



# Mind Body Education

## Holistic Success Hub - Resources

### 4 Week Holistic Engagement Plan

#### A Client-Attraction Strategy for Holistic Therapists

This plan helps you build connections, trust, and visibility online so you can attract more of the clients you're meant to serve—authentically and sustainably.

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#### Weekly Theme Structure

Day	Theme	Purpose
Mon	Heart-Centred Message	Share your story, mission, or intention
Tue	Tips for Transformation	Educate & inspire your ideal client
Wed	Real Talk Wednesday	Build trust with relatable, honest posts
Thu	Client Journey	Show what's possible—share results or insights
Fri	FAQ Friday	Answer common questions about your services
Sat	Behind-the-Scenes	Humanize your brand & share your healing space
Sun	Reflect & Connect	Soulful questions to engage your audience

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## Week 1: Building Connection

**Mon:** “Why I became a holistic therapist” (Share your personal journey)

**Tue:** “3 signs your body is asking for emotional healing”

**Wed:** “It’s normal to feel stuck—even healers do. Here’s what helps me...”

**Thu:** Share a case study or example (anonymous) of a breakthrough a client had

**Fri:** “Do I need to be ‘spiritual’ to benefit from holistic therapy?”

**Sat:** Show your tools—art supplies, meditation corner, healing space

**Sun:** Ask: “What’s one thing your soul is craving right now?” – be sure to respond to comments.

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## Week 2: Demonstrating Value

**Mon:** Post a client-love testimonial (with permission)

**Tue:** Share a grounding technique or journaling prompt

**Wed:** Talk about something you wish more people knew about holistic healing

**Thu:** Describe a typical session—“What to expect when working with me”

**Fri:** “Do I need to talk about trauma in holistic therapy?” (answer gently)

**Sat:** Time-lapse or Facetime of you setting up for a session

**Sun:** “What does your ideal healing look like?” (Invite responses)

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## Week 3: Encouraging Action

**Mon:** “What happens when you finally say yes to your healing?”

**Tue:** Share a free resource or tip—like a self-care checklist

**Wed:** “I used to believe I had to push through everything alone. Now I know better.”

**Thu:** Talk about how art, meditation, or movement supports healing

**Fri:** “Can holistic therapy help with anxiety?” (educate & empower)

**Sat:** Show your process for creating a safe, nurturing session space

**Sun:** Poll or quiz: “What do you need more of: Calm, clarity, or confidence?”

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## Week 4: Inviting Clients In

**Mon:** “Are you ready to feel more like *you* again?”

**Tue:** Offer a limited-time free consult, intro session, or discovery call

**Wed:** “Here’s what working with me *isn’t* like...” (debunk myths with warmth)

**Thu:** Post a transformation story (before/after feelings, not just results)

**Fri:** “How long does it take to see results with holistic therapy?”

**Sat:** Video: “Why my clients choose holistic therapy over traditional talk therapy”

**Sun:** Journal prompt: “What’s one thing you’re ready to release this month?”

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## Posting Tips

- Use your **brand colours, fonts, and tone** consistently.
- End with soft calls to action:
  - “Comment if this resonates with you”
  - “Message me to chat about how I can help”
  - “Want support like this? Book a free clarity call”