



## Soul Coaching and Self-Esteem

Of course, you're a work in process; we all are. Fine pieces of exquisite art, containers of all that makes us precious, unique, delightfully who we are now and who we are transforming into. Eternal beings living a physical experience in earthly time and places. You are soul mind body and spirit—and life-traveling here for reasons your soul is awakening you to. When you ask, I'm here to assist, reassure, light and guide, inspire, and add joy and support to life's natural side-effects when souls awaken.

**Anne Wondra - WonderSpirit**  
Coach Writer Muse

- **Self-Starting materials** are found at [www.WonderSpirit.com/faqs/](http://www.WonderSpirit.com/faqs/)
- A starter session comes next.



### WonderSpirit Coaching & Writing Services

- **Starter Session (\$25)**  
This is a focus and interview conversation that creates our casual coaching structure and the intention for our work together. Wonderful Life coaching and writing services and sessions support and empower you to be all you truly are, and to love who you are. Self-discovery is a sacred path; finding your light in living is its purpose.
- **1-Month Programs**  
**1 Workshop and 1 Month of Follow-Through Coaching (\$285)**  
WonderSpirit workshops—12 of them—come out of life wisdom from the WonderSpirit collection, learnings that made life easier and freer. These are personalized learning experiences that create more ease, light, and clarity. Timeless. Workshop programs include the workshop of your choice with a month of weekly follow-through sessions.

### A la carte Soul and Self-Esteem Services

- **1-Hour (\$130 / \$65 with monthly coaching membership)**  
Personal coaching and writing around your life, projects, and roles you're stepping into. WonderSpirit soul coaching and self-esteem sessions support your inner wisdom and growing self-confidence with empowering uplifting spiritual mentoring, quotes and wisdom, and contacts.
- **½-Hour (\$55 / \$35 with monthly coaching membership)**  
Shorter, focused sessions for progress on previous session's work, writing sharing on what's changing and growing for you, what's in flow and what is still in process. Exchange and receive pure positive energy, insight, information, guidance, resources, and refining on your personal life process.

"I always feel better when I talk to you." - M.