



Coaching
WELCOME
PACK

Laser Coaching

IG; jen.heb

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WELCOME

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Plan your next steps and have any of your remaining questions answered



WELCOME



WELCOME

Warmest of Welcomes

Welcome to Laser Coaching with me JEN. I am thrilled to have you join this vibrant community, where I am dedicated to helping individuals like you unlock their full potential and achieve extraordinary success in all areas of life.

In this welcome pack, you will discover the essence of this company's mission: to empower and uplift through our innovative coaching and mentoring program. As a trusted partner on your personal and professional journey, I am committed to providing you with invaluable resources, guidance, and support.

Within these pages, you will find an abundance of information about our services, tailored to meet your unique needs.

As you explore this welcome pack, take a moment to familiarise yourself with our core values – authenticity, growth, and compassion – which serve as the guiding principles of our company. We believe in fostering a nurturing and inclusive environment, where you can thrive and evolve into the best version of yourself.

We encourage you to seize every opportunity that comes your way, immersing in a new community and embrace the countless possibilities that lie ahead. Together, let us embark on an extraordinary journey towards personal fulfillment, profound growth, and unparalleled success.

Once again, welcome. I am excited to witness your remarkable achievements and celebrate your journey of self-discovery. Get ready to unfold your wings and soar to new heights!



Jen Heberton

Life Coach

Hi my name is Jen Heberton. I have been a full time yoga, meditation and breath work facilitator for 7 years. I have been through a huge and exciting self discovery journey that I am deeply grateful to have experienced. Thanks to coaches and mentors, I have expanded into the version of myself I had always dreamt of and now I want to help guide others on their own journey. I am a fully certified Laser Coach and I am ready to hold your hand and guide you to your greatness and to live a life you truly desire.



Our
attitude
toward life
determines
life's
attitude
towards us

Earl Nightingale

What are the benefits of

A LIFE COACH

Improved Clarity

Helps You Gain Greater Clarity
Around Your Purpose And
Passions In Life

Self-Awareness

Helps You To Develop Better
Self-Awareness

Goal Setting

Helps You With Goal-Setting And
Making A Plan Of Action To
Achieve Them

Problem Solving

Better Equips You To Work
Through Solutions To Specific
Problems

Being Present

Helps You To Learn To Engage In
Being Present

Keep You Honest

Keeps You Honest And Enable
You To Re-Evaluate Your
Thinking, Assumptions And
Beliefs





THE MISSION

"Our mission is to empower individuals to unleash their inner potential, cultivate self-awareness, and create meaningful and fulfilling lives. Through personalised coaching, compassionate guidance, and transformative strategies, we strive to support our clients in overcoming obstacles, discovering their true passions, and achieving their desired goals. We are committed to fostering growth, resilience, and holistic well-being, empowering individuals to lead purposeful and balanced lives."



THE VISION

"Our vision is to create a world where every individual is inspired, empowered, and equipped with the tools to thrive. We envision a society where people have the courage to embrace their authenticity, pursue their dreams, and make a positive impact in their communities. By igniting the flame of self-discovery and facilitating personal growth, we aim to be at the forefront of the life coaching industry, driving transformative change and becoming the go-to resource for individuals seeking guidance, clarity, and empowerment. Together, we can create a ripple effect of empowerment that elevates individuals, families, organisations, and society as a whole."

What to EXPECT

Laser Coaching Sessions are when you and I will work on a specific issue that is preventing you from reaching your goals and advancing in your life and/or career. Do you get stuck? Do you get influenced by thoughts and beliefs? Do you struggle to get past them? Are you struggling to make any progress in a certain area of your life and are now frustrated? Then these coaching sessions are exactly what can help you.

Laser coaching is designed to get to the root cause of what it is that is holding you back. These sessions are perfect to dive deep into what is blocking and stopping you from reaching your desires and find ways to unblock thinking patterns or habits that are sabotaging your daily life and your business. Not only will we get to the root cause, we will also together come up with bitesize actionable steps that will lead you to your desire and I will be there holding your hand every step of the way.



Once you have had your FREE consultation call, we will organise our first session. The Session takes place virtually (via zoom), in person or on the phone.



Each session is highly focused on an issue or challenge that is being presented to you at any given moment, and it's interfering with your day-to-day life, with your problem solving and goal setting, and /or with your career. I gather all the information related to the issue you're experiencing, then I ask you several questions that will challenge you and help you find a solution.



