

GROW
TO BE TRUE

Healing Beyond Talk

3-6 Monate Mentorship

*Course &
Pricing Guide*



Caroline Niermann

Purpose and Goal of this program

Do you know this feeling?

You've done the work. Maybe you've worked with a coach or therapist before. But when life gets uncertain, you still find yourself spiraling—falling back into old patterns, losing your centre, questioning your progress.

That's exactly why I created this program. To help you build the inner safety and strength that lasts. So you can lead yourself with confidence—no matter what's happening around you.

How this program can help you:

01. Restoration of your inner balance

Regulate your nervous system and align your inner masculine & feminine energies — so you can stay grounded in uncertainty, and lead yourself with calm clarity, no matter what life brings.

03. Enhancing self-healing and intuition

Through 1:1 guidance, you will be empowered to make decisions aligned with your needs and values. I will teach you to listen to your body's wisdom and harness its self-healing abilities.

02. Breaking old belief patterns

Identify and transform limiting beliefs and childhood patterns through powerful, targeted somatic practices — healing deeply at the body and subconscious level to create lasting change.

04. Strengthening emotional resilience

The program enhances your ability to manage difficult emotions and develop healthy coping strategies. This will help you approach stressful situations with greater calm and act less impulsively from your emotions.

My Mission and Vision

My Vision

My vision is to pave a holistic path to healing for you—one that not only addresses the mind and emotions but also integrates the body and soul. Together, we create the space for sustainable growth and true, long-lasting transformation on all levels.

My Mission

Multidimensional Approach

My mentoring program offers a unique combination of multidimensional healing methods, setting it apart from standardized coaching or therapy approaches. This is the key to breaking free from old cycles once and for all.

Education and Collaboration

The goal is not only to transfer the knowledge I've gained over the years but also to equip you with practical tools that empower you to heal yourself in the future. You become your own healer.

01.

02.

03.

04.

Commitment to Quality

With 6 years of experience working alongside mentors, psychologists, and spiritual guides, I have curated the most effective techniques that helped me overcome my own personal challenges.

Healing on an Emotional, Mental, and Energetic Level

Through a combination of somatic practices, inner child healing, energy work, and personalized support, this program fosters healing on all levels and strengthens your inner foundation for a new future.

3 Month Mentorship

Investment:

3000 EUR

What you'll get:



No more living in constant fight-or-flight. You'll feel grounded, calm, and safe in your body — even in the midst of chaos.



Instead of being ruled by your triggers or emotions, you'll learn to move through them with grace and self-leadership.



You'll finally understand and release the subconscious conditioning that's kept you stuck in loops — personally, professionally, and emotionally.



With a clearer sense of who you are, what you need, and where you're headed, you'll naturally start realigning your relationships, work, and lifestyle.

Areas of Treatment:

- Childhood Trauma
- Interpersonal Relationships
- Self-Discovery/Life Purpose
- Financial Freedom
- Career Development
- Lifestyle Changes
- Health and Well-Being
- Spiritual Growth

Payment plan options available.

What to Expect:

Whether you're just beginning your path of self-discovery or feel stuck despite doing "all the right things," this program option offers a powerful transition into body-based healing.

Over three months, we focus on one or two areas of your life and work with the mind, body, and energy field to create real, embodied change. This isn't just about shifting your mindset — it's about becoming the version of you who naturally lives in alignment with that shift.

You'll also learn how to apply the techniques to strengthen discipline, build energetic resilience, and integrate what you learn into everyday life — so change actually sticks.

The 3-Month Mentorship includes 12 weekly online sessions, ongoing WhatsApp support between sessions, and access to all learning materials in PDF format — so you're fully held throughout your journey.

6 Month Mentorship

Investment:

5000 EUR

What you'll get:

- ✓ A calm, regulated nervous system — grounded even in chaos
- ✓ Stronger psychic abilities — no more outsourcing your power
- ✓ Emotional resilience — respond with grace, not reactivity
- ✓ Embodied self-trust — lead yourself and others with confidence.
- ✓ Freedom from old patterns — release what's been holding you back.
- ✓ True transformation — beyond mindset, into full-body change
- ✓ Clarity in all areas of your life — align your choices with who you really are

Areas of treatment:

Childhood Trauma, Interpersonal Relationships, Self-Discovery/Life Purpose, Financial Freedom, Career Development, Lifestyle Changes, Health and Well-Being, Spiritual Growth

Payment plan options available.

