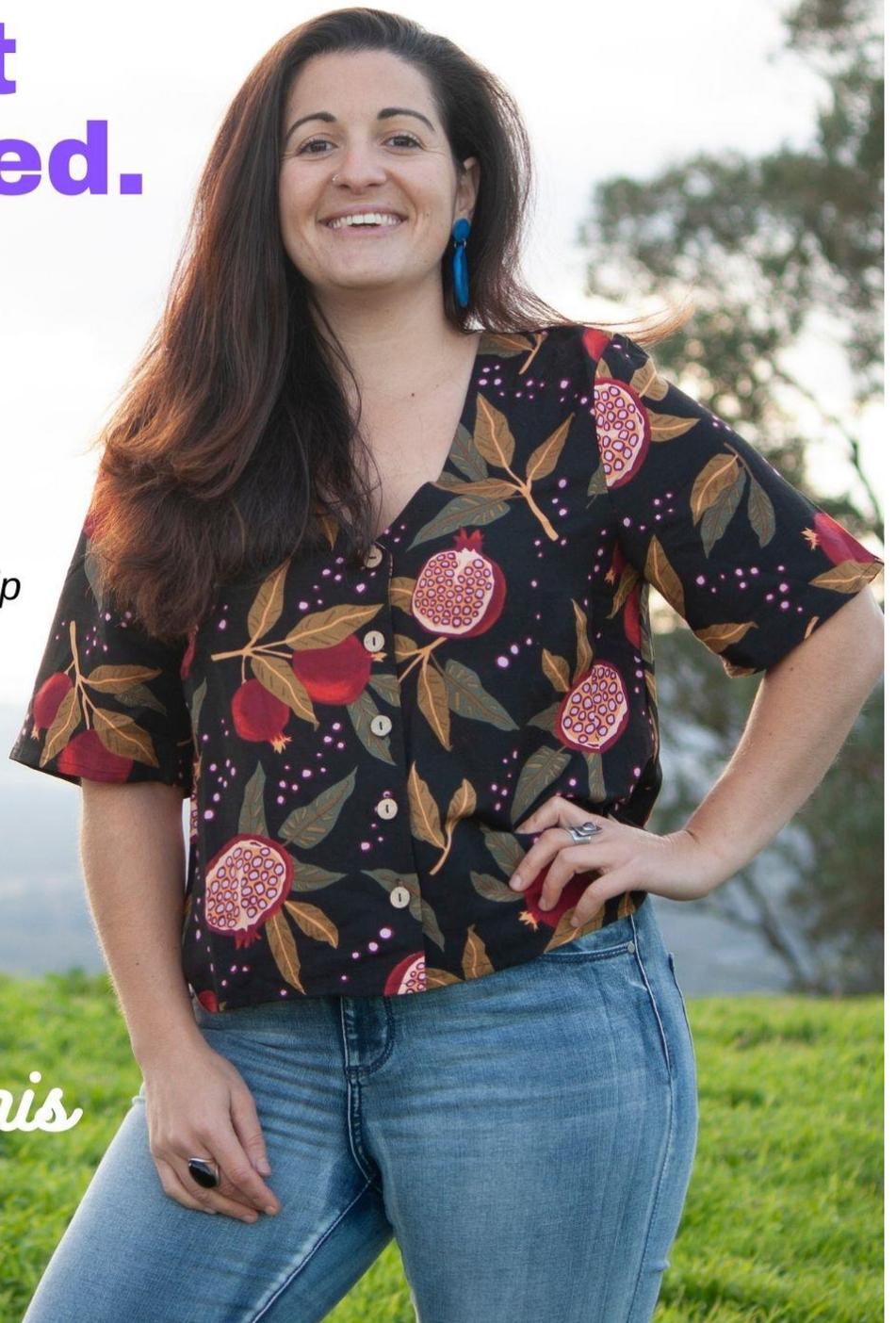
Find what gives you purpose, gain motivation and connect with your higher self in the next 90 days

Get Aligned.

Get the 1:1 support, resources, and clarity that will help you feel more content, more energised and happier with the direction of your life.

Thelma Vlamis

www.thelmavlamis.com



Get Aligned Program: For Anyone Who Feels Stuck, Lost, Depressed or Anxious with The Direction of Their Life

Why do we feel stuck in our life?

