

A woman with voluminous, curly brown hair is shown from the back, looking towards the right. She is wearing a black, ribbed, off-the-shoulder top. The background is a soft-focus field of tall grass or reeds, bathed in warm, golden light, suggesting a sunset or sunrise. The overall mood is serene and natural.

SOMATIC LIFE COACHING

WITH ELLIE PASKELL

A woman with curly hair, seen from the back, wearing a white tank top. The image is slightly blurred and serves as a background for the text.

A COACHING PROGRAM WITH ME

is a powerful, safe container in which you'll evolve your life by following the guidance in your body.



PROGRAMS INCLUDE

- Private somatic life coaching sessions of 60-75 minutes
- Email/WhatsApp/Telegram support from me between sessions
- Access to private client portal & additional resources
- Creation of soul play so that you leave our meetings with an action or inaction step that moves you forward on the path of your soul

A JOURNEY WITH YOUR BODY

While this process will involve your mind, it's one in which your body takes the lead.

You'll move forward by following the innate intelligence in your cells, organs and nervous system which communicate to you through sensation.

I'll be there each step of the way, supporting you to tune into:

- Feelings and impulses
- Inner knowings
- Desires
- &
- Emotions

This is where the guidance lies.





THE COACHING ARC

Your coaching journey will be created bespoke for you; held by me as we move through your sessions and I discover what you need.

Written below is my tried and tested format which will be what you receive if it's right for you.

- At the start your program, you'll get clear on what you truly desire for your life. Why have you come to me? What are you here to heal, have or create?



- Once you've clarified your intentions, we craft them into your statement of desire which then acts as a beacon along your way.
- With your *statement of desire* in place, each subsequent session is a gentle step or powerful leap on your path of bringing it to be.
- Perhaps you want to release the past, nourish your relationship with you, soothe anxiety, revolutionise your health, career or something else...
- Each session you'll step out of the confines of your mind and enlist your body knowing to manifest profound shifts in your life.

WELCOMING ALL OF YOU HOME

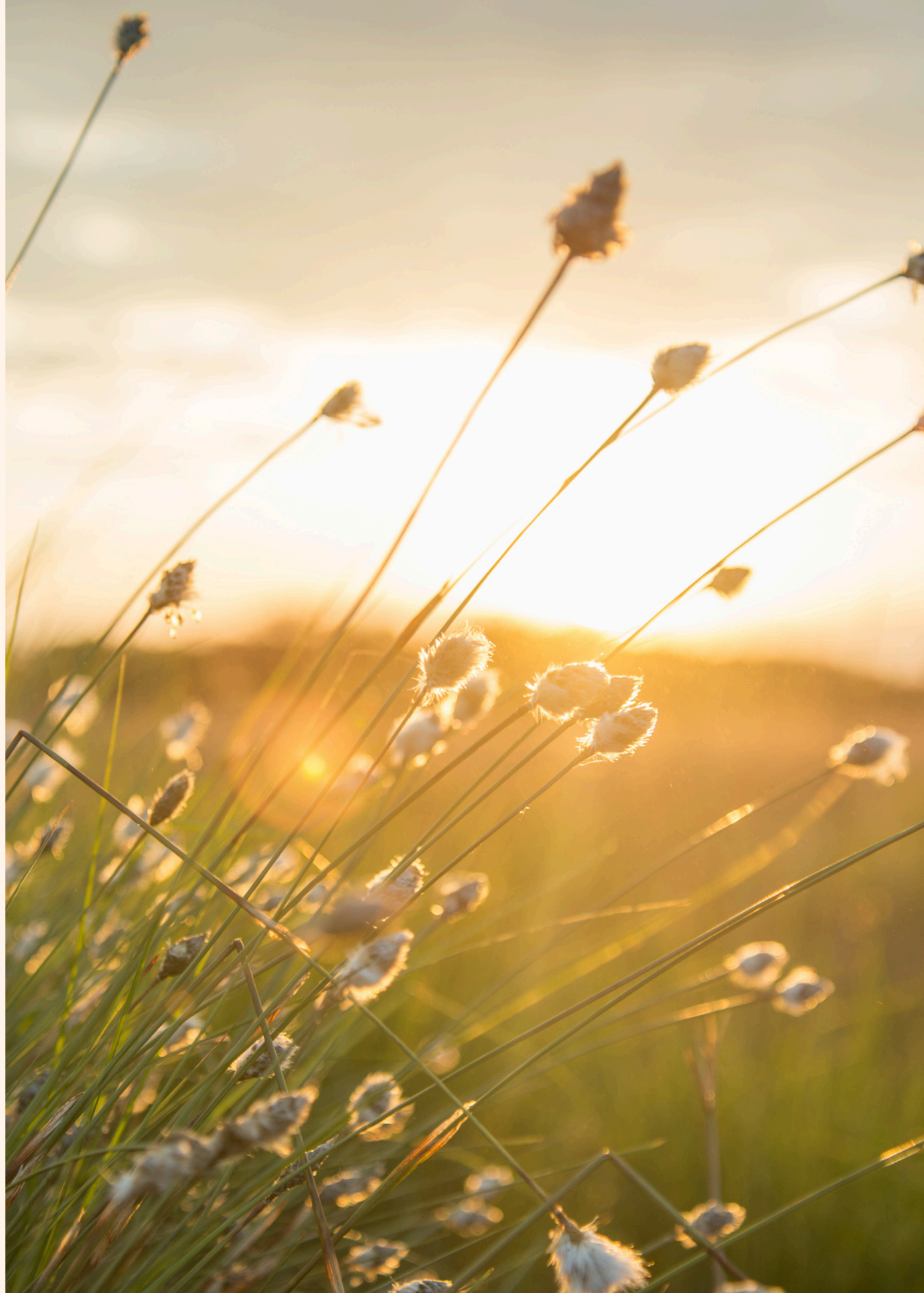
Over the course of your life, elements of your being have been shut away. Perhaps you've hidden sadness or locked your instincts up tight.

Now's the time for all of you to take space.

During your sessions with me, you'll discover the parts of yourself that are ready to return, and journey to set them free.

With this embodied welcoming comes health, integration, peace, empowerment and joy.





YOU'LL UTILISE YOUR CAPACITY FOR:

- Self directed neuroplasticity
- Nervous system regulation
- Vitality
- Grounding
- Self governance
- Delight

A woman with curly hair, eyes closed, hands clasped, in a meditative pose against a glowing, ethereal background. The background features soft, concentric light patterns in warm tones of yellow, orange, and pink, creating a serene and spiritual atmosphere. The woman is wearing a light-colored, textured cardigan.

TESTIMONIALS



" To work with Ellie has been the biggest turning point of my life, I finally feel that I am home, that I am me... I can now meet each moment, each message, with interest, with observation, compassion and kindness. I am now in my life, experiencing it like I never have before."

Nicola



"When I began sessions with Ellie, my life was at a standstill due to a period of chronic fatigue. Having been guided to connect with my soma, I was able to listen to my body's wisdom and hear what I really needed.

I have discovered a deep respect for what my body needs through our sessions; letting go of societies expectations and hearing my own needs. The result of which is that I am, now, recovered and planning my return to work. I feel quite transformed thanks to these coaching sessions. It's been magical!"

Helen

“Amazing experience working with Ellie. Through the somatic sessions I’ve discovered what I truly want out of life and what nourishes my heart and soul. I can honestly say I’ve never been happier... and have gained so many tools to help me stay true to my path. Thank you Ellie for your incredible insight and guidance in helping me find my path.”

Jon Murphy



CONNECT

Schedule a free call with me.

www.elliepaskell.com/connect