



MENTORING + HEALING OFFERINGS

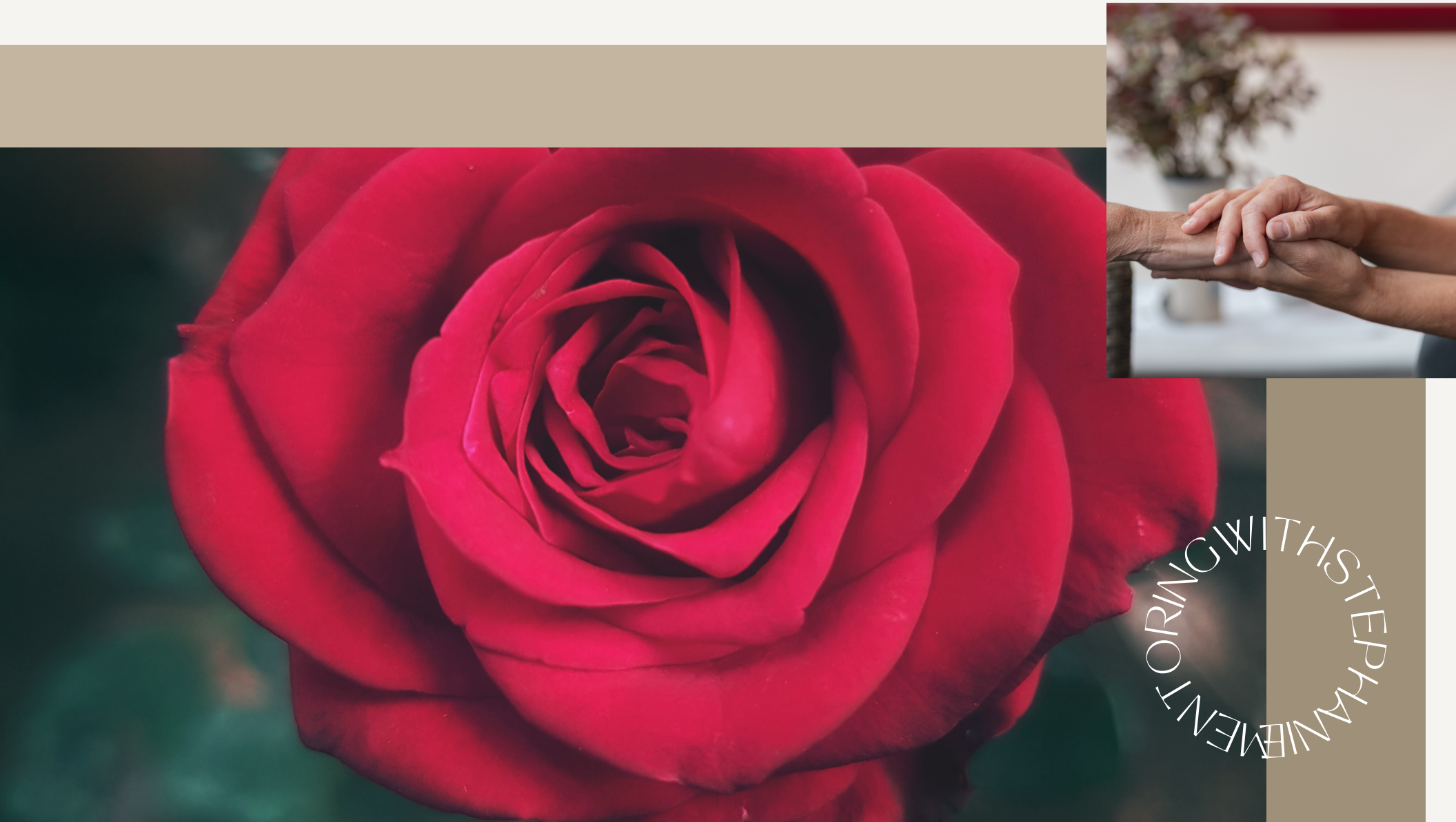
Stephanie Cristina Engeli
Women's Mentor + Healer