When we take action without tapping into what truly motivates us outside of societal and family conditioning, we can make decisions that end up causing us pain or suffering. If we're in a pattern where we take action and the outcome we get doesn't make us happy, we start to lose trust in our ability to make the right decisions. So rather than making the wrong choice again, we stay in situations that feel certain but don't make us feel fulfilled, healthy, happy or content. This also means we disconnect from our purpose, our health, and the people around us. This leads to health problems, relationship challenges, career challenges, and overall dissatisfaction with life.

A new study by a team of Harvard School of Public Health researchers found that if you feel you have a higher sense of purpose in life — defined as having meaning, a sense of direction, and goals — you are more likely to remain healthy and physically strong as you grow older.

Are You:

- Feeling lost, miserable, and depressed with the direction of your life?
- Asking yourself what am I passionate about so that I can invest my time, money, and energy towards something meaningful to me?
- Trying to make changes in your life without any help and didn't get the outcome you wanted?
- Losing trust in your ability to make life-changing decisions because you have taken action in the past and it did not work out as you expected?
- Driven and want more out of life than what you're getting now?
- Unclear about what energises you and makes you happy in life?

When we feel stuck in a situation that makes us feel miserable and unmotivated it's hard to see a way out. We tend to lose trust in our ability to make the right decision moving forward because the decisions we've made so far have not been aligned with our passions or what energises us.

This program helps you reconnect with yourself so that you can make decisions and choose pathways in your life that are connected to what gives you purpose. Throughout this program we peel away the fear, beliefs that keep you stuck and identify what resources in your life you can leverage from and what you would like to create. As a result, you discover what gives you deep purpose and how you can live it.

The Get Aligned Model

	Activity	Focus	Content With Life %
5.	Aligned	Awareness	100
4.	Discovery	Action	60
3.	Lost	Clarity	40
2.	Ownership	Control	20
1.	Miserable	Honest	0

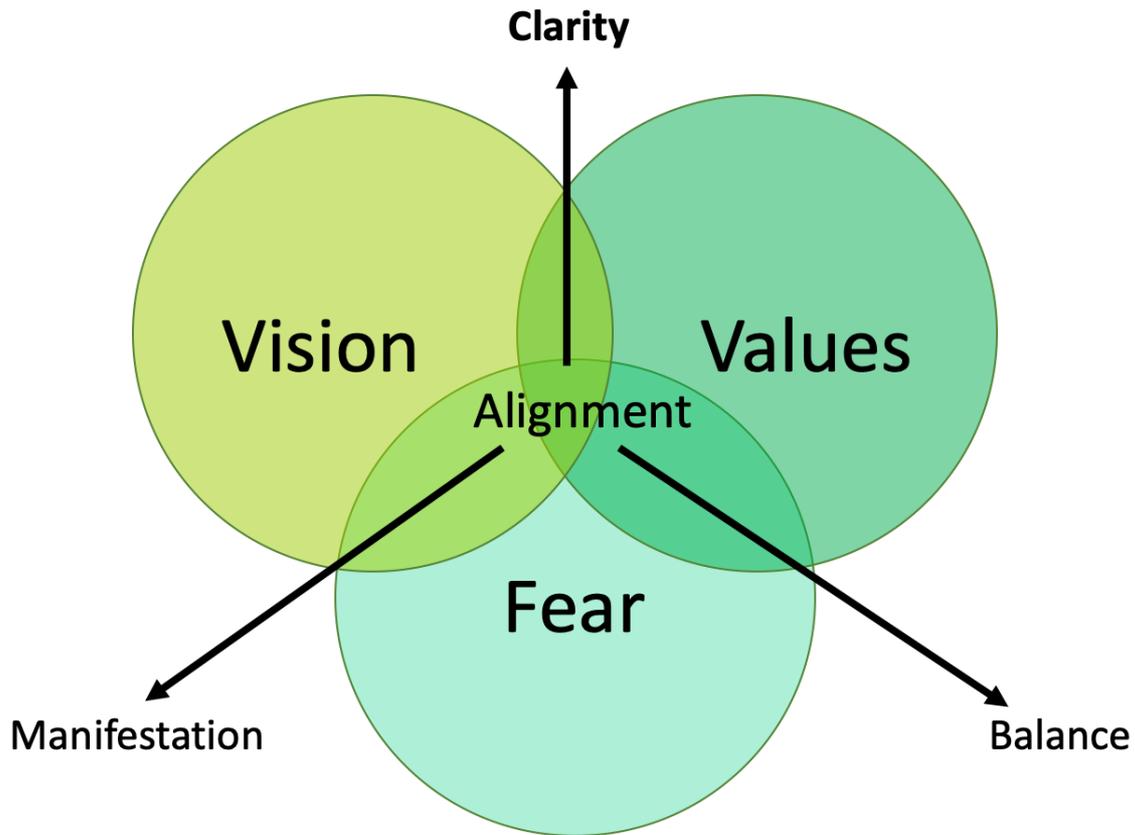
Level 1: Understand why you feel miserable, what you can do to feel happy again and feel empowered again. We need to be completely honest about where we are and what needs to change to make improvements in our lives.

