

Coaching Services GUIDE





Hello!

I'm Maria, your Stress Management Coach, Anxiety Management Specialist & Self Awareness Expert. I have a Masters in Occupational Therapy and I use a mindbody approach to help calm and ground your body and increase mental clarity and connection to intuition to help purpose driven high achieving humans chase their dreams and awaken to life's little moments.

This guide will share how to work with me and next steps to move ahead with me!

Maria Serbus

CEO | Consultant | Coach | Speaker

Working with Me

I am a data driven, on the go, type A person. I have walked the walk and learned how to manage my own anxiety & ADHD using a holistic approach. I bring a unique lens to assess whole person wellness with a Masters in OT degree and years of training and certifications, aimed to empower you to bring more calm and joy into your life!

I use HeartMath biofeedback because it is objective and gives me the full picture on how you're REALLY managing your stress and equips us with information to DO something about it! The resilience tools we explore together are backed by science while also guided by your preference, intuition and what will fit into your routine.



I also believe in getting to the root cause, so we explore WHY you're stressed and overwhelmed, so we can work through that too!

You can expect effective results so that you don't "need me" for life.

I am but a guide to equip you with tools so you can go on chasing your wildest dreams, that are in alignment with your heart while still enjoying life's little moments!

How It Works

C BOOK A DISCOVERY CALL
Let's chat to determine if we are a good fit and what package might be best. Let's get to know each other!



COMPLETE APPLICATION
After the discovery call and reviewing this guide, if you are interested, I will send you an application to see if we are a good fit.



CONTRACT/INVOICE
Once you sign coaching contract & pay the invoice in full or part 1 payment, we can proceed to sessions!



START YOUR SESSIONS
Once contract & invoice are signed and payment received, you can schedule your initial session. For packages it is also best to book out all 4 sessions. You can always shuffle or move it around if needed, preferably with 48 hour notice.

COMMUNICATION

CONTACT DETAILS

+507-218-1286
hello@mariaserbus.com
3510 8th St NW #100,
Rochester, MN 55901

OFFICE HOURS

Available by appointment:
Tuesdays & Fridays

WEBSITE

www.mariaserbus.com

SOCIAL MEDIA

@maria.serbus on IG



Biofeedback intensive

1 - 90 MINUTE INITIAL CONSULT AND
1 - 30 MINUTE FOLLOW UP CALL

WHO IS THIS FOR:

If you are short on time, and want to see effective results you can use right away to support a less stressed life, and improved mental clarity - the intensive is a good fit! Walk away with objective information on how you manage stress and be able to implement and use 2 new resilience tools with recommendations on how to use in every day life.



In person 90 minute session to measure how you're managing stress



Investigate 2-3 mindbody tools to determine the most effective to help you manage stress and recommendations to use in everyday life



30 minute follow up call within 30 days to follow up on use of tools and offer other recommendations / resources



30 days in Mindfulness Text Reminder program

YOUR INVESTMENT

\$ 333





Essentials Package

90 DAY COMMITMENT

If you're ready to learn the essentials to managing your stress & empower & equip yourself with customized tools that lower your stress levels, start here. Includes 90 days of coaching to navigate life stressors and problem solve how to use in your every day busy routines, this package is a great fit!

*Also recommended for multi-facted life stress and if you suspect some may come from past limiting beliefs and thoughts you may hold and are ready to release and move forward!

WHAT YOU'LL GET:

- ✓ 4 Biofeedback Sessions In Person
- ✓ Access to the bonus materials folder
- ✓ Virtual coaching for 90 days
- ✓ 90 days in Mindfulness Text Reminder program
- ✓ Weekly 30 minute Check In Call - "regulate"
- ✓ EFT Tapping Meditation videos (3)

YOUR INVESTMENT

\$999



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*“When we’re engaged with our hearts,
the mind slows down and our
thoughts become more rational and
focused”*

-DOC CHILDRE
FOUNDER OF HEARTMATH

*Maria is a certified HeartMath Biofeedback healthcare professional. To learn more about HeartMath techniques, biofeedback and more head to: www.heartmath.org

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“The goal of HeartMath is to help you learn to generate emotional and mental coherence deliberately—on demand—so that ultimately you spend more of your day at this optimal, regenerative level of energy efficiency.”