What to expect:

Ideal for those aiming to experience a 180-degree transformation and, beyond that, learn methods to independently release energetic blockages and emotional trauma.

You will also gain tools to equip yourself for lasting internal balance even after completing the program.

Are you a Coach, Mentor, or Spiritual Teacher?

As coaches and space holders, we carry the significant responsibility of supporting our clients in their growth. However, it's equally important to prioritize our own self-care, resilience, and development.

Expand your expertise with mentoring that not only deepens your personal healing journey but also enhances your ability to hold meaningful and transformative space for others.

The 6-Month Mentorship includes 24 weekly online sessions, ongoing WhatsApp support between sessions, and access to all learning materials in PDF format — so you're fully held throughout your journey.

Overview: Practical Applications



Professional Coaching:

My 1:1 Coaching techniques help you gain mental clarity, shift limiting beliefs, and reconnect with your inner authority — This work creates space for a new identity to emerge, aligned with your truth and full potential.



Subconscious Reprogramming:

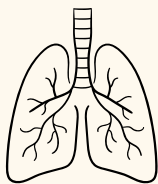
Through special subconscious journeys, we'll dive deep into your subconscious to uncover limiting belief systems, reconnect with your inner child, and integrate shadow parts of yourself



Kundalini Bodywork:

Kundalini Bodywork supports deep nervous system regulation and helps release suppressed or forgotten emotions and memories stored in your body and energy field.

Learn more about Kundalini Bodywork at www.info@ownyourlifeoyl.com



Breathwork Therapy:

Breathwork helps shift your body from fight-or-flight into rest-and-digest, supporting calm, resilience, and a sense of safety from within. It also anchors new insights into the body, making transformation sustainable rather than temporary.



Somatic practices:

Somatic Practices support you in embodying the healthy expression of both your masculine and feminine energy — grounding into presence, structure, and direction (masculine), while also cultivating softness, intuition, and flow (feminine). This integration builds inner harmony and authentic self-confidence.

(This section is explored in depth exclusively in the 6-month program.)



Alchemy Bodywork:

Emotions stored in the body can be brought to the surface and processed through targeted touch. Learn more about stored emotions and various methods to release them independently.

(This section is explored in depth exclusively in the 6-month program.)

Are we a good match?



We are a great match, if...

- ✓ You value honest communication and collaboration.
- ✓ You understand the importance of being disciplined on this journey.
- ✓ You are open to feedback and suggestions based on my expertise.
- ✓ You are ready to engage in deep, transformative work.
- ✓ You recognise that the mentor is not a "savior" but a guide along the way.
- ✓ You seek a partnership, not just a transaction.

We are not a great match, if...

- ✗ You are seeking a purely rational approach.
- ✗ You are not ready to openly and honestly discuss your challenges.
- ✗ You are skeptical of alternative or spiritual healing methods.
- ✗ You expect quick solutions without fully engaging yourself.
- ✗ You view an investment in yourself solely as an expense.
- ✗ You are not interested in long-term transformation, but only in short-term results.

Client Feedback



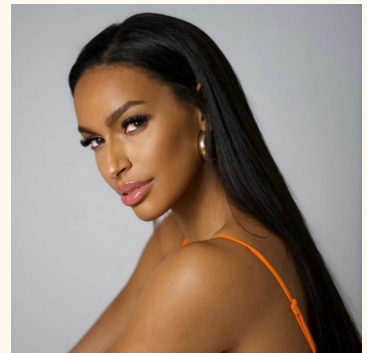
"The sessions with Caroline helped me heal my childhood fear of loss, which had burdened me my entire life and where I had seen no hope for change."

@laa.schu



"Showing emotions has never been easy for me. Working with Caroline has helped me finally allow all my emotions, enabling me to finally reconnect with myself and my inner child."

@ceciliaasoro



"I have tried so many times to connect with my femininity through my mind. Through working with Caroline, I was able to feel my feminine energy in my body again – a deeply touching moment."

@inspiredbydzeni