



HEAL, GROW & THRIVE

# 1:1 COACHING PACKAGES

Helping high achieving people heal from personal disconnection by uncovering, facing & shifting their inhibiting beliefs to realign with their authentic, powerful selves.

**6 MONTH PACKAGE**  
**INDIVIDUALIZED SUPPORT**

CAONA WELLNESS

# COACHING

Our goal at Caona Wellness is to ignite within you new ways of being rooted in self-love and wellness.

Through personalized 1:1 support, we unpack the stories you are carrying that contribute to:

- lack of confidence
- low self-awareness
- minimal self-respect
- superficial self-love

In coaching, **you are the expert of your life**. I am here to reflect back your words, and reinforce the evidence that suggests you are creating positive change in your life.

I also provide gentle guidance that is often evidence-based. At times I will challenge your beliefs/assumptions so that you can make decisions, not based on conditioning, but instead with confidence and knowledge of your true *favorite* self.

By becoming more aware and aligned with your Self, you can more effectively meet your personal goals and be in service of people around you.

CAONA WELLNESS

# MEET YOUR GUIDE



**HOLA!**

**MY NAME IS DESTINY SALDÍVAR**

My purpose is to be in service of people who are looking to connect back to themselves.

I coach in a style that is both gentle & challenging. My priority is your empowerment. I believe in affirming your strengths while holding you accountable to your powerful self. **I do not heal you**, I lovingly invite you to see your power so that you may heal yourself.

In true nerd fashion, my educational background is in Psychology, and my training is in Social Work. I am also certified in journal therapy and use all of these experiences to support you throughout coaching.

CAONA WELLNESS

# COACHING REVIEWS

*"My coach was the BOMB! She asked just the right questions and when she would say "let's unpack that" you knew she was going to challenge you to think beyond what you were already thinking. She really knew what to ask, how to put things in perspective, and how to prioritize your action steps. [Coaching] has helped me recognize those things I do that result in my self sabotoge. It's helped me gain confidence to put myself out there in my business and also personal life. "*

## **Coaching Client**

*"I looked forward to my weekly one on one coaching calls with Destiny. Destiny's skills and style helped me to drill down and dig deep below the surface. She served as a mirror by reframing and reflecting back to me what was said. During coaching, she helped me to unpack and uncover my truth in a gentle and kind way. Destiny is able to meet you where you are at, while gently challenging you at the same time. "*

## **Coaching Client**

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# COACHING REVIEWS

*"My coach was beyond wonderful. I am beyond grateful for her and everything that she has taught me or brought to light for me. It helped me in many aspects of my life and within myself. I feel like a new and improved me. I think for my first coach she was wonderful can't really say anything needs improvement."*

## **Coaching Client**

*Individualized coaching was an excellent experience for me. Hearing a new perspective about the parts of my personality I am critical of helped me feel validated and accept them. Having a conversation about it out loud was helpful in committing the new insights to memory so I could integrate them in the moment I was becoming critical again. Destiny's responses and questions to what I shared helped me feel understood."*

## **Coaching Client**

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# COACHING REVIEWS

*"I had a phenomenal coaching experience with Destiny! She is empathetic, an active listener and approachable.*

*Because of her coaching, I have gained more self awareness about my self care practices. Additionally, I am able to create a lifestyle that fits my needs."*

**Coaching Client**

*"You helped me take a step back and look at the bigger picture when I couldn't see clearly. [While working with you], I experienced so many wins that helped me heal from the losses that were holding me back for so long because you helped me focus."*

**Coaching Client**

*"I never thought I was harvesting undealt with emotions, until I started my sessions with Destiny. She is truly excellent at what she does and I cannot thank her enough for helping me as a person grow, mentally and emotionally."*

**Coaching Client**

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# INVESTMENT

Coaching is an investment in your personal growth. ***This program may be paid in weekly, bi-weekly or monthly installments.***

## 6 MONTH COACHING PACKAGE

- 12 Biweekly 1 hour Zoom or Phone calls
  - Personalized support
  - Email & Text access/support
- Complementary self-discovery journal
  - Access to the Caona Community
- Complementary Improve Your Self-Talk Course
  - Save \$200 when you pay in full!

**\$2,400**

**\$200 BIWEEKLY**

**\$400 MONTHLY**

**\*PLEASE LET ME KNOW IF THERE IS ANOTHER PAYMENT SCHEDULE THAT WORKS FOR YOU!\***

CAONA WELLNESS

# A NOTE OF LOVE

## TRUST YOUR GUT.

As you consider working with me, it's necessary that you trust your gut - the quiet whisper near your belly button (or heart) that knows the way.

I am not for everyone, while my educational background is extensive I also lean on ancestral wisdom/spiritual practices to support you. In the words of Alicia Keys, it must be a resounding YES! People who are drawn to work with me KNOW and FEEL it in their being. Confusion is not a "YES."

If we aren't for one another at this time, I want you to know it's okay. My hope is that you find the soul teacher most aligned with where you are.

If you are ready to meet & embody your authentic, powerful self... I look forward to watching you grow and thrive!

Keep shining,  
Destiny