-DOC CHILDRE

FOUNDER OF HEARTMATH

Testimonials



Becky Montpetit

Owner of Rochester Local and Co-owner of Twin Cities Mom Collective

"I truly benefitted from my time with Maria. I am a data-driven person and love to see tangible results. I received real-time data of how the stress-relieving techniques I was learning from Maria were affecting my Heart Rate Variability. I highly recommend coaching with Maria to anyone who ... wants to more quickly stabilize their emotions when presented with stressful situations."

Brianna Bucholz

Owner of BB Benefit Group

"Maria is amazing. She speaks in a way that a high functioning Type A person can follow along without "drifting off". Her techniques have really helped me observe my emotions and regulate my nervous system."



Erica Ross

Owner of Glamouross Goods

"Maria taught me 2 tools I can put into practice immediately that dramatically changed my life and brought me into a state of calm and re-center. At the end of the session, I was blown away. It was life changing. I look at everything differently now and I'm already putting these tools into practice. "



FAQs

What is your background / training?

I have been coaching people 1 on 1 in my occupational therapy career & business for a combined 9 years. I have a Masters in Occupational Therapy degree & hold certifications in somatic interventions, anxiety management, EFT tapping, and HeartMath Biofeedback. I have also walked this walk to manage my own anxiety and ADHD.

How are you different from other life coaches or accountability coach?

I recommend if you're looking at other coaches, ask about their level of education, training, certifications they hold, and also how committed are they to their own resilience journey. In my experience, I've found great success when I work with coaches who also strive to stay on their own wellness journey and I do the same so I can be clear to serve you.

Also consider each coaches' specialty areas - lived experience / certifications / education and identify if it fits with your goal areas.

Other ways I'm different - I use biofeedback - an objective measure so there's no guesswork about source of stress, and what tools help. We use a combination of shifts you notice & objective HRV measures to help you stress less & smile more. I also will go to the root of the stress and can help you release that with EFT tapping & emotional processing.

FAQs

What is HeartMath Biofeedback?

I am a certified HeartMath Biofeedback professional. HeartMath is a heavily researched tool that uses an ear sensor to measure a person's heart rate variability (HRV) to determine your real time stress response or stress levels. It is not painful (goes on the ear lobe) and gives us objective insight to guide sessions. Learn more at: heartmath.org

How are you different than therapy?

My training and education background is different than a typical therapist / counselors. I do not hold any psychology / counseling / therapy degrees. I have a Masters in Occupational Therapy. My educational training was focused on evaluating a person holistically and helping them overcome barriers or challenges to improve their quality of life & coaching in skills in everyday routine. OT coursework has a body/somatic lens with coursework in physiology/nervous system, sensory processing system, in addition to mental health coursework.

Therapy tends to focus more on the mind, examining thoughts, and processing from a cognitive-brain level. While new approaches of therapy may be more somatic based (EMDR, Somatic experiencing), my sessions & therapy won't look the same. Therapy may spend more time on past events and processing past trauma.

While in our sessions we may release limiting beliefs/statements, it always has a forward focusing intent - to help you stress less & smile more today and use these tools going forward.

Lets Get Started

I look forward to working with you! If you're reading this... the time is here to listen to the nudge. You're curious and I'm here to answer questions.

I If you haven't scheduled a discovery call do so below, or click [COACHING APPLICATION](#) to apply today!

[SCHEDULE A CALL](#)

[JOIN NEWSLETTER](#)

[COACHING
APPLICATION](#)

Look forward to
connecting with you!

Maria Serbus



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