Level 2: Learn how to take your power back, be in control of your life and feel secure in relationships

Level 3: Gain deep clarity about what direction you want your life to go in, what is holding you back from making the changes and how to create the life you want

Level 4: Take action and discover what you like and don't like with my support, encouragement and accountability. When we work with passion and purpose it's a discovery process that unfolds over time.

Level 5: Work with awareness tools to help you stay aligned and content with your life. We move in and out of alignment. When we're not aligned with what's true for us as individuals it shows up in our lives as signals such as, health problems (physical and mental), conflict, not getting the outcome we want and we can feel resentment, guilt or shame towards others in our life or ourselves.

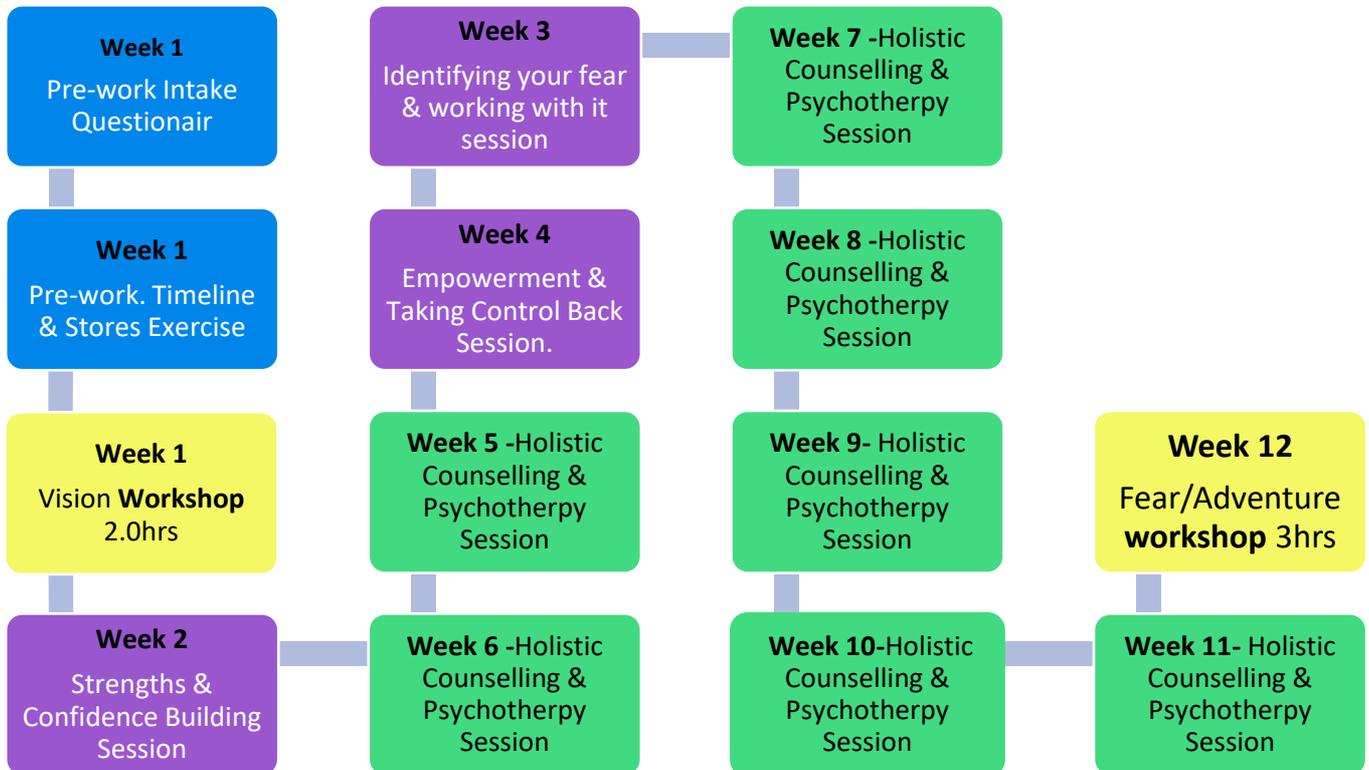


Vision – Using your life experiences and aspirations you will explore your dreams, goals and take action towards your dreams with my facilitation and support. Being clear about what excites you and the direction you want your life to go enables you to wake up every morning with purpose.

