



Coaching Packages



Life + Confidence Coaching

Your greatest and most valuable asset? Your gorgeous self. Yes gorgeous, you. So when was the last time you REALLY invested in yourself, for no-one but yourself? You have been floating along for a while now, doubting your abilities, struggling to be motivated, feeling stuck, and wondering if this could be as good as it gets. Your heart has been yearning to make some big decisions and you have been longing for a turning point.

This is it.

As a life coach I support women (that is, everyone who identifies as a woman) and a few brave men to become more confident and connected to themselves, to unearth their true passions and to build authentic, purposeful lives that leave them overflowing with peace, joy and pride.

My clients are often people who are doing just fine day-to-day, but, despite the good that surrounds them, find themselves yearning for something else out of life. Often they feel reactive to the many roles that they play in the lives of others and find it difficult to really create a space to focus on their own ambitions and dreams. Sometimes they feel stuck and don't know how to move forward. Sometimes, despite a lot of hard work and the very best intentions, things just haven't worked out for them the way they felt they were meant to and the path forward seems unclear. Sometimes the changes they want to make in their lives seem all too big, and sometimes finding what it is that makes them excited can feel simply impossible.

US, TOGETHER.

People often come to see me because they want more. More time for themselves, more self-love, more confidence, more positive relationships, more energy, more direction, more momentum, more links with their passions, or simply a more optimistic attitude overall.

They want to FEEL different than they do right now.

I support my clients to be the most proud in their own skin than they have ever been. I support them to create a life for themselves that is bigger and brighter than they had ever imagined. I support them to build the confidence and courage they need to make that change they have wanted for so long. I support them to find everything that they have ever needed, within themselves. I support them make their wildest dreams a reality. I support them find more energy and optimism. I empower them take back the driver seat in their own lives. And then I cheer like nothing else.



TESTIMONIALS

I can't start to describe how valuable working with Jo has been. In a world where pressures and expectations come from every angle, it has been invaluable to have Jo's support to clearly articulate and develop my values and sense of self, in addition to creating and living the life I have always wanted. Although I never ever thought I would run my own business! From personal to professional support, the journey to date (3+ years) has been incredible – well beyond anything I could have ever imagined.



Em Bolger : Connective Marketing Communications



Johanna is a beautiful and heartfelt coach who asks the deep questions, really holds space for her clients and allows her clients to grow at their own pace. Through coaching with Jo, I learned how to tap into my intuition to live in alignment with how I feel and I developed my website content from a place of authenticity and love. Jo supported me throughout the entire journey and I had an incredible experience with her! I would highly recommend a Heart Sparks coaching series to anyone who is looking for a deep coaching experience. Thank you Jo for all your love and support.

Heather Currie : Life coach for Sensitive Women, Calm Passionate Coaching

I never imagined myself seeking out a coach, but the time I spent working with Jo has genuinely changed my perspective on life. She never told me what to do or think, but instead acted as a sounding board to bounce around ideas. She was never afraid to tell me to dig deeper and ask tough questions. I'm so grateful that with Jo's support I'm far more positive, centred, and confident in myself and my own abilities.



Claire Morrissey



Before working with Jo I was confused. I struggled with self doubt and had fears about becoming visible. I wanted to own who I was, to stop hiding, to have clear direction that felt right for me and to feel confident as both a coach and a woman. Jo, you have challenged me to dig deep and rise above my thoughts. You held such a strong belief and vision for me when I didn't see it in myself and from our first session I knew I was going to make some epic changes in my life. I now feel unapologetically me. The biggest change I have witnessed in myself is my confidence and the belief I have in myself, as well as trusting myself more. This has manifested in me owning who I am as a coach and it has also strengthened my relationship with my family. I have let go of the notion that I have to do everything and be everything, and I can let things naturally be.

Jenny Carver : Health Coach, Jenny Carver

Coaching Packages

I am truly blessed to get to work with the beautiful people that I do.

There are lots of ways that we can work together to help you build your best life. Choose the one that feels most right for you.

THE SOUL SPARK SESSION

For You:

- pre-session questionnaire
- one 90 minute session

A jump-start designed to spark your heart in its truest form, this 1.5 hour deep-dive will support you to step away from the busyness of your life to uncover and connect more deeply with what REALLY makes your soul sing (including the hidden stuff that you perhaps don't talk about out loud), to deeply align with your core values and give them the space in your decision-making that they deserve, to create a personally inspiring and motivating plan for honouring the best of yourself and to create the time and space you are longing for to put yourself first, regardless of what is happening around you or how many people you support in your life.

Full of practical tools and deeply honest conversation, come ready to challenge yourself from the moment we begin and then reap the rewards for a long time to come.

Investment:

\$350 AUD + GST for Australian residents.

Payment plans and Heart Grants available.

