



# MENTORSHIP PROGRAM



*Are you ready to explore the depths of your soul and remember who you truly are?  
If you are here, the answer is YES!*

Welcome to the Spiritual Mentorship Program – a path that will empower you to align with your Truth, uncover your life's purpose, take action towards your goals, and embrace your authentic self. This mentorship is tailored to meet you where you are on your journey and provide practical support to empower you to step off the hamster wheel of fear and finally live the life you truly desire.

*“Everything you need is held within the  
Wisdom of your Soul.”  
–Soul Coach Melissa*

# MENTORSHIP DETAILS



## *Monthly Mentorship*

The mentorship is offered on a monthly basis and the length will depend on your specific goals, intentions, and desires. We will determine together an estimate for the length of time we will spend together and always discuss progress every time we meet. Regardless of the amount of time we spend together, each month will include the following as part of the program.

### **PROGRAM INCLUSIONS:**

2 SESSIONS PER MONTH

PRIVATE CHAT WITH MELISSA

INVITATION TO ATTEND ANY  
AND ALL EVENTS OR  
WORKSHOPS MELISSA HOSTS

CUSTOM CREATED  
MATERIALS, EXERCISES, AND  
SUPPORT FOR YOUR JOURNEY

GROUP SUPPORT

PRACTICAL GUIDANCE

# WHAT TO EXPECT

## **ONE ON ONE SESSIONS**

### **In Depth Sessions**

The mentorship includes 2 One-on-One sessions per month. In the first session we will establish where you are on your journey, your foundational practices, and set the direction for the time we will be spending together. Your first session starts our first month period together. We will set intention, set goals, and develop the beginning steps to move you into feeling you are in alignment with your desired experience. Each of the following sessions will vary greatly depending on your goals and focus.

## **GROUP SUPPORT**

All mentorship participants are invited to join the Love Truth Light Playground facebook group. This facebook group is open to everyone and is a space to connect with soul family and share our journey. As the mentorship program grows we will also have a private group for only participants of the program, coming soon.

## **EVENTS & WORKSHOPS**

As long as your mentorship is active you will have access to all events, programs, and workshops Melissa offers at no additional cost. Some of these include energy workshops, group healings, movie nights, channeling workshops, and more! You are welcome to attend all of them anytime you wish!

## **PERSONALIZED MATERIALS**

This is not a pre-made program, we create it together based on your intentions and goals. I am here to provide support, guidance, and tools to move you towards where YOU want to be. I do not set the direction nor the speed, those are entirely up to you. Once those are established during our first session, I provide ongoing support with additional tools, exercises, or practices to accomplish your goals. This could include daily intention setting, journal prompts, guided meditations, personalized affirmations, breath work, or many more unique tools and exercises created just for you.

## **PRIVATE CHAT**

After your first session you will be given access to a private chat with Melissa via Telegram. This chat will be used to check in, send reminders, and stay connected between sessions. This is not a 24/7 access chat and will have limited access during daytime hours.

## **BONUS**

Joining the mentorship program now also provides a unique opportunity to collaborate and create a community space as we continue to grow. Should you wish to join me in creating a new way to connect and grow together you are encouraged to join me!

# EXAMPLE MONTH

## WEEK ONE

1

### JOURNEY MAPPING AND INTENTION SETTING

The first week will focus on understanding where you are in your journey, what is it you are truly seeking, and the direction and intention of our time together. We will set goals and milestones and map out the first stages of the journey.

## WEEK TWO

2

### SHADOW WORK & PATH OF LEAST RESISTANCE

As you begin to take intentional action towards your souls true desires anything currently in your experience not in alignment with or serving your desire will come to the surface. This week will focus on embracing what comes into your awareness, shifting limiting beliefs, and healing the true cause of any fears. This will include focusing on your path of least resistance for communicating with and receiving guidance from Spirit.

## WEEK THREE

3

### INTEGRATION

This is a week of integration. Putting into practice all we have discussed utilizing tools and exercises from the first two weeks. During this week Melissa disconnects and is not available for sessions and will not communicate via the chat. You are empowered to learn to trust your self and the guidance you have received.

## WEEK FOUR

4

### CHECK POINT: JOURNEY MAPPING & DIVE DEEPER

This week we will reconnect and dive deep into any challenges or experiences that came up during the integration period. We will check in on your progress towards the goals we set, and identify new tools and exercises to continue moving you into alignment, mind body and soul.



# AREAS OF FOCUS



I am confident if you feel called to work with me we will be able to discover and achieve what your soul truly desires. Some potential areas of focus for the mentorship are described below but the options are limitless. We can always hop on a discovery call if you have any questions or doubts about what you would like to focus on before you sign up for the mentorship .

## **BALANCE, HARMONY, & ALIGNMENT MIND, BODY, SOUL**

Focus on creating a balance within your Self and in your lived experience. That balance is established through clearly connecting with each aspect of your self and taking action that is in FULL alignment- Mind, Body, and Soul. In other words your thoughts, feelings, and actions are in harmony with each other.

## **LEARNING, UNDERSTANDING, & MASTERING YOUR GIFTS**

Focus on uncovering your path of least resistance through understanding your clair abilities, learning to trust communication from Spirit, and practicing applying and sharing your gifts in daily life and with others.

## **SOUL BASED BUSINESS SUPPORT**

Focus on overcoming the unique challenges of creating, maintaining, and managing a soul based business. Topics tend to cover imposter syndrome, valuing your time and energy, overcoming lack mentality, and healing your relationship with receiving. A soul based business is any endeavour in which you pursue your passion as a means to make a living.

