

How Lana Completely
Transformed Her Life
with the Help of
Soul Collective



SOUL COLLECTIVE

Create Your Reality



THE CLIENT

Meet Lana

While growing up in Saudi Arabia, Lana was aware of the impact that her environment and culture had on her personality. Although freedom is one of her top values, she had been conditioned by her family and society to live within the limitations of culture and tradition.

A lover of nature walks, personal growth and continuous learning, her authentic self was there all the time, waiting to be re-connected to and activated. Deep down, she already knew what her passions and interests are. She simply needed the courage, permission and confidence to tap into these long-forgotten hobbies and make them a lifestyle and reality.

With upcoming career projects based on these interests, Lana is now on the right path of connecting to her soul essence and authentic self.

Being unable to go out alone

Lana used to constantly wait at home and not go out unless there was somebody to accompany her to go out with. The idea and experience of going out alone triggered anxiety which was distressing and had a negative impact on her life.

THE PROBLEMS

Lana partnered with Soul Collective to help her overcome many challenges that were having a negative impact on her wellbeing and preventing her from living her best life.

Multiple issues were tackled during custom, powerful one-on-one sessions with Nada, the owner of Soul Collective.

No hobbies or interests

Lana never gave any thought to her own hobbies or interests as she was over-giving to others. As a result, she felt that her life was not as full as she might like. As she was so easily overwhelmed, she had restricted herself to a smallish existence which left her feeling unfulfilled.

Anxiety about traveling to destinations

Lana would always refuse invitations to attend social gatherings if she was not familiar with the exact location of the gathering. Thoughts and feelings about travelling and using a GPS triggered anxiety which was causing her to miss out on many rewarding experiences.

Over-giving in family relationships

Lana was giving family members all of her attention. Over-giving comes from an inability to receive. As such, Lana was giving because she wanted to feel good about herself. She hoped it would be appreciated and felt morally obligated to. As a result of this she was neglecting her own important needs which was making her feel unfilled and unhappy.

Anger and depression issues

Lana would get angry and depressed when things in life would go wrong as they sometimes do. When bad events happened, she would experience powerful feelings of despair or anger. Those feelings left her feeling like a victim of the unfair event which ruined her mood and wellbeing.



Mindset
is Everything

THE SOLUTIONS

Soul Collective worked with Lana using unique and powerful life coaching sessions to implement the following solutions.

Together they worked through each issue and Nada helped Lana to:

- **Stop postponing** her life and start living right now
- **Step out** of her comfort zone in all areas of life
- **Enjoy** her own company and go out without companions.
- **Embrace** her amazing femininity
- **Reverse** negative filters to create lasting happiness
- **Become aware** of negative thought patterns
- **Focus** on the Universe's messages and learn from them
- **Surround** herself with people who respect her and lift her up in life
- **Feel secure**, go with the flow and leave things to the Universe
- **Look for** deep hidden hobbies and to re-discover her unique self.

Being unable to go out alone

Lana no longer waits for others to accompany her before she feels comfortable to go out. She learnt from Nada (by example) how to effectively go out alone and even enjoy a cup of coffee in a nice place on her own. This has had a tremendously positive impact on her life.

Anxiety about traveling to destinations

Lana learnt how to step out of her comfort zone and started immediately saying yes to invitations to social gatherings. She now uses her GPS all the time and in spite of getting lost sometimes she is always able to reach her end destination.

Over-giving in family relationships

Lana learn how to successfully create boundaries in her life between herself and those who do not wish to support her in life by being firm and kind. She now understands that her needs are important. She now seeks out and surrounds herself with people who value her. She no longer cares what people think of her and has a healthier outlook on life.

THE RESULTS

Soul Collective helped Lana transform her life in many areas. Here's how the powerful one-to-one coaching sessions made such a difference:

Anger and depression issues

Lana no longer gets angry or depressed about adverse events that happen. She now looks for the lesson in every negative event from the Universe. Recently she wanted to attend her usual salon but it was closed. Rather than get angry or upset she focused her attention on finding a new salon with open eyes and an open heart and found an even better one. She now applies this approach in all areas of life.

No hobbies or interests

Through the sessions, Lana discovered that cooking and baking was a passion that both she and her daughter loved. She now owns a successful catering business and now spends time doing things she loves. This makes her happy as she is leading a fulfilling life.