We will:

- Identify the obstacle or trigger
- Gain clarity on the situation
- Reframe the issue
- Recognise limiting beliefs
- Discuss ideas and different perspectives
- Remove doubts, blocks, and fears
- Find solutions
- Co-create a plan for immediate action
- Implement accountability



What We Expect OF YOU

Attend and be on time for each of our sessions

Be present with the coach and free from distraction for our sessions

I will be fully prepared for each coaching session with an agenda of what I would like coaching on

I will ensure my coach knows everything he/she needs to know so he/she can coach me to the best of their ability

I will maintain high expectations for both myself and my coach

I will take my own notes and be responsible for my own learning and take-aways

I will be sure to provide my coach with feedback on what's working for me and what is not

I will inform my coach of any scheduling conflicts more than 48 hours in advance of our next session. I understand that if I cannot do this then my session will be forfeited and pay the associated fee for coaching





What You Can Expect OF US

I will be on time for our sessions together

I will be present with you and free from distraction for our sessions

I will hold what you tell me in complete confidence and abide by the International Coach Federation code of ethics

I will be genuine, kind, honest and direct

I will validate, focus on and believe in your strengths and the best in you at all times

I will be prepared for each coaching session

I will support you in considering new perspectives

I will support your learning and forward your progress

I will consistently focus on your highest agenda for yourself



TESTIMONIAL

From the very first session Jen has been amazing.

She took her time and made me feel very much at ease. I never felt rushed

Jen asked the right questions with kindness and sensitivity allowing me to dig deep into my past.

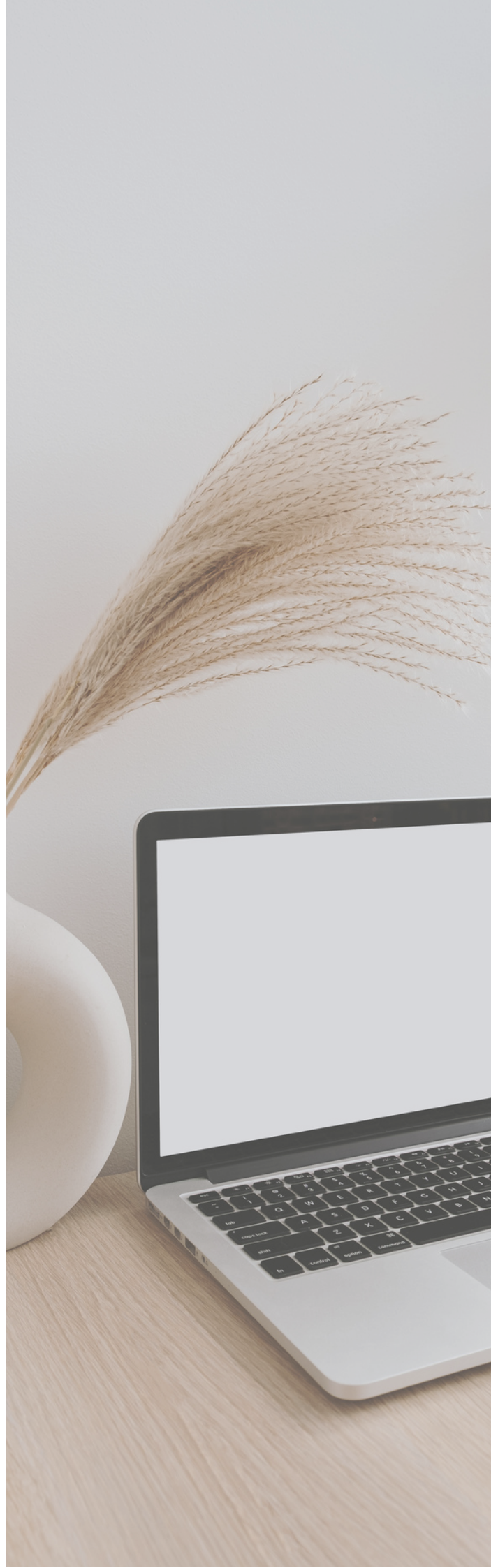
During and after the first session I felt quite emotional. Jen had enabled me to feel the blockages within me. She gave me strategies to help me deal with these feelings.

I looked forward to my follow up sessions, where Jen continued to intuitively ask in depth questions with compassion and listen carefully to my responses.

Jen has enlightened me as to what was holding me back and has certainly given me the confidence to pursue my dreams. I feel exhilarated and excited for the future.

