

welcome

**TO AUTHENTIC ME REVOLUTION
COACHING WITH ANGIE**

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 Shifting Inside Out Podcast





about me

ANGIE MCCOURT

If you're new to Authentic Me Revolution Coaching, let me introduce myself! I'm a mother of 5 (blended family) with two kitty fur babies and am married to my best friend. I've shifted from the corporate world into the helping industry at a time when people are looking to live purposeful, not in survival mode. There is an easier way to thrive in this life and I've learned many techniques and modalities to help people transform.

I'm a recovering over achiever! Suffering from Superwoman syndrome for much of my adult life it took me literally being so entrenched in tasks and doing that my body finally said enough! It's too much. The amount of effort I put into work, home and kids was intense. Always feeling I needed to and should be on top of everything and everyone. Taking on every to-do, assuming expectations and not asking for help when I needed it. I finally said enough and figured out a new way to be.

We'll use incredible transformation modalities like Neuro Linguistic Programming, Emotional Freedom Techniques (tapping), Clinical Hypnotherapy, TIME Techniques... and of course business, life, and success coaching.

We'll be going deep to create instant shifts & new patterns. Let me be your guide on your journey.

xo,
Angie

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Shifting Inside Out
Podcast

what to expect

what you can expect from me

- Show up focused and ready to dive in
- Be there for all of you
- Complete confidentiality
- A safe space to share all of you
- Be a friend who genuinely wants you to succeed

what I expect from you

- Show up focused and ready to dive in
- Come ready to work
- Show up prepared
- Keep an open mind
- Be kind to yourself and allow space for your growth



Experience AM Method™ my integrative methodology revolutionizing your true self + intuition + magical gifts. If we haven't met yet I'm Angie. I'm an integrative certified Success Coach and Master NLP, EFT, Vitality, TIME Techniques and Hypnotherapy practitioner. I blend the spiritual with the practical, mindset work with strategic action taking, and revolutionize authenticity in the professional world. Focusing on alignment and balance is the key to finding your success.

coaching calls & policies

Missed Call and Late Policy

My time is valuable and so is yours. If you are late for your call, barring a documented medical or family emergency, you will lose that time.

If you are a no-show for our call, you will still be charged in full. When you book a call with me, I commit that time to you which affects how I am able to serve my other clients. I commit my time to you and expect you to do the same for me.

Refund Policy

When you buy a package with me, I commit to having enough time available to serve you which, in turn, affects how many clients I am able to take on. I consider your purchase of a coaching package with me your agreement to honor both your financial and time commitments. For these reasons, I do not provide refunds.



[CLICK HERE](#)
[TO SCHEDULE](#)
[A CALL](#)

5 *tips* for getting the most out of our time together

Put your all into each session. With coaching, you generally get back the results and the energetic match for what you put into your coaching. To get the most out of our time together, show up ready to work.

1

2

Keep an open mind. You are here for growth. You must allow yourself space to grow. In order to grow, you have to clear space in your mind for new ideas and new ways of being and living.

Show up prepared. If I send a check-in sheet, please complete it prior to our session so I'm fully aware of your current state and what you'd like to focus on. Have a pen and paper ready to record any important insights or notes.

3

4

Do the work. If we talk about action steps for you to take between sessions, do your best to complete these action steps. I cannot step in and do the work for you. I am your guide, but you must do the heavy lifting.

Know this is a safe space for you to speak openly and honestly in confidentiality. No area is off limits. I understand that life is multi-faceted and what happens in one area of our life can easily effect multiple areas. I am here for all of you!


5

Your Coaching Call Notes


WHAT ARE YOU HOPING TO GET OUT OF THIS CALL:



QUESTIONS FOR COACH:



WHAT I'M GOING TO WORK ON BETWEEN NOW AND OUR NEXT SESSION





FAQ

ANSWERS TO THE MOST COMMONLY ASKED QUESTIONS

WHAT ARE THE ROLES IN COACHING RELATIONSHIPS?

Your role is to be open-minded, show up fully and do the work. You have the answers already and I'm here to help you discover them. As a guide, I empower and enable you through my integrative methodology. My mission is to create space for you to determine your best life and how to get there.

