

# What We offer...

## Services

Consultation (90 mins) – Pre-session and preliminary discussion for coaching relationship

Individual session (60 mins) – Coach/member session to deal with a present trauma or circumstance

Series 4/6 Session (60 mins) - 4 to 6 weeks of coaching includes consistent contact as needed centered around soul work. These series are recommended for complete process of soul prosperity

Group Sessions (time varies by capacity of session) – These sessions include 3 people or more with family (parents and siblings only), women, men. It's an in depth look at functionality at a foundational level. These sessions provide morale therapy and strategies to overcome trauma and stagnation.

Organizational Sessions – Meet with organizational departments to unravel discontentment and boost morale in order to strategize incentives for healthy workspaces. Emotional Intelligence seminars are also available.

Mentorship Session – Weekly/Biweekly coaching sessions that are customized per individual needs.

# Soul Sessions

Healed People Heal People  
Soul Care Saves Lives



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## Contact Us

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## Why Choose Us

Soul Sessions (SS) are one-on-one meetings designed to take an look into an individual's past in order to discover truth and restore them back to their intended design of wholeness. SS serve as a combination of counseling, healing and therapy offered by life coach Erica D. Goldman. The goal of SS include:

- ▶ Explore the individual's history of being from conception to present in order to reveal the issues of soul poverty.
- ▶ Provide a thorough evaluation of the individual's emotions.
- ▶ Help the individual face their pain by strategic confrontation.
- ▶ Offer practical solutions to become healed and whole.



## Definitions

Soul – The emotional part of human nature; the seat of feelings and or sentiments as defined by Webster's Dictionary.history of being captured by emotional energy.



### Soul Poverty is:

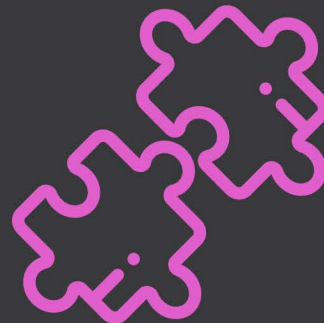
- loss of one's self
- feeling/being stuck
- emotionally bound and arrested
- the inability to rise above the noise and distraction of everyday life
- Remaining in a state of grief with no escape or ending in sight



### Soul Poverty is:

- The presence of awareness emotionally, spiritually and physically.
- A soul shift from old habits, cycles and patterns.
- Embrace of change.

Whether its family, marriage, or groups, there is a possibility that the soul of the organization needs to engage pain to produce prosperity.



Erica D. Goldman (EDG) was born and raised on the south side of Chicago, Illinois. Her passion has always been souls and to see individuals restored. EDG developed a love for people and understanding their emotional capacity. In 2013, she returned to school in pursuit of her degree in Psychology.

She has continued to learn and study human behavior and emotional intelligence to help people receive good health and stability. EDG has developed a system of strategies for processing pain and has a unique ability to connect with people to help them to understand that there is a 'silver lining in the cloud' of their history.

At her best, EDG is a solutionist and has answers for this generation. Her sessions have proven to be powerful and life changing for all. EDG's unique talent has unlocked many opportunities for seminars, webinars, organizational gatherings and much more. She is a single mother to one daughter, Alexandria, a mentor, friend, minister at her local church and a soul coach to many.