Extra: financial abundance

Lana did not expect from her sessions with Nada to create a career of her dreams. However, during her sessions she discovered her deep enjoyment in cooking and with guidance and encouragement was able to create the career of her dreams. This resulted in financial abundance which was a life-changing event.

Overall, the areas in her life which she was finding a challenge have all dramatically improved. You can see how these are rated out of 10 in each area before and after the coaching.

Area of Life	Self-assessment before the Coaching	Self-assessment after the Coaching
Career	2	10
Finances	3	9
Family	3	8
Friends	4	8
Interests/Hobbies	1	8
Self-care	2	9
Goals	3	9
Stress Levels	2	8
Bad habits	2	9
Self-confidence	3	8
Happiness	4	9

Here is what Lana had to say about her coaching experience with Soul Collective:

"Before coaching with Nada, I was simply waiting to live instead of actually living.

Nada changed the way I think & live my daily life. As a result, the whole world changed around me.

She guided me to change things that were no longer serving me. She installed new daily habits to replace my bad habits. These new habits served my goals and the lifestyle I always dreamt of.

The sessions taught me that being active is a priority. Trying new hobbies, visiting new places, traveling is important. I need to either do these things alone or with others of the same mindset.

When I started the coaching sessions with Nada, I thought it's a fun thing and that I will have a good time with her. I was not thinking at all that these sessions would seriously move me to another level in my life; emotionally, spiritually and financially.

The last thing I expected out of these sessions was to manifest my own business dream.

I discovered my deep enjoyment and with guidance and encouragement I was able to create the career of my dreams.

So, I shifted from a lack of financial security to the abundance of my own business.

Thank you, Nada for changing the lives of others. I really hope that no one will miss the opportunity of coaching with you."

HOW SOUL COLLECTIVE CAN HELP YOU TRANSFORM YOUR LIFE

If you are looking to achieve the same results as Lana, contact us today.

Soul Collective has a proven track record of helping clients achieve success in all areas of life. We'd like to help you do the same. Contact us to find out how we can bring winning results to your life.

WE CAN HELP YOU BREAK FREE FROM:

Create
Your
Reality



Toxic relationships, connections

A toxic relationship can drain the life out of you. It can damage your self-esteem, kill your dreams and ruin your happiness. We'll help you break free from any relationship that is holding you back.

Society/family/country restrictions

Are you experiencing issues within your society, family or the country you are currently located in? We'll help you face your problems and help you create a specific, structured plan for how you can face these issues and find fast and effective solutions.

Living in your comfort zones/routines

Just like a ship was not designed to stay in the safe harbour, neither are human beings. We have been created to sail the oceans and to push the boundaries of what is possible. We'll help you unlock your unlimited potential.

Non-rewarding careers/jobs

Are you stuck in a financially limited or unrewarding job that you hate? Are you frustrated and underappreciated? We'll help you break free from unrewarding career or job and find joy in your work. If you need to discover your passion, we can help you with this too.

Destructive behaviors/patterns/ mindsets

Is your behavior and mindset causing you to make poor life choices? Are you experiencing internal conflict and misery? We'll help you identify destructive patterns and help you finally break free from them to a life you'll love.

Living without intention and not investing in personal development

Do you feel like you don't have any control over your life? If you aren't living an intentional life we'll encourage and support you to live according to your true values and beliefs.

ABOUT THE LIFE COACH

Nada al Chowainim

A bohemian soul, a knowledge seeker, an eternal optimist, a writer, a wellness blogger, a conversationalist, a soul searcher and an NLP Certified Manifestation Life Coach.

Throughout my entire life, three elements are always present:

- I'm on an endless journey of personal development and spiritual growth.
- I can manage to stay positive, giving and productive no matter what circumstances I'm confronted with.
- I am constantly co-creating my reality in alignment with the Universe and its magic.

Those who are close to me describe me as someone who is always smiling and emitting positive vibes and good energy.

Does this mean that I had things easy or I didn't struggle?

This is far from the truth. In fact, I can say that I had a challenging life and an interesting past. This life happened FOR me – as life always does.

Everything that I've experienced and continue to experience is part of my journey to becoming the person who I was born to be.

Let me support you in manifesting your dream reality.



Connect

Let's Connect

BECOME A MANIFESTATION MASTER. JOIN THE TRIBE.
TRANSFORM YOUR LIFE. BECOME A SOUL COLLECTIVE
MEMBER BELOW.

BECOME A MEMBER