Values - When we feel stuck in situations this means we have conflicting values and often are living by values that are not ours and were created through society and family beliefs. We will identify the values that light you up and your conflicting values that drain your energy. This will bring more balance and wellness into your life.

Fear- Fear is the number one reason for holding us back from living into what gives us purpose. We will identify specific fears around the changes you are making and walk beside the fear, so you can take action and manifest what you want in your life.

Get Aligned Program:



What Does the Program Include?

- **12x 1:1 Holistic Counselling & Psychotherapy sessions.**

Made up of:

- **One 2-hour vision workshop** where we identify your goals, what gives you purpose, what motivates you, and write down what your focus will be over the next 90 days.
- **Strengths & Confidence Building Session.** Identifying your specific strengths and leverage them to make changes in your life.
- **Identifying your fear & working with it session.** Understanding your specific fears, why you have them, how they show up in your life and guiding you with techniques on how to work with them and make the changes you want to make in your life.
- **One adventure 3-hour workshop** where we work together on somethings that is challenging for you and you would like support and guidance through. Pick one thing you're afraid of that you would like to be supported through. This could be anything, for example, rock climbing, abseiling, a specific sport, public speaking, starting your own business, quitting your job, breaking up with a partner. Whatever it is, you can choose something you would like support with, and we will spend an

extra half day working on that specific challenge. The aim of this activity is to help you step outside of your comfort zone, see your power and strength when doing scary things. I will support and guide you through this.

- **Weekly check-ins on your progress.** These check ins help you stay focused and voice any challenges and wins that may come up for you.
- **1 x workbook with templates.**
- **Journal.** You will learn journaling techniques that will bring you a different awareness about yourself and help you process everyday stressors
- **2x personal development books.** These books inspire change and compliment the inner work we will be doing together.
- **Meditations** that will help you tap into your intuition and connect with yourself
- **A pendulum** that helps you tap into hidden information and understand your subconscious.

The Get Aligned Program

12x 1:1 Holistic Counselling & Psychotherapy sessions

Included within the 12 sessions:

- One 2-hour Vision workshop
- Strengths & Confidence Building Session
- Identifying your fear & working with it session
- One adventure 3-hour workshop

Weekly Check-Ins On Your Progress

1 x Workbook With Templates.

2x Personal Development Books

Total Investment per person

\$2000

TESTIMONIALS

-Sabrina

"I'd been considering working with you for ages!! I really wish I had sooner but maybe just wasn't ready. What finally got me was the realisation that it was better to try, to have tried

and not succeeded, than to have continued feeling the way that I was feeling knowing I might miss out on finding the answers”.

The pain of not doing anything became greater than the pain of trying to change.

I helped Sabrina on both a personal and professional level.

“I am now very clear on who I am - what my values are, what my needs are, how I want to show up in the world etc. These are the things that actually mean the most even though they're not as tangible as the other changes.

“In addition to the above I was able to get very clear about what was happening for me at work and finally left my job for a much better working environment. I then subsequently saw an even better opportunity and was able to secure that job, which has supported my professional growth in so many ways. My husband and I have more fun together these days. We now do more together like hiking and going to the gym, but also both have separate hobbies that we pursue for the sheer fun of them, rather than being so focused on our house and financial commitments. My health and fitness has improved dramatically, which I attribute in part to simply being happier and feeling better about myself, so I've been prepared to invest in myself more. I've also recently begun studying a subject that I've been interested in for years but didn't have the courage to pursue. “I am now feeling back in control of my life. I feel empowered to make changes, and the changes I am making or have made are congruent with my values and meet my needs, so they feel right. I feel so much more contented now.”

-Jacob

“A good motivational kick in the arse! It's been great to be asked those really thought provoking questions. They've made me really ask myself what I want to be doing with my life and, very importantly, how I want to be doing those things.