Thank you so very much.

Lyn Gemmell





OUR SERVICES

We offer a range of life coaching services from face-to-face sessions with myself, virtual sessions, in person or phone calls. As well as our downloadable educational material and frequency therapy modalities.



EXPLORE WITHIN
(STARTER PACKAGE)



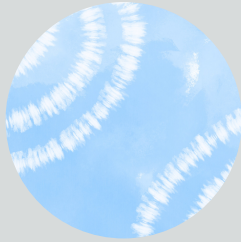
BREAKING FREE
(TRANSFORMATIVE
PACKAGE)



DEEP DIVE
(ELITE PACKAGE)

Coaching PACKAGES

EXPLORE WITHIN STARTER PACKAGE



The Starter Package is designed for individuals who are new to life coaching and want to dip their toes into the process. It includes:

- **Initial Assessment:** I will offer an initial assessment session to understand your current situation, goals, and areas of focus.
- **Goal-Setting Sessions:** 2 coaching sessions are conducted to help the client define their goals, identify obstacles, and create an action plan.
- **Evaluation Session:** 30 minute session where we evaluate your progress and celebrate your wins.
- **Ongoing Support:** I will provide ongoing support and accountability through regular contact via voxer to track progress and make adjustments.

This package includes

- 2 1hr sessions (1 session at the start and 1 session half way through)
- 1 30 min session (at the end)
- Educational Material
- Unlimited support via voxer
- FB community (live classes, interviews and inspirational content)

£200

With this package you also get 20% off either of the 12 week packages, if you choose to take your journey further.

OUR PRICING

Our pricing is arranged into 2 options depending on your coaching requirements. All options can be paid either upfront or payment plans are available, therefore please feel free to contact us with any questions you may have.

Coaching PACKAGES

BREAKING FREE TRANSFORMATIVE PACKAGE



The Transformation Package is designed for individuals who are committed to significant personal growth and positive change. It includes the following:

- **Comprehensive Assessment:** I will offer a thorough assessment to explore your strengths, values, beliefs, and areas for improvement.
- **In-Depth Coaching Sessions:** A series of in-depth coaching sessions are conducted to delve into specific challenges, develop strategies, and overcome obstacles.
- **Weekly Check In:** You will receive a weekly check in via email so we can evaluate our actions steps and keep you accountable.
- **Personalised Action Plans:** I will assist you in creating tailored action plans to achieve your goals, providing guidance, resources, and tools for self-improvement.
- **Additional Resources:** I will offer other materials, such as books, worksheets, or online resources, to support your transformational journey.
- **Specialised Tool:** I will utilise advanced tools and exercises to gain deeper insights and customise the coaching process.

This package includes

- 12 1 hr coaching sessions (1 coaching call a week)
- Weekly Check in via Email
- Comprehensive assessment
- Educational material
- Daily support via voxer
- FB community (live classes, interviews and inspirational content)

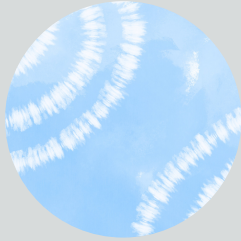
£700

OUR PRICING

Our pricing is arranged into 2 options depending on your coaching requirements. All options can be paid either upfront or payment plans are available, therefore please feel free to contact us with any questions you may have.

Coaching PACKAGES

DEEP DIVE VIP ELITE PACKAGE



The VIP Premium Package is a high-end offering for individuals seeking an exclusive and personalised coaching experience. It includes the following:

- **Extensive One-on-One Sessions:** You receive a generous number of one-on-one coaching sessions, allowing for deep exploration, breakthroughs, and tailored guidance.
- **Weekly Check In Calls:** You will receive 12 30 minute check in calls so we can stay aligned towards the desired goal.
- **Unlimited Support:** I provide unlimited support, which includes phone or vover access between sessions for additional guidance and accountability.
- **Additional Resources:** I will offer other materials, such as books, worksheets, or online resources, to support your transformational journey.
- **Specialised Tools:** I will utilise advanced tools and exercises to gain deeper insights and customise the coaching process.
- **Access To Useful Modalities:** You will have access to yoga classes, meditations, your human design chart and a frequency modality that picks up any unlimited beliefs or blocks related to a specific focus. This will be focused around your needs, providing a unique and immersive coaching experience.