To begin or find out more, contact me at info@heartsparks.com.au

THE IGNITE PACKAGE

For You:

- Pre-coaching questionnaire
- six 60 minute sessions over 12 weeks
- unlimited email support between sessions

To start you will receive a free pre-coaching questionnaire which will help you identify what you most want to achieve during your time with a coach, and we will have a 30 minute phone or Zoom consultation at no-cost to you to let our chemistry work its magic. No work to be done at this point – just an opportunity to get to know each other, check that we are a wonderful match, and make sure that I am the best coach to be supporting your fabulous dreams and ambitions.

From there, we ignite! We will hone in on the goals that we will be working on during our time together, and you will receive fortnightly coaching sessions, action plans, homework for you to complete between sessions (don't worry, it will be fun!), mile-stone check-ins and unlimited email support between our catch-ups to keep the momentum going.

Investment:

\$345 AUD per month (\$1035 AUD), or \$1000 AUD when paid in full upfront + GST for Australian residents.

Payment plans and Heart Grants available.

To begin contact me at info@heartsparks.com.au

THE HEART PRINT PACKAGE

For You:

- Pre-coaching questionnaire
- twelve 60 minute sessions over 24 weeks
- unlimited email support between sessions

Just like the IGNITE package, we will start out with a free pre-coaching questionnaire and 30 minute phone or Zoom consultation at no cost to you to let our chemistry do its thing and to ensure that we are a match made in coaching-heaven. From there it is time to create an authentic, purposeful life full of your own luminous heart prints. You will receive fortnightly coaching sessions, action plans, homework for you to complete between sessions (once again, the good kind!), milestone check-ins, and unlimited email support between our catch-ups to keep things moving at a beautiful pace. Get ready, this one is life-transforming.

.Investment:

\$330 AUD per month (\$1980 AUD), or \$1920 AUD when paid in full upfront + GST for Australian residents.
Payment plans and Heart Grants available.

To begin contact me at info@heartsparks.com.au

TESTIMONIALS

I went into my coaching series with Jo very confused and cluttered with my thoughts on what I was truly passionate about. She made me feel incredibly warm and welcomed after our first session together and I knew I was in the right hands. I have never felt as empowered or inspired as I have with Jo cheering me on and supporting my every move.

My experience with Jo was life-changing, she helped me rid my nasty girl thoughts and truly empowered my self belief and self love. She is one of the most amazing life coaches I know and I am so grateful to have worked with her.



Bianca Romeo : Fitness and Lifestyle Coach, Bianca Romeo



Coaching with Jo was enabling, authentic and inspirational. Her authenticity, warmth and beautiful nature comes through in all she does. Jo gained my immediate trust, confidence, respect and admiration. She demonstrated an understanding of me that very few people do in my world and worked with me in a way that maximised every interaction we had. She enabled me to discover, learn, reflect and understand where I was, why I was there and what needed to be done to achieve the goals I had set myself. Through our time I returned to my true self. I have developed stronger and deeper relationships with my children. I appreciate how my mind works and no longer beat myself up. I have a true sense of where I need to go and am living with inner strength, calmness and self belief. Everything I do on a daily basis is authentic and completely resonates to my true self, which has had a positive impact on all of my interactions. I will be forever grateful to Jo for how she has worked with me through the most challenging moments I have faced in my life. Her ability to quickly understand and appreciate a person, and then work with them in a way that enables them to move ahead, is amazing.

Michael Falloon : Founder, Anam Cara Experiences

I contacted Jo for coaching because I wanted a lifestyle overhaul. I was feeling incredibly overwhelmed with the number of demands on my time and frustrated at the lack of forward movement in my business. I wanted to start living and having fun. I felt so incredibly understood and supported by Jo and always came away from our sessions buzzing. My experience of working with her was inspiring and insightful and I can't express enough my immense gratitude for her support, care and ability to hold me accountable to the things most important to me. I am now taking better care of myself, I feel more free, I am living my life more and I have swapped old patterns, beliefs and habits for affirming new ideas and mindsets. Jo, you are an amazing coach.



Connie Ng : Holistic Life Coach + ITA Energy Medicine Practitioner, Emerge

Speaker + Public Speaking Coaching

Do you dream of being a confident, inspiring, engaging and sought-after speaker?

Do you long to speak in your workplace with more ease, impact and connection?

Do you know in your heart you are avoiding making it happen?
Are you confused about where to start?



US, TOGETHER

I know that you have a powerful message inside of you and know with deep certainty that it is one that the world needs to hear. There are already people out there, going about their lives all the while searching for YOU.

I want to see you passionately and unashamedly recognising, understanding and voicing your truth without doubt or reservation. I know you've got what it takes.

I want the world to see you, hear you and be inspired by you for who you are and in all that you are. You are enough.

Your voice is a powerful one and you can be an incredible speaker without being anyone other than yourself. I promise.

Let's talk! I am ready to bring my years of experience as a coach and vast expertise and experience as a speaker together to share with you everything I know about being a successful speaker and building a speaking profile, while also proudly and lovingly challenging and supporting you to bring your speaking dream to life. It is time.