STEPHANIE CRISTINA
ENGELI MENTOR



ABOUT ME

As a teenager swept away by dancing, and the dream of having a career as a dancer, I had to come to realize that this industry wasn't what I wanted. I always knew there would be another passion - and waited patiently for it to arrive. 2015 I found Yoga, and fell madly in love - two years later graduated as a 200 hour Hatha Yoga Teacher and started teaching immediately. I loved Yoga, yet there was still the feeling that there were some things missing. I did a lot of personal development work, as I have struggled with romantic relationships all my life. It seemed, that I was just not able to "find" a man who would love me as I am and committ to me. By chance, I stumbled upon my first coach, who initiated me into the world of the feminine and Tao-Tantric arts for women. In those sessions with her, something clicked, and I was changed forever. Bit by bit I reclaimed my feminine essence and soul truth. I started expanding in the field of embodiment, holding Women's Circles and teaching the Yoni Egg practice. Shortly after, I started my own coaching practice. 2019 I earned quit my part-time PR job and opened my business full time (after teaching for 2 years on the weekends). Since then, I've guided more than 40 women in my 1:1 mentoring and many more in my in-person workshops and online courses. The passion keeps on going - and my 1:1 is the heartbeat of it.



MENTORING WITH STEPHANIE

MY FOCUS

Most women come to me, when they feel dis-connected from themselves, ungrounded and having lost their feminine essence.

In my work, I guide you back home to yourself, support you in re-connecting to who you truly are and experience deep grounding, rooting and developing unshakeable inner safety. I help women remember what it means to be a woman, reclaim their feminine essence and embrace their very unique feminine expression.

My work is anchored in mentoring/coaching and healing. The most dominant tools I use are somatic practices + healing to create deeper self-connection + rooting, feminine energy practices to embrace every woman's feminine essence and ThetaHealing[®], a very deep method to reframe subconscious programming, release limiting beliefs and fears. A big part of my work is as well mother/father wound and inner child healing.



MENTORING OPTIONS



Single Sessions | 90min one-off sessions
1 Month Intensive
3 Month Deep Dive
12 Month Program Unfold

MENTORING WITH STEPHAN

1 MONTH INTENSIVE MENTORING

- 1 Month of bespoke Mentoring + Healing with Stephanie
- 4 x 90min 1:1 Sessions
- Daily Support, Mentoring + distance healing via Telegram
- Access to femininity self-study courses

For the woman desiring tight-knit support bringing healing + growth in one to two areas of her life.

CHF 1'500

MENTORING WITH STEPHANIE



3 MONTH DEEP DIVE MENTORING

- 3 Months of bespoke Mentoring + Healing with Stephanie
- Bi-weekly 90min 1:1 Sessions (6)
- 2x 60min ThetaHealing® Sessions
- Unlimited private access & support between the sessions via Telegram
- Distance healing, tailor-made homework and bespoke rituals + practices
- Access to any online offerings launched in the time of your mentoring

The deep dive mentoring experience with a high focus on healing, for the woman who desires to radically re-connect with herself, create unshakeable inner connection + safety and step into her unique feminine embodiment.

CHF 3'300

MENTORING WITH STEPHANIE



12 MONTH MENTORING UNFOLD

- 12 Months of bespoke Mentoring + Healing with Stephanie
- Monthly 90min 1:1 Sessions (12)
- 1 VIP Day (valued CHF 1'500)
- 2 Half-Day Sessions (3 hours)
- Unlimited private access & support between the sessions via Telegram
- Distance healing, tailor-made homework and bespoke rituals + practices
- Access to femininity self-study courses + bonuses

Unfold is for the woman who has already done initial healing work and wants to be held in a safe space while expanding, exploring and growing even deeper into her truest self + authentic feminine expression.

CHF 9'000 | 750 per month

MENTORING WITH
STEPHANIE



CLIENT TESTIMONIALS

BIBIANA

"Stephanie is a wonderful coach when you want to re-discover your inner wisdom as a woman. She pours her heart into her work with her clients. So if you want to feel like the goddess that you are, book a session with Stephanie, so she can help you unpeel the layers."



WANDA

I felt held and understood in every session. She helped me embody and embrace whatever was present. There is no sugarcoating or bypassing. What I loved the most was Stephanie's way of holding the mirror to my actions and her ass kicking when needed!! Stephanie always supported me to show more of my magic and my gifts. She saw my light when I didn't. If you feel there is missing joy and success in your life and your business - Stephanie is your guide!



CONTACT INFO

Inquire about current open spots

+41 79 580 68 04

@stephaniecristinaengeli

stephaniecristina.engeli@gmail.com