This package includes

- 12 1 hr coaching sessions (1 coaching call a week)
- 12 30 minute check in calls (1 a week)
- Comprehensive assessment
- Educational material
- Unlimited support via vover
- Access to useful modalities
- FB community (live classes, interviews and inspirational content)

£1000

OUR PRICING

Our pricing is arranged into 2 options depending on your coaching requirements. All options can be paid either upfront or payment plans are available, therefore please feel free to contact us with any questions you may have.



WHAT IS FREQUENCY THERAPY (FT)

The frequency device we are referring to is the Healy.

The solutions to your questions, problems, and tasks in life are mostly within yourself. Often you just need a little support and help to recognise these solutions and information, to bring them to light, and to use them.

The Healy coaching app does exactly that. It is designed to support you in your development and in overcoming many challenges in your life. To give you clarity and new perspectives for your life.

With the Healy coaching modules you can develop yourself easily and effectively in all important areas of life.

The 4 week Coaching PROCESS

SESSION	1 & 2	WELCOME, ONBOARDING AND CREATING A VISION
		<p>This is where we start to explore the reason why you are here. We dive deep into what excites you, scares you and your truest desires. This week will involve getting to know one another, creating a clear vision and setting goals.</p> <p>LEADING YOU THROUGH YOUR GROWTH JOURNEY</p> <p>These sessions will be a mixture of coaching and taking action. The inner game and mindset is important but so is the action. We will break this down into digestible pieces and I will be there to guide you during the sessions and also via voxer support.</p>
SESSION	3	<p>EVALUATION OF PROGRESS</p> <p>This week we will be looking at your progress and celebrating all your wins. You can also ask any lingering questions or address any challenges. Here is where you begin to fly on your own. I will equip you with resources that can help you on your journey and map out your unique next step.</p>



The 12 Week Coaching SCHEDULE

Session 1 ● WELCOME AND ONBOARDING

This is where we start to explore the reason why you are here. We dive deep into what excites you, scares you and your truest desires. This week will involve getting to know one another and filling out worksheets to help understand where you are at.

Sessions 2 ● DEVELOPING A WELLNESS VISION

This week we move into goals and visions and get crystal clear on what it is you are hoping to achieve. We will do this together and create a clear pathway to your desired destination.

Sessions 3-10 ● LEADING YOU THROUGH YOUR GROWTH JOURNEY

These sessions will be a mixture of coaching and taking action. The inner game and mindset is important but so is the action. We will break this down into digestible pieces and I will be there to guide you during the sessions and also via voxer support.

Sessions 11 ● EVALUATION OF PROGRESS

This week we will be looking at your progress and celebrating all your wins. You can also ask any lingering questions or address any challenges.

Sessions 12 ● EXPLORING THE NEXT STEPS AND BUILDING LASTING CHANGE

Here is where you begin to fly on your own. I will equip you with resources that can help you on your journey and map out your unique next step.

A woman in a patterned dress is performing a yoga pose on a stone path in a lush garden. She is in a deep backbend, with her hands on the ground and her feet raised. The garden is filled with various plants, including large green leaves and red flowers. A concrete wall with a small decorative window is in the background.

You don't
have to be
great to
get started
but you
have to get
started to
be great.

Les Brown

The Next STEPS

01

FILL OUT LASER COACHING APPLICATION

If your interested please get in touch via my website (email), message me on 07702119332 or on instagram. I will send the application form which asks questions to ensure this is the right fit for you.

02

BOOK A FREE 30 MIN CALL

Once your application has been reviewed we will organise a call so we can chat and see if we are the right fit for one another and make sure you are comfortable with your decision.

