

# Coaching

# Services & FAQs

The Balance Tree





## WELCOME

Thanks for taking the time to download our **Coaching Services & FAQs**.

We are Jaye & Ricci Barros, married for over 30 years with 3 adult children and 3 grandchildren. Coming from Corporate backgrounds we now run our own online business to help others gain clarity, unlock their true potential and live their dream plan. We want this for you too!

Below is a general overview of the products and services we offer our Coaching clients along with the most frequently asked questions. If you would like more information then please contact us.

To book any of our sessions please go to [www.thebalancetree.com.au](http://www.thebalancetree.com.au)

We know our strategies and techniques will help you improve your lifestyle, communication, and relationship with yourself and others so you can live a more balanced and effective life filled with success, love and happiness.

*Jaye & Ricci Barros*  
Your Effective Life Team

# COACHING FAQs



## What is Life Coaching?

Using Matrix Therapies®, Archetypal Coaching®, Problem Pattern Resolver® Coaching, Matrix Constellation & Archetypes Coaching® and Neuro-Linguistic Programming (NLP) we can help you release the blockages that are holding you back. We take you through a variety of processes to clear limiting beliefs, negative programming and influences, negative emotions and patterns of behaviour.

## Why would I need coaching?

We hear so many people resisting coaching thinking that it is not for them or they have a good support network that "help" them through stuff. Coaching is much more than that. We look for the source of the emotions and behaviours and clear them. For example we look at the cause behind your shyness, or anxiety around speaking up, or fears and phobias, or why you do and don't do certain things. Some of this can be from pre-programmed patterns of behaviour from way back - we help you join the dots and get rid of these blockages. Perhaps you need to rise above the drama, develop a success mindset or be the best version of yourself ... we can help you with that too.

## How does it work?

We use a series of scripts and questions to help you tap into your memories and past experiences, clear any negative influences that are holding you back and create clarity and purpose. We get to the source of the problem and provide you with opportunities to not only remove your old way of thinking but gain new resources and powerful understandings to move towards your ideals, true potential and a positive future.

# COACHING SERVICES

## Clarity Conversation

An obligation free conversation to identify if we are a good fit to work with each other.

[Click here to book your Clarity Conversation](#)

## Passion Purpose Plus Package

This Package combines Body Therapy and Life Coaching to help you unlock what's holding you back and investigates the emotional triggers to your physical pain. You will discover your Passion and Purpose, Genius Flow and Talent, identify your ideals, clear blockages, and create goals and actions for your Dream Plan. We will also look at the triggers that send you into a downward spiral and teach you how to interrupt and reverse this negative pattern.

[Click here to book your Passion Purpose Plus Package](#)

## Explain The Pain Package

This Package is a subset of our Passion Purpose Plus. It combines Body Therapy and Life Coaching to gain clarity, discover the roadblocks to your success and the source of any emotionally triggered physical pain. You will discover your ideals around a specific area of your life then create goals and actions to deliver balanced and effective outcomes.

[Click here to book your Explain The Pain Package](#)

## Ideals

A one-hour conversation to explore and unpack your ideals in one particular area of your life. We then create quick deliverable actions that you can start straight away!

**Call us on 0418 454 516 to book your Ideals Conversation**

## Food Flip

This programme can help you eliminate a food or drink that you no longer want in your diet. (Please note this is not suitable for clinical addictions and obsessions including alcohol, drugs and other substances).

[Click here to book your Food Flip](#)

# WANT MORE ?

## CHECK OUT OUR ONLINE WORKSHOPS

### THESE WORKSHOPS ARE:

- self-paced
- easy-to-follow
- divided into 10-15 minute lessons

You will also receive your own Workbook to help you stay focussed and action your new learnings and understandings.

### TOPICS:

- 7 Principles of Balanced & Effective Communication
- 7 Principles of a Balanced & Effective Life
- 3 Stages to Motivation
- Time Budget - 3 Top Tips to Time Management

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