



KAYA CANSFIELD

ARE YOU READY TO CONNECT TO YOUR TRUE POWER?

HI, IM KAYA

I am an advocate for self worth, self empowerment and living in your true power. I am passionate in the belief that embracing exactly who you are physically, mentally and spiritually, is the key to living authentically, freely and fulfilled. Through choosing to live through respect, understanding, love and trust for yourself, you open yourself up to infinite possibilities and to a world where miracles do happen and your dreams can come true



EMPOWERMENT
LIFE COACH



SPEAKER, MOTIVATOR &
FITNESS INSTRUCTOR



PERSONAL TRAINER
NIKE TRAINING
AMBASSADOR

I BELIEVE...

In living a story you're proud to tell
In living a life with no boundaries or limits
In unlearning past conditioning
I believe that you have a unique gift and power
I believe that *you* are your gift and power
and I believe in loving, honouring and trusting your power unconditionally.

I BELIEVE IN YOU

ARE YOU...

- ♥ Ready to listen to yourself, take a leap of faith and discover your truth and potential?
- ♥ Feeling confused with where you're at?
- ♥ Struggling to navigate, to trust yourself & with your purpose?
- ♥ Having that gut feeling that there is so much more potential but not sure how/if you can channel it?
- ♥ Ready for support and to invest in yourself and your dreams?

IF THE ANSWER IS YES THEN I AM HERE FOR YOU!

BUT HOW?

EMBRACE &
EMPOWER

Embrace yourself to empower yourself.
Embracing everything you have been through and become, to empower everything you are and are becoming

ACTION, TRUST
& CELEBRATION

Action, trust and celebration.
Creating actions towards your goals, to trust yourself and to celebrate and watch miracle magic happen

STILL FEELING CONFUSED ABOUT HOW I CAN HELP?

Coach = "Someone dedicated to help people attain their goals & fulfill their potential" My work as your coach is this but also *a lot* more. I believe in your goals but most importantly I will help you nurture a healthy mind, body & soul and ultimately, change your life

I AM

Your biggest cheerleader and your supportive, truthful mentor
I will hold you accountable and encourage you to take leaps
I will hold you up, remind you that life is more and that you can be in awe of your yourself

I AM NOT

Your counsellor or therapist
I am not going to let you invest in past conditioning, old 'stories' or limiting beliefs
I am not going to let you sell yourself short or stay in your comfort zone

WHAT I OFFER



1:1

EMPOWERMENT
LIFE COACHING



A rational, neutral support system spaced over 6 months with a holistic approach and your best interest at heart. We tackle self limiting beliefs and conditioning, self empowerment and self worth practices and reprogramming to relearn and reconnect to the truth of who you are. Over 6 months you will learn about yourself, what you want and how to get it.

Warning: this investment **will** change your life.

THE PROGRAMME

EMPOWERMENT LIFE COACHING

Designed to build confidence in trusting yourself & your life in order to make your dreams happen and live your life to the fullest

WHAT IT LOOKS LIKE

6 month programme

24/7 remote support outside of sessions

First session 90 mins in person with 3 & 6 monthly in person check ins

Weekly or fortnightly 60 min Zoom call sessions

INVESTMENT

An open, trusting mind, body and soul

£2,000

Paid in full or indiv. payment plans available

'BETWEEN STIMULUS AND RESPONSE IS A SPACE. IN THIS SPACE LIES OUR FREEDOM TO CHOOSE OUR RESPONSE. IN THESE CHOICES LIE OUR POTENTIAL FOR GROWTH, YOUR TRUTH AND THEREFORE TOUR ULTIMATE HAPPINESS.'



**ARE YOU READY TO CONNECT TO
YOUR **TRUE** POWER?**

EMAIL

discover@kayacansfield.com

WEBSITE / SOCIAL MEDIA

www.kayacansfield.com / [@itskayac](https://www.instagram.com/itskayac)



KAYA CANSFIELD

TERMS & CONDITIONS

GENERAL TERMS & CONDITIONS

IN THESE TERMS & CONDITIONS 'KAYA CANSFIELD' REFERS TO A LICENSED EMPOWERMENT COACH.

'CLIENT' MEANS THE CLIENT NAMED ON THE INVOICE.

'FIRST INVOICE' IS THE FIRST INVOICE SENT TO THE CLIENT HOUSING THESE TERMS & CONDITIONS.

'QUESTIONNAIRE' MEANS THE NEW CLIENT QUESTIONNAIRE COMPLETED BY THE CLIENT TO BE COACHED BY KAYA CANSFIELD.

'SESSION' IS THE COACHING TIME PERIOD THE CLIENT HAS PAID FOR.

'BLOCK BOOKING' OR 'MONTHLY PACKAGE' IS THE NUMBER OF SESSION'S BOOKED/PAID FOR AT ANY ONE TIME.

'CONTRACT' MEANS THE CONTRACT BETWEEN KAYA CANSFIELD AND THE CLIENT SUBJECT TO THESE TERMS & CONDITIONS.

BECOMING A CLIENT

A CLIENT IS SUBJECT TO THESE TERMS & CONDITIONS AS AMENDED FROM TIME TO TIME. PAYMENT OF THE FIRST INVOICE IS THE CLIENT AGREEING TO THESE TERMS & CONDITIONS. KAYA CANSFIELD RESERVES THE RIGHT TO REJECT ANY QUERY INTO BECOMING A CLIENT. CLIENTS ARE ACCEPTED FROM THE AGE 18 YEARS OF AGE AND OVER.

PRESS & PROMOTION (EMPOWERMENT COACHING ONLY)

CLIENTS CONSENT TO GIVING AT LEAST ONE TESTIMONIAL DURING OR ONCE SESSIONS ARE COMPLETE. KAYA CANSFIELD RESERVES THE RIGHT TO USE TESTIMONIALS FOR PRESS AND/OR PROMOTIONAL PURPOSES FROM EMPOWERMENT COACHING SESSIONS ONLY.

BOOKINGS (EMPOWERMENT COACHING ONLY)

KAYA CANSFIELD OFFERS VARIOUS BLOCK BOOKINGS/MONTHLY PACKS. IT IS THE CLIENT'S RESPONSIBILITY TO ENSURE SESSIONS MUST BE USED WITHIN THE TIME FRAME ALLOCATED, FAILURE TO DO SO WILL LEAVE SESSION CHARGED. SESSIONS NOT COMPLETED WITHIN THESE TIME FRAMES WILL BE CHARGED AND VOIDED. BELOW ARE THE TIME FRAMES IN WHICH THE SESSIONS MUST BE COMPLETED:

- 6 MONTHS

EMPOWERMENT COACHING SESSIONS WILL PREDOMINANTLY TAKE PLACE VIA ZOOM AS AGREED BETWEEN KAYA CANSFIELD AND THE CLIENT

THE CLIENT MUST ALLOW FOR 24 HOURS TO RESCHEDULE A SESSION OTHERWISE THE SESSION WILL BE SUBJECT TO BEING CHARGED. THE CLIENT MUST ARRIVE ON TIME FOR EACH SESSION, IF THE CLIENT IS MORE THAN 20 MINUTES LATE THE SESSION WILL BE CANCELLED AND BE SUBJECT TO BEING CHARGED