As a highly in-demand speaker, I know what it takes to empower an audience into action, to build individual relationships on stage with every member of an audience, whether in a room of 12 people or 1200, and to be invited back to speak at events, run workshops, converse with the media and passionately share messages time and time again.

I have become heart-broken over the last few years watching women hide their voice. I have met hundreds of womxn who have told me they have a secret dream of sharing their message on stages, in workshops, in intimate events, on podcasts, in YouTube videos and in the media but either don't think that they have what it takes to see it through, don't think that they can be 'an engaging person' on stage due to their quiet energy/soft voice/lack of experience/lack of having what other speakers supposedly have, or don't think that their voice and message is special enough. I know otherwise. I'm sick of seeing womxn hide themselves away.

LET'S GET STARTED

I'm here to support you if you:

- dream of being a sought-after speaker
- wish to speak more powerfully in your workplace
- long to feel deeply confident and content as an authentic, inspiring speaker
- desire a captivating, engaging stage presence as your authentic self– long to develop and implement speaker services into your business– feel ready to source more speaking opportunities
- are trying to develop content for public speaking speeches, presentations or workshops with a focus on morphing your personal passion and story into meaningful service for an audience
- are ready to kick a fear of speaking in public to the curb once and for all



THE STAGE SUCCESS PACKAGE

Unlike my Life + Confidence Coaching, this package is a conscious blend of coaching, mentoring and knowledge sharing, with the love, encouragement and accountability of all three.

For You:

- a thought-provoking and idea-inspiring questionnaire to connect you to your speaking dream
- a 30 minute consultation to make sure that we are the best fit for each other and that Speaker Coaching is the best possible support for you right now
- 6 x 60 minute Zoom coaching sessions over three months
- unlimited email support between sessions

Plus some bonuses:

- a follow-up coaching session up to three months after your series ends, with a focus on checking in with the sustainability of your speaking services, sourcing even more speaking opportunities, or extending your amazing outcomes even further
- a full speaker page web-copy review + speaker kit review (during your series)

Investment:

\$664 AUD per month (\$1992 AUD), or \$1750 AUD when paid in full upfront + GST for Australian residents.

Payment plans and Heart Grants available.

To begin contact me at info@heartsparks.com.au

TESTIMONIALS

Being a speaker and standing on stage was on my dream board and I wanted a speaking career, but I wasn't confident about speaking or my ability to make it happen. I longed to feel confident on stage and share my message with others. Working with Jo was one of the best decisions I have ever made! Right from my first session with her I began feeling more confident as she helped me gently tune into myself and my messages more. While working with her I crafted and delivered a keynote presentation at an event. The feedback was amazing and I loved every moment I was speaking! I now feel confident as a speaker and am super excited about future speaking opportunities. Jo was so warm, nurturing and supportive. Thank you, thank you, thank you Jo! You saw the stars in my eyes and helped me spread my wings and fly.



Elva Li : Personal Brand Coach / Designer / Speaker, Elva Li

When I started working with Jo as my Speaker Coach I thought that there was no way I would go through with an upcoming presentation I has scheduled to do. My self-doubt was consuming me. I imagined working with Jo would be wonderful – but it was so much more than that. I felt so at ease, accepted and understood and Jo's approach was exactly what I needed. She went above and beyond for me and working with her exceeded what I could have imagined! I felt a real shift right from my first session with her and I knew then and there that I would go through with my speaking commitment after having wanted to pull out of it for SO long. After that first session I immediately got traction with the writing of my speech and for the first time was able to focus on what I wanted to share and how that was going to happen. I had a plan, support and a strong process to follow. Beautiful Jo made what seemed so undoable more than doable and while before working with her I would have never called myself a speaker, now I am much more open to speaking opportunities in the future!



Lenice Gaunt : Life + Wellness Coach / Mind Detox Practitioner

From the first email to our last, Jo made me feel supported + made it so easy for me to open up, share my thoughts, concerns and fears and just as quickly, empowered me with knowledge and tools to move through them. Since working with Jo, I am now a more confident speaker and feel ready to take on more opportunities with the skills I have learnt. I cannot recommend working with Jo enough, her beautiful energy, years of experience and straight to the point style is the perfect combination.



Amy Mackenzie : Founder, Designing Her Life + Solopreneur Society

CONFUSED?

Still not sure if coaching is right for you, or which package to choose? No problem!

Contact me at info@heartsparks.com.au and we will schedule time for a free chat together where we can get to know each other more, you can ask me anything you like about coaching or working with me and we can nut out together whether or not coaching is the best thing right now to support you in achieving what you truly want.

You will also be sent my free, pre-coaching questionnaire which is designed specifically to help you learn a lot more about yourself and also to help you prioritise what you would most like to achieve through working with a coach.



IF NOT NOW, THEN WHEN?

How would living your ideal life make
you feel?

What could you do if you knew having what
you truly want was possible?

How unstoppable would you be if doubt and
fear were no longer getting in the way?

How could your life look in three months time
if you were truly able to put yourself first?

This is your time. And I am excitedly waiting
for you!