

SUBJECT: Why am I feeling so stuck?

Hi [insert name], Laura Richardson here from Shining Soul Coaching with a quick favour to ask...

Take a look at the subject line of this email.

Does this feel familiar? Do you ask yourself this often?

Perhaps you're not aware of this underlying feeling but you're experiencing the results of this showing up in your life.

You can't seem to break through the 'glass ceiling' to get that elusive pay rise, you're on the relationship merry-go-round facing similar problems with each partner, or you find yourself procrastinating once again over an important project.

It can feel devastating to your self-worth to deal with one disappointment after another. Yet what may seem like bad luck, is often the result of a belief system you may have subconsciously picked up without even realising.

This same underlying belief is causing you to live your life at half of your potential, meaning you get the same problems showing up time and again.

Have you ever asked, why that is exactly?

It could be a range of beliefs that started at a young age, a traumatic event that still causes you anxiety today or a limiting thought that prevents you from taking risks or accepting new opportunities.

If you're like any of the people I've worked with, there's a good chance that your feeling of going nowhere is directly tied to your emotions.

I can almost hear you now. "I don't have time to work through my emotions. Especially with a stranger."

But what if I can show you a way to find relief for your problems, leaving you feeling happy, motivated and free from your worries?

What if I can provide you with a safe and non-judgmental environment to share your experiences so that you can start to understand your issues in a productive and even *enjoyable* way?

[See My Spiritual Counselling Services Here](#)

Within one hour you could start to shine a light on a lifetime of emotional issues and start the process of managing or even eliminating them – once and for all.

You'll feel better; happier, and more satisfied with yourself and your life situation.

By taking into account your spiritual beliefs, I'll work with you to provide an alternative to traditional therapies that may not have previously worked for you.

During the session you'll learn to understand your emotional needs, plus the benefits of directly addressing your issues.

I will use a variety of counseling techniques that can help you to quickly see your dilemmas in a different way.

From reframing your problem to getting to the core issue, you will become empowered to easily break through your glass ceiling. Once you achieve this, you'll never have to feel stuck again.

Wondering if I'm the right therapist for you? Try my FREE initial consultation.

What have you got to lose?

[Learn More About My Shining Soul Coaching Sessions Here](#)

You deserve to be free from stress and anxiety...both for yourself and everyone you're close to.

If you are ready to face your personal issues and start the self-transformation process, then my services can guide you through, one step at a time.

What's more you don't even have to leave your living room! For your convenience, all coaching sessions are conducted over Zoom, a simple conferencing application which I can send you a link to prior to the session.

Do you want to stop playing small?

...Ready to rise up to your potential?

[Let My Shining Soul Coaching Sessions Be Your Stepping Stone](#)

To your stress-free life,

Laura

[YES – I'm Ready For My FREE Shining Soul Coaching Consultation](#)