



Mind Body Education

Holistic Success Hub - Resources

Coaching Session Promotional Post Template

Specialised Content for Holistic Therapists – Connect, Inspire & Empower

This template is designed to help you promote your holistic coaching sessions with clarity, authenticity, and impact. Use it for social media, newsletters, your website, or digital flyers to share what you offer and invite new clients to work with you.

Customisable Post Template

Headline Options

Choose one or mix and match:

- “Ready to Make a Change? Let’s Talk.”
 - “Clarity. Confidence. Alignment. That’s What Coaching Can Do.”
 - “It’s Time to Step into the Life You Know is Possible.”
 - “Need Support? Holistic Coaching Can Help You Move Forward.”
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Intro Paragraph (Editable Example)

Are you feeling stuck, overwhelmed, or unsure of your next step?

Holistic coaching is not about telling you what to do — it’s about guiding you back to your own inner wisdom. Together, we explore your goals, your blocks, and your deepest values, so you can move forward with clarity, confidence, and purpose.

Whether you’re navigating life transitions, starting a new business, managing stress, or seeking greater meaning — this is safe, supportive space just for you.

What You'll Experience

In your coaching session, you will:

- Feel truly heard and supported without judgement
- Gain practical tools to manage stress, stay focused, and feel more empowered
- Receive tailored guidance aligned with your goals, values, and emotional wellbeing
- Leave with clarity, direction, and next steps

These sessions are a blend of insight, strategy, and soul.

Common Focus Areas

Tailor this to your niche or client base:

- Life transitions
 - Self-confidence and boundaries
 - Work-life balance
 - Goal setting and follow-through
 - Emotional resilience
 - Starting or growing a heart-based business
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Client Feedback (Optional)

"I felt like I'd been carrying so much alone, and after one session, I had not just clarity — but relief. I finally feel like I'm moving forward with support."

Session Details

- ✓ Online or in-person (location)
- ✓ 60-minute coaching session – [Insert price]
- ✓ Packages available for deeper transformation
- ✓ Limited availability each week

 Book your session: [Insert link]

 Or DM me to chat and see if it's the right fit for you

Call-to-Action Options





End your post with a warm and clear invitation:

- You don't have to figure it all out alone — I'd love to support you.
 - Curious about how coaching could help you? Let's chat.
 - Step into the support you've been craving — book a session today.
 - DM me "COACHING" and I'll send you all the details.
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Tips for Personalisation

- Use language that reflects your unique tone — calm, motivating, intuitive, grounded, etc.
 - Share your coaching philosophy or why you started this work
 - Add your photo or a peaceful image to build trust
 - Speak directly to your ideal client's pain points and desires
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Optional Post Ideas Using This Template

-  **Monday:** "Feeling stuck?" post with the intro and session offer
-  **Wednesday:** Client quote or before-and-after story
-  **Friday:** "This is your sign to book the session" reminder with limited spots
-  **Any day:** Short video explaining how a session works