

Mindfulness & 1-to1 Coaching

Regulate, Realign, Rise

A heart-centered, trauma-informed pathway toward clarity, emotional strength, and conscious growth.



Nicholas C Clay

Holistic Integrative Coach-Practitioner

BeingOneWorld.com



Begin Your Journey of Awareness, Healing & Growth

Mindfulness and coaching meet here to create lasting transformation

This work is designed for growth-minded individuals ready to:

- Release old patterns
 - Strengthen their inner foundation
 - Develop nervous system regulation
 - Live with clarity, confidence, and intention
-

Through a heart-centered and trauma-informed approach, sessions support you in:

- Cultivating emotional awareness and resilience
 - Regulating stress and triggers
 - Setting meaningful, aligned goals
 - Integrating insight into daily life
-

*This is about strengthening your internal foundation —
not applying short-term fixes*

What Happens in a Session?

Each 60-minute session is personalized and adaptive

You can choose the focus — or allow it to unfold organically

Available Areas of Focus:

Mindfulness & Meditation Guidance

- Calm the nervous system. Increase awareness. Build regulation

Emotional Processing & Trigger Awareness

- Understand root causes and respond with intention rather than reaction

Clarity & Direction Work

- Turn confusion into actionable next steps.

Goal Setting & Strategic Alignment

- Align your personal or professional goals with your deeper values.

Inner Work & Belief Exploration

- Identify and reframe limiting patterns.

Boundary Building & Trauma Pattern Disruption

- Detach from unhealthy cycles and construct strong, healthy boundaries.

Growth Mindset Development

- Shift from fear-based thinking to resilient leadership

Integration Practices

- Anchor insights into daily habits that sustain long-term change
-

What You Walk Away With

After each session, you leave with:

- Practical tools you can apply immediately
- Increased emotional regulation
- Clear next steps
- Greater self-trust
- Stronger boundaries
- Sustainable habits
- A deeper understanding of your emotional landscape

Pause - Transform - Thrive

You develop the ability to pause between stimulus and response

That space is where transformation begins

Reactivity is replaced with presence

Who This Is For

This coaching is ideal for:

- Professionals navigating stress or burnout
 - Leaders seeking clarity and grounded decision-making
 - Individuals healing from emotional wounds
 - High performers ready for inner alignment
 - Anyone ready to move from reactive living to intentional growth
-

1 to 1 Coaching Details

Duration: 60 Minutes

Format: Online via Zoom

Investment: \$100 per session

Confidential - Flexible - Personalized - Deeply supportive

If you are ready to do the inner work and integrate it into your daily life — this space is for you



BEING ONE WORLD

Book Your First Session Today

Visit:

www.BeingOneWorld.com



Or schedule directly:

<https://BeingOneWorld.as.me/Discovery>