“Breeding specificity and through that, clarity and purpose. Enthusiasm and passion haven't really been a problem for me when it comes to career ideas, but the way your course asks me to be really specific about what I want and all the details of it, has really cleared my vision. I'm starting to get better at not just setting goals, but being specific about how I will actually achieve them. I'm realising that it's not enough just to set a deadline, you have to plan for exactly how you're going to meet it and... hold yourself accountable! By fleshing out my vision for my life (which is inclusive of my career, they are not separate when you do what you love) I have a clear picture of what steps are required... and which steps aren't! Being able to hold myself accountable and keeping myself on the path, is ridiculously invaluable. I've been able to say no to distractions more readily. It's not easy, but I know in the moment that it's right, and rewarding. I'm finding I have more time and energy to spend on what I love to do, because I'm choosing to say no to all of the things, and people, that would detract and distract me from my vision.”

-Natalie

I love working with you because it makes me self-reflect and assess the values I want to live my life by. Often these values are not what I enact in myself and our sessions give me a check-in point that I can then use in my own day. The phrase you used "be curious" had been huge! I have started to try to analyse my emotions and reactions to examine my own biases and experiences. As I work in communication this has been helpful because it assists with transparency for myself and helps me to interact more authentically with others as well as protecting my own energy and making calls on what to devote my time and thought to. These are the major benefits! I have also gained valuable insight into my own personality, strengths and how to apply these to my work.

"Seriously, what you do is so special and you have such incredible energy.

FAQ's

1. How long does the program go for?

The program goes for 90 days.

2. Will I know what my purpose is after this program.

You will have an in-depth understanding of what gives you purpose and how you can bring this into your life. Your purpose is not just one path, one opportunity or one course, it's a way of living and being of value to people in society. You will have clarity towards where to spend your time, energy, and finances. This could be studying, creating a business, changing your everyday routine, starting a hobby, or doing something creative in your life, for example, writing a book, starting dance classes, creating art. We identify your vision, create the steps you will take to achieve that and take action with my support and encouragement.

3. What if I don't know what challenge I want help with for the adventure workshop?

We will identify your specific fears and challenges that are holding you back and you will be able to choose from what we discover together. This will have a domino effect in your life.

4. What if I can't do face to face?

You can work with me over zoom for all the session, expect the adventure workshop. The adventure workshop will be ran around the Noosa and Sunshine Coast, QLD area.

ABOUT ME

Holistic Counsellor & Psychotherapy Profile



NAME: THELMA VLAMIS

HOLISTIC COUNSELLOR & PSYCHOTHERAPIST

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Background

A sense of purpose in our life gives us the motivation, energy, and passion to live our best life. If we don't have a sense of purpose our health suffers, physically, emotionally, and spiritually.

I am deeply passionate about helping you step into a life of purpose and overcoming any fear that is holding you back. Why not live our best life and enjoy the ride we call life. so many people wait until retirement to be happy and enjoy life, what if you could enjoy it now?

- Facilitator of personal development workshops at Get A Grip of The Grind Festival
- Facilitator and ambassador for Global Sisters
- Facilitating client awareness, tapping into their inner wisdom and power

I live at Marcus Beach on the Sunshine Coast but I haven't always lived here. I went through my own discovery process which led me to create my own business, manifest a life by the beach, and counsel ambitious people who have found themselves feeling stuck, lost, anxious, and depressed to create a life that gives them purpose and fulfillment. I believe that clarity breeds confidence and once you have the missing information, plus taking action, you're unstoppable.

I studied holistic counselling and psychotherapy after I realised that our past experiences growing up impact our ability to live a fulfilling life. Those experiences have also shaped what gives us purpose and what we are passionate about. I have an in-depth understanding of the human psyche through my own quarter life crisis and life experiences.

Thelma Vlamis

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I have facilitated a number of personal development workshops, with one of my favourites being at The Get A Grip Of the Grind Festival (an adventure festival). I also facilitated business programs for women and help encourage, support, and guide them with starting their own businesses, giving me an in-depth understanding of how fear can hold us back and what we can do to move forward even with the fear.

Steps From Here:

- Let me know when you would like to get started and what day of the week works for you for our weekly sessions.
- An invoice will be sent to you for the full payment of \$2500. This will need to be paid before we commence working together. Please reach out if you would like a payment option.

If you have any questions, please don't hesitate to contact me on 0431405410 or email support@thelmavlamis.com

Yours sincerely,

Thelma Vlamis

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