

Coaching Services *guide*



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Hi!

CEO | Keynote Speaker
Coach | Consultant

Somatic Intervention Certified
HeartMath Biofeedback Certified
Anxiety Management Specialist
Thetahealer® Certified
Masters in Occupational Therapy

I'm Maria, your resilience coach & Subconscious Thetahealer® for ambitious successful women.

If you're considering working with me 1 on 1, this guide will support your path forward to make the best decision for you!

I use a holistic mindbody approach to calm the chaos of life, increase mental clarity, connect to intuition & rewire subconscious programs to support you in chasing your wildest dreams with more ease. confidence & clarity.

Maria Serbus

My Coaching Journey

Hi! I'm Maria. A type A - high achiever who started her career in occupational therapy & healthcare back in 2014. Prior to that - I spent most of my life doing what I "thought" I was "supposed to". Get the good grades, stay between the lines, help others (while forgetting my own needs), achieve the highest level of education & find a consistent decent paying job. After hitting all the check marks, I realized I hadn't taken time to check in with myself, my wants, or what brought me joy. In 2016 I started a journey of finding myself, worked with some amazing mentors & coaches along the way and found my inner spark! I started my own business in April 2021 to support other ambitious women in finding their spark & using my 8+ year healthcare career & expertise to coach women to their highest level of "success" while still finding JOY!



"I support ambitious high achieving women because I am one! I know the hurdles first hand. I am a mom, business owner, busy-minded ADHD human who loves helping other boss moms make an impact without the chaos in life!"

Why Work With Me

Women who work with me choose me because I have walked the walk and can relate to the journey of successful women trying to juggle it all. I've calmed the chaos, faced the fear, & have learned some AMAZING tools along the way that I MUST share with you so you can do the same!

The techniques and tools I coach my clients in are grounded in science and are tools I have used myself, and coached 100s of other women. I bring a unique lens to meet you where you're at after 8+ years in the healthcare & mental health industry working with stressed/anxious/overwhelmed professionals.



I have a Masters in Occupational Therapy, I am a trauma informed coach with certifications in somatic interventions for complex trauma, have trained with HeartMath biofeedback technology & nervous system regulation & subconscious techniques using Thetahealing ® I am also a highly intuitive person and an Akashic Records intuitive reader which allows me to access your wisdom & higher self for faster results!

How it Works



01 **LEARN MORE**

If you're reading this guide - you are in step 1! I want you to learn more about 1 on 1 coaching with me and the investment so you can determine if you'd like to proceed to a call.

02 **SCHEDULE CLARITY CALL**

On your clarity call, we will determine what you are looking for and if I'm a good fit for what you need to reach your goals!

03 **CONTRACT/INVOICE**

Once we meet and you're ready to go, watch for a contract/invoice. Let me know if you'd prefer to pay up front or on a payment plan.

04 **SCHEDULE & START**

Once contract & invoice are signed and payment received, you can schedule your initial session. For packages, we can also find a preset day/time to consistently keep our coaching calls.

COMMUNICATION

CONTACT DETAILS

+507-218-1286
hello@mariaserbus.com
Rochester, MN 55901

OFFICE HOURS

Varies

WEBSITE

www.mariaserbus.com

SOCIAL MEDIA

@maria.serbus on IG



The Essentials Coaching Package

3 months of 1 on 1 Coaching with Maria

[LET'S WORK TOGETHER](#)

SUMMARY:

- ✓ Eight (8)- 1 on 1 Virtual- 60 minute sessions with virtual support between sessions
- ✓ Access to virtual 1 on 1 channel for questions, guidance, and support
- ✓ Access to Maria's Masterclasses on Confidence, taming anxiety & more while in the 1 on 1 coaching container

YOUR INVESTMENT
\$1,500



Next Level Transformation Coaching Package

6 months of 1 on 1 Coaching with Maria

[LET'S WORK TOGETHER](#)

SUMMARY:

- ✓ Fourteen (14)- 1 on 1 Virtual- 60 minute sessions with virtual support between sessions
- ✓ Access to virtual 1 on 1 channel for questions, guidance, and support
- ✓ Access to Maria's Masterclasses on Confidence, taming anxiety & more while in the 1 on 1 coaching container

YOUR INVESTMENT
\$3,000

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. "



Testimonials



Julie Brock

Owner | CEO of JLB Consulting

"Coaching with Maria helped me regain a connection with my body. Maria's approach is grounded in kindness, is reflective, and accessible. The tools I received working with Maria help me slow down and really listen to the feedback my body wants to give me. She helps reflect back limiting beliefs and has tools to work through them. This work is worth it, and more importantly, Maria showed me that I'm worth it. I cannot thank Maria enough nor recommend enough for anyone looking to live a lighter life."

Samantha Herr

Owner | CEO of Herr Branding

"As a business owner and individual who could use less stress, I follow Maria. When in need of a breather, I go to her Insta page for some mindfulness and pausing. Stress may be in my life, but Maria teaches me how to successfully manage and breathe through it."

I highly recommend listening to her podcast, following her instagram, and checking out her monthly membership for female leaders."



Let's Get Started!

I look forward to working with you! If you're reading this... the time is here to listen to the nudge. If you're ready to discuss a 1 on 1 coaching container with me, fill out the form below!

Book Clarity Call

Want to learn more about other ways I can support you?
Learn more [here](#).

I look forward to connecting with you! Use the links below so we can keep in touch!

Maria Serbus



hello@mariaserbus.com

www.mariaserbus.com

