

## **Self Empowerment Coaching Program**

### *Overview*

Cultivating self empowerment is a process of developing a deeper relationship with our true self and coming into alignment with the powerful energy that is at our core. It is allowing the free flow of inner communication and guidance that is always being offered from our core source to assist us in living the valuable, unique and powerful lives we are each here to live. True empowerment comes from understanding that no matter what situation we are experiencing, we have immediate access to this powerful flow of inner communication, giving us the ability to begin to create a new experience in any moment as we choose a new focus of our thoughts.

Who we really are at our core is powerful beyond measure, though most of us have forgotten this truth. When we forget who we are and why we're here, we mistakenly believe that we have no control over the circumstances of our lives and that we are powerless to change any experience that we want improvement. When we begin to remember who we are and understand how to actively access our true, natural power in every moment, we remember that it is through the focus of our minds that we direct the flow of our energy and create any experience we desire for our lives. The primary purpose of Melissa Casas Consulting's Self Empowerment Coaching Program is to give people the important support and tools to remember and connect with their core source of power in order to create and experience the valuable life that is ours to live.

As we move through our daily experiences, our core true self is offering a constant, higher, broader perspective on everything that we are experiencing in our lives. Coming to understand and trust this important perspective of our true self is a process of cultivating ourselves and our minds to know the difference between the truth of who we are and the "stories" that we have built up inside of us from distorted beliefs we formed about ourselves over many years. The cornerstone of the Self Empowerment Coaching Program is a process of self-cultivation called 3-C Communication™ (please see the *3-C Communication™ Overview* for more information). Through 3-C Communication™, clients learn a powerful process of inner communication designed to clean out the "stories" we layer on top of us and return us to a clear understanding of our true self so that we can use the fresh, natural starting point of every moment to make a clearer decision about what we want and follow the natural flow of our energy to experience the essence of everything we desire.

Melissa Casas Consulting's Self Empowerment Coaching Program is offered to individuals seeking one-on-one assistance in developing a deeper relationship with their true self. Sessions are 90 minutes in length and are scheduled based on the unique program designed for each client. The three primary components of the Self Empowerment Coaching Program are:

1. **Remembering Who You Are:**  
Learning to Cultivate Your Mind and Connect With Your Core Energy (*3-C Communication™*)
2. **The Language of Intuition:**  
Learning to Communicate With Your True Self
3. **Remembering Why You're Here:**  
Learning to Consciously Create Your Life

**For more information and to schedule a free introductory phone session, please contact Melissa Casas at:**

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