

# VITA™ SACRED SEXUALITY

**Want to take your sex, love, and empowerment journey to the next level? What would change in your life if you did?**

The Coaching Upgrade offers you 1:1 personalized support to supplement your VSS experience. With expert and customized support, you'll apply the tools and practices to your specific desires and goals.



# What this Upgrade Will Offer You

- **Personalized Transformational Coaching:** So you can move past your unique stopping points on your way to epicness with expert guidance!
- **Clarity:** On your deepest desires in the program and in life, through personalized goal setting and mapping your desires.
- **Ease:** Customize the program tools and practices to apply to your unique body and life!
- **Motivation:** Find your willingness and courage to meet your edges with renewed energy, pleasure, and hope.
- **Confidence:** Take steps on those precious gems you care most about with stellar support and encouragement!

## What You Get With the Coaching Upgrade

- **Sessions:** TWO 1-hour sessions per month on Zoom
- **Personalized tools and practices** for your daily life
- **Email support** in between sessions

## What is a Coach?

A coach is someone who partners with you and supports you to:

- See who you really are
- Discover what holds meaning and purpose for you
- Create goals that come alive with meaning and excitement
- Reach your goals with focus and ease.

## Working with a Coach

**It's important to know what a coach is not:**

- A coach is not a counselor, consultant or advisor
- A coach can help you clarify whether to seek counsel, consultation, or advice
- A coach is not a therapist; a coach can support you in seeing if there is healing that could be addressed by visiting a mental health professional. You are welcome to bring anything into a session for support.

### Our Roles

**My role as a coach is:**

- To help you gain clarity and focus about what you want and how to take action to achieve it
  - To support you as you move through obstacles toward meaningful goals
  - To create structure and clarity throughout the entire process

**Your role as a client is:**

- To be an engaged and willing partner with me
  - To be willing to look at things in a new way
  - To take action to meet the goals you have promised
- To bring something to each session that you'd like support on

## Our Coach

Our incredible teacher, Hilary, is here to help you reach your full potential so you can be a happy, healthy, and thriving being for the rest of your life!

Check out Hilary's bio below to learn more.



### Hilary Kern, MA, ACC, ATR

Hilary is a certified professional coach and artist!

She is a graduate of the Academy for Coaching Excellence, one of the most rigorous coach training programs, and is a Certified Coach through the International Coaching Federation and VITA™ Coaching. Hilary also holds a graduate degree in Marital and Family Therapy with a Specialization in Clinical Art Therapy.

Hilary brings her professionalism and passion to help folks who shy away from sharing their gifts. Through dynamic and powerful coaching she helps clients to find their voice and bring their unique contributions to others.

Hilary collaborates with her clients to uncover their creative energy and vitalize a clear vision forward, full of meaning and heart. She uses VITA™ and ontological coaching approaches to help clients move past their doubts and fears and create a life brimming with possibility. She helps others feel 100% supported along the way with joy and ease.

Hilary has been a senior teacher in the VITA™ Sacred Sexuality Program since its inception and is thrilled to be able to support you on your journey with the coaching upgrade.

You can learn more about her at [www.hilarykern.com](http://www.hilarykern.com) and follow her on Instagram at [@hilarykerncreates](https://www.instagram.com/hilarykerncreates)

## Testimonials



*Once I saw the coaching upgrade I knew it was for me (as scared as I was at the time to make that big of a commitment), but my heart never lies so I clicked submit with eyes closed and never looked back! Hands down one of THE best decisions of my life thus far! That is NO exaggeration!*

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*I am so infinitely grateful for the experience and I still carry that heart-centered trust with me every day. I speak my truth with pizzazz!! This experience made growing fun!*

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*The best part was the natural high I felt after every session! Like I had uncovered a new layer of myself and a self acceptance so deep and so filled with love I could wade in it forever. There was this natural sense of flow and trust that developed within these sessions and within me. I could finally trust that life would bring me what I needed and that I can safely speak my truth!*

*I could honestly go on forever. If you're thinking about doing the coaching upgrade, DO IT! This experience was nothing short of a miracle, my coach was nothing short of a miracle. You are in for the treat of a lifetime!"*