03

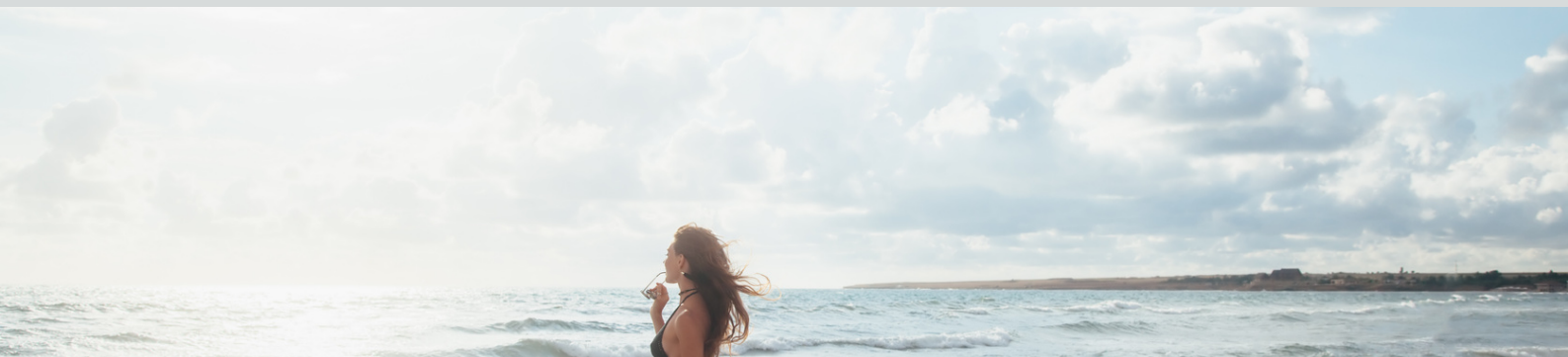
MAKE YOUR INVESTMENT

Once you decide you want to go ahead, I will send an invoice for payment to secure your place. Upfront or payment plans are available.

04

START YOUR JOURNEY

And we are off. Once your spot is secure I will contact you via voxer where we will be communicating the whole time you are on your journey. We will arrange our first call ASAP and I will send any forms that need filled out before we start.



F . A . Q

How does life coaching work?

The benefit of life coaching is that it focuses on exactly what you want to achieve and helps you get there sooner. The tools and techniques life coaching teaches you will help you become more result-orientated and goal-directed in your goal achievement.

How is life coaching different from therapy or counselling?

In simple terms, most forms of therapy, including counselling, focus on 'what has happened'. They are concerned with 'the problem' and with regaining mental balance and perspective. Coaching focuses on what is possible. It is future focused, action oriented and supportive in helping clients move towards their goals.

Where does the life coach focus with an average client?

We focus where the client wants us to focus: Your goals are our goals. Although, we might have some radical suggestions for just how to reach those goals more quickly. Sometimes, in order to be more successful in business, you need to do some personal work. So don't be surprised if you get some personal assessments and quizzes

How long does the coaching process take?

The time frame can vary greatly and depends on a wide range of factors: your goal(s), your commitment and openness to change, your capacity for introspection, your circumstances, how quickly and thoughtfully you complete homework assignments, and other unique factors.

How can I get the best results from working with a Coach?

We recommend you are in a position where you can truly focus and invest in exploring yourself, in order to get the best results. Coaching cannot be seen as a 'quick-fix' – the best results take a thorough approach with focus. Time pressures often negatively impact the person's ability to focus and get the most from the sessions and work.

Client Reviews

"Enabled me to feel calm and confident'..."

After a quick 20 minute coaching session with Jen, I felt a really positive energy shift. I was feeling anxious before teaching my classes but she gave me the tools that have enabled me to feel calm and confident in my ability. Dealing with self doubt and critical self talk has helped me to feel empowered moving forward. Thank you Jen xx

'The experience to be all I could wish for'...

During my session with Jen I felt completely at ease. She asked many open questions that prompted me to react, resulting in much inner thought and enquiry. I found the experience to be all I could wish for in a coach. I was patiently listened to and then led in the right direction in terms of thought. The session helped me to consider my concerns from a completely different view point. Overall, the session was conducted with upmost professionalism, empathy, understanding whilst equipping and guiding me with solutions and outcomes. Thank you so much.

"How free it made me feel..."

*My coaching session with Jen began with a question and the setting of an intention.
My question?
About being shy and the fear of confrontation.
My intention?
Was to try and hold space.
Anchored in no where and with heavy legs (these are my notes)
The meditation went right through my entire body upwards into space where I was just a speck and then all the way back.
It was very emotional, (I got a bit weepy) but it was countered by the surprise at how strong the visualization became. How free it made me feel.
I could make my mind (with the help of Jen) fly higher than my earthbound self*

"Life affirming experience'

Working with Jen has been a life affirming experience. Her skill, care and kindness during this journey have been brilliant. She created a safe environment of trust during our sessions. And she was not afraid to keep me focused when I needed it.





Contact us

How to get in touch:

Contact us by either email at jenniferhebenton@hotmail.com, or DM me on Instagram (link at the bottom of the page) , or message me on 07702119332

Our office hours:

09:00 - 17:00 Monday to Friday





We look forward
to supporting you
on your journey