## **GENERAL JOURNEY SUPPORT**

There is nothing like confiding in a trusted friend, knowing you can express freely and openly without fear of judgment. No matter what you are experiencing on your journey and in life, I offer a safe space to be and feel supported.

# REST...ACCEPT...TRUST

This simple but powerful foundation is one example of what you may explore during your time in the mentorship program. These principles are explored and experienced on every level:  
**Mind, Body and Soul.**



## *Rest*

Rest encompasses the idea of surrendering to the present moment and letting go of any struggle, pain, or suffering. We learn to rest the Mind and the Body so the Soul can lead the way.



## *Accept*

Accept embodies an attitude and practice of healing by learning to release judgment, seeing through the perception of fear, and revealing what is True.



## *Trust*

Trust is a process of establishing trust in your Self, the world, the universe...Trust in ALL. Trust is established on every level, over and over, again and again until complete certainty replaces any and all doubt.



# SAY YES TODAY!



It's time to embrace your authentic self, discover your purpose, and cultivate profound spiritual awareness. If you feel some hesitation or resistance but can no longer ignore that part of you that wants to say yes, schedule a free discovery call with Melissa. We will dive into what is causing that doubt and determine together if the mentorship is the right fit for you. We can also discuss potential areas of focus and the intention of your mentorship along with answer any and all questions you may have.

Say yes! Take the first step in letting your Soul lead the way.

**SCHEDULE YOUR  
FREE DISCOVERY CALL**

**SIGN UP FOR THE  
MENTORSHIP PROGRAM**

*Discovery Call*

*I'm Ready!*

[www.soulcoachmelissa.com](http://www.soulcoachmelissa.com)

*“Your spiritual journey is a magnificent adventure,  
allow me to join you along the way.”  
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# A LITTLE ABOUT *Melissa*

Hello and welcome! I am Melissa, a soul coach and intuitive channel with a passion to shine light on your journey with unconditional love and guidance anchored in Truth. I have consciously been walking my spiritual path since 2012, but in truth I have been connected to my gifts and purpose my entire life, as have you. If you'd like to learn more about the details of my personal journey you can read my story here.



My experiences along my own journey have given me an unshakable foundation of Truth and the unique ability to clearly see the blocks to your awareness of who you truly are and provide guidance to help you understand, heal, and release what stands between you and living with your Soul leading the way. I truly feel my most authentic and true self when I am engaged with Soul Family, diving into the depths of our journey, and sharing reflections of who you and we truly are. I feel deep gratitude for the trust I am given to join you for any portion of your journey and look forward to sharing this crazy adventure we call the human experience with you.

*Love and Light,  
Melissa*



# FAQS

## **WHAT IS THE COST OF THE PROGRAM AND WHEN ARE PAYMENTS DUE?**

The mentorship is currently being offered at a monthly rate of \$444. You may choose weekly payments of \$111 or monthly payments of \$444. If you are ready to make a 1 year commitment you can pay for the entire year upfront and receive 1 month free. Payments can be made via paypal or debit/credit and will automatically reoccur every 30 days until cancelled.

## **CAN I START THE MENTORSHIP PROGRAM, TAKE A BREAK, AND THEN RESTART AFTER SOME TIME AWAY?**

The short answer is yes! Of course. This program is designed to fit YOUR needs and be unique to your journey. We could very well spend 2 months together and then feel guided to end the mentorship to give you time to grow and expand on your own. The commitment is 1 month\* at a time and each month you have the option to continue or not.

\*Please note if you choose to commit to a year, your mentorship terms are for 1 year and not 30 days.

## **CAN WE HAVE MORE THAN 2 ONE-ON-ONE SESSIONS PER MONTH?**

The monthly mentorship includes 2 sessions per month. There are many opportunities to connect outside of sessions such as in workshops, group events, the facebook group, and the private chat. If you feel you need an additional 1-on-1 session they are available for 50% off the normal single one-on-one session price.

# TESTIMONIALS



"Melissa helps build a consciousness to serve the love seeking its way through each of us to the world. If you'd like to envision higher possibilities for yourself, her insight, clarity and passion will inspire you on your path to self discovery. Give yourself the gift of this amazing tour guide."

*Marcia T.*

**NIPOMO, CALIFORNIA**

"I found Melissa's sessions so calming & helpful that they brought me to tears at times. I have felt enlightened & mentally stronger since finding her. I hope others find the peace & strength within themselves that I have. Thanks for everything you do Melissa" ♡

*Paula H.*

**GAINESVILLE. FLORIDA**



*Ben J.*

**MUSCATINE, IOWA**

"Melissa is HIGHLY connected to her gifts, and she is my go-to for anything I'm wanting help with in my life. No matter if it's spiritual, relational, emotional, materialistic, or even if I have no idea what's going on, Melissa has helped guide me into a greater understanding of any situation. Her one-on-one sessions are packed full of relevant information and I'm so glad it's recorded so I can play it repeatedly until I get all the information unpacked. Then, when I'm done unpacking it all and implementing it in my life, it's about time to reconnect with her about something else. Melissa was a stranger who I aligned with on TikTok and now I consider her to be a true friend and is a part of my soul. I'm extremely grateful to know that there is someone else who can connect to my energies and makes me feel like I'm not alone in this big world."

# SAY YES TODAY!



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