WHAT IF I HAVE NEVER DONE HYPNOSIS BEFORE? WHAT IS IT ABOUT?

I can definitely answer more of your questions in session, but here are a few points. Hypnosis is relaxation plus focused attention to speak to your subconscious mind. The body is much like a robot that simply responds to instructions from the mind. Hypnosis can create thoughts and feelings so real that the body reacts biochemically. Hypnosis includes a light trance which feels no different than relaxation. You will be in full control. You only accept the suggestions that are given that are consistent with your own internal values and beliefs.

HOW WILL I KNOW THE CHANGE WORK AND INTEGRATION WORKED?

It's a really good idea to capture how you feel before we start working together. I also ask quite a few questions in the coaching intake questionnaire to help establish a baseline. This gives a comparison. Most of the change work can be felt/seen pretty immediately. As we go through change work we will do check-ins to ensure the integration is working. My tool of choice for communicating is Voxel. VIP coaching clients will have unlimited support and Single session clients will have limited support.

WHAT IF WE FIND ANOTHER PROBLEM TO TACKLE IN A SESSION FOCUSED ON SOMETHING ELSE?

This is actually very common. Many times the 'presenting problem' or the one the client came to coaching about to begin with may not be the root problem. If in agreement we will more than likely start with the root or more pressing problem. Then we will determine next steps to continue tackling each problem identified.



FAQ

ANSWERS TO THE MOST COMMONLY ASKED QUESTIONS

IS YOUR MONEY ENERGY RESET RIGHT FOR ME?

If you resonate with any of the following this course is for you! Do you avoid money conversations, money decisions and money monitoring? Do you believe you don't deserve money? Do you worship money with the belief it is the key to happiness? Do you buy new things to bring a sense of purpose, meaning and emotional fulfillment? Do you feel your self-worth is defined by your net worth? Do you tie status to how much money you or others have? Do you view money being tied to hard work and only available through the 8-5 job trap? Do you view money as a byproduct of discipline? Is money tied to your safety + security?

ARE THERE ACTIVITIES IN-BETWEEN SESSIONS I CAN CONTINUE TO WORK ON?

As we determine the focus areas and prioritize the change work there may be specific meditations, hypnosis recordings, deeper dive activities, journaling to monitor progress and other activities and techniques to help you continue to make the shift between sessions and integrate the changes you are making.

DO YOU HAVE A PAYMENT PROGRAM AVAILABLE?

Payment is due at appointment booking. I do not offer a payment plan at this time, but do offer credit card, eCheck (bank) or PayPal options for payment.

IF I'M PART OF THE VIP COACHING PROGRAM DO I PAY UP FRONT FOR THE 12-WEEKS?

You may pay weekly when you book your session(s) \$200 per 50-minute session. I do offer an up front payment discount of \$200 making the total for 12-weeks \$2200 instead of \$2400. Please contact me for the discount code. angie@angiemccourt.com

testimonials



"Angie has the ability to help people realize their best selves and find their true purpose...She has an approach that is supportive, uplifting, empowering and exciting. She is smart, kind, humble, compassionate, trustworthy and makes development practical and fun! She is truly is one of a kind and those who know her are better because of it. This world is a better place because Angie is who she is and does what she does to uplift others."

"She was my leader, my mentor, my coach, and she shall forever be held in high esteem. Angie continuously challenged the status quo, opened our minds to new possibilities and broadened our lens to remove our blinders. She is the reason so many colleagues had successful, fruitful careers and I know I speak for many when I say that it is because of our exposure to her that we've been able to follow the pursuits that we have."



Thank You!

Each of our journeys vary in path, events, places and time. Transformation can happen to us or we seek it out. There are so many teachers, mentors and guides I've had the honor of learning from on my journey. I'm excited to share the tools, modalities and techniques with you in an effort to help you bridge the gap of who + where you are to who + where you want to be.

Our journey paths have crossed and connected us for a reason. I'm grateful for that as well. I'm proud of you for recognizing you want more. Thank you for trusting me on your journey. I'm excited for you to make the investment in yourself to transform any areas of your life that have held you back.

I will do my best to guide you and provide the most effective feedback. Here's to your journey!

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