**BeRealwithAya.com**

**Header (Navigation Bar)**

* Home
* About Me
* My Services
* BeRealBlog
* Podcasts
* Courses (Coming Soon)
* Contact

**Home Page**

**Hero Section:**

* **Picture and Hook:**
  + A captivating photo of Aya.

**Text:** " Hi, this is Aya G, your spiritual coach and relationship guide.

I help individuals and managers create authentic lives, build better connections, and grow in consciousness.

**Be Real with Aya. Be Real with Love.**

* + **Main Buttons:**

1. **Pass the authenticity test (link to test (is it doable they do the test and receive test results if they sign in)**
2. **Who is the Real Aya?** (Link to “About Me”)
3. **Buy My Book** (Future link to Amazon)
4. **What I’m Offering** (Link to “My Services”)

**What you learn with me**

**What You Learn with Me**

* **Authenticity and Self-Love:** Discover how to be true to yourself, fostering a path to self-love and self-awareness.
* **Healing Relationships:** Heal from past wounds related to relationships (love, family, friends, and toxic managers) and build a healthy, loving relationship circle.
* **Conscious Growth:** Expand your consciousness and become more aware of your reality, enabling you to take control over your destiny.

**Trusted By:**

* Logos of companies and brands Aya has worked with.

**Testimonials:**

* **Customer Reviews:**
  + Short quotes from clients about their positive experiences with Aya.

**Videos:**

* Embedded YouTube videos featuring Aya's talks and sessions.

**Contact Me:**

* **Contact Form:** Name, Email, Message.
* **Social Media Links:** Icons linking to Aya's profiles.

**Call-to-Actions:**

1. **Book a Session Now:**
   * Link to a calendar for scheduling or direct contact information.
2. **Get My Ebook for Free:**
   * Email subscription form to receive the free Ebook.

**About Me : see details below**

**Introduction:**

**My Story:**

**Core Beliefs:**

**Philosophy:**

**Passion:**

**My Services**

**I. For Individuals**

**The Four Sessions Program to Create Healthy Relationships**

Ideal for those who struggle with difficult relationships or are stuck in repetitive, unhealthy patterns with their circle members.

1. **Goal Setting:** Define your relationship goals and aspirations.
2. **Release Relationship Trauma and Detachment from Unhealthy Bonds:**
   * One or two sessions focused on releasing past traumas.
   * Techniques to detach from unhealthy relationships.
3. **Understanding and Dissolving Karma:** Gain insights into karmic influences and learn methods to dissolve negative karmic patterns.
4. **Implementing Peace, Forgiveness, and Gratitude:**
   * Foster peace and forgiveness.
   * Install new, healthy relational habits.

**Holistic Sessions for Authenticity and Self-Love**

Designed for those who have lost their way or lack self-esteem and self-love, this program aims to foster authenticity and self-love through:

1. **Healing Emotional Wounds:** Address wounds from the body, emotions, and mind.
2. **Childwork/Shadow Work:** Delve into childhood experiences and shadow aspects to foster healing.
3. **Harmonizing Masculine and Feminine Sides:** Achieve balance between your inner masculine and feminine energies.
4. **Meeting Higher Self:** Connect with the deeper aspects of yourself for guidance and insight.
5. **Adjusting Negative Habits:** Identify and change detrimental behaviors to support personal growth.

**Spiritual Growth Sessions**

Personalized sessions designed to elevate your consciousness, tailored to where you are and where you want to go on your spiritual journey. These sessions provide answers and guidance for every step of the way.

**II. For Advanced Individuals Only**

**"You're the Writer"**

A unique approach developed to help you leave the Matrix:

* **Identifying Your Matrix:** Recognize the limiting beliefs and patterns that form your personal matrix.
* **Three Transformative Perceptions of the Story:** Gain new perspectives on your life story.
* **Reading the Story from a Writer’s Perspective:** Analyze your life as a narrative to gain clarity and control.
* **Rewrite Your Story:** Transform your reality by rewriting your story with new, empowering perspectives.

**IV. For Companies**

**Weekly Wellbeing Hour**

* **Coaching Sessions:** Personalized coaching to help managers attain their professional and personal goal without jeopardizing their wellbeing.
* **Wellbeing Activities:** Stress-relief activities such as yoga, meditation, theatrical coaching, creative writing, and art therapy.

**Teambuildings with Aya Team**

* **Creating Authentic Company Culture:** Develop a bond and create empathy and understanding between colleagues.

**Workshops**

1. The Professional Identity Card (PIC)

Serves as a powerful tool for visualizing both professional and personal histories, aiding in the identification of success factors and obstacles. It provides managers and professionals with tools to understand and optimize their career paths through deep introspection and practical exercises.

* Dream and Challenge Mapping

Help managers identify their biggest professional and personal dreams and explore the correlation between these dreams and their personal challenges.

* Career Timeline Analysis

Help participants reflect retrospectively on their professional journey and identify key moments that have shaped their careers.

* Personal Interaction and Behavior Analysis

**A way to** Explore interpersonal interactions at work and understand personality traits that can create friction.

1. **Conscious Managers**

Integrate spiritual and scientific principles into professional life and master powerful techniques for rapid personal and professional transformation

**For Advanced Managers Only**

* **Map of Consciousness Applied to Life and Work:** Integrate spiritual and scientific principles into your professional life.
* **Spirituality and Science:** Explore where they meet and how to apply universal laws.
* **Advanced Techniques for Changing Reality Fast:** Learn powerful techniques for rapid personal and professional transformation.

**Additional Offerings**

* **Follow-Up Journal:** Clients receive a journal to track their progress and witness tangible changes in their lives.
* **Emergency Support:** Continuous availability for clients in case of urgent needs or follow-up support.
  + .

**BeRealBlog**

**Theme:**

* Each post starts with "Be Real [Aspect of Life]" and ends with a message of love and authenticity.

**Example Blog Post Titles:**

1. Be Real in Love: Embracing True Connection
2. Be Real Friend: Cultivating Lifelong Bonds
3. Be Real Worker: Finding Purpose in Your Profession
4. Be Real Truth Seeker: Navigating the Path to Wisdom

**Podcasts**

**Introduction:**

* **Description:**
  + Brief introduction to the podcast series, focusing on themes of personal and spiritual growth.

**Episodes:**

* **List of Episodes:**
  + Each episode title with a brief description and play button linked to the audio.

**Courses (Coming Soon)**

**Overview:**

* **Description:**
  + Information about the upcoming courses.
  + **Note:** "Stay tuned for updates on our online courses. Subscribe to our newsletter for the latest updates."

**Contact**

**Contact Form:**

* Fields: Name, Email, Message.

**Social Media Links:**

* Icons linking to Aya’s profiles on Facebook, Instagram, LinkedIn, and Twitter.

**Footer**

* **Quick Links:**
  + Home, About Me, My Services, BeRealBlog, Podcasts, Courses, Contact.
* **Newsletter Signup:**
  + Form for subscribing to Aya’s newsletter.
* **Social Media Icons:**
  + Facebook, Instagram, LinkedIn, Twitter.
* **Contact Information:**
  + Email address and phone number.

**Design Inspiration**

**Visual Identity:**

* **Colors:** Purple and green.
* **Slogan:** "Be Real with Aya, Be Real with Love."
* **Domain:** BeRealwithAya.com

**Core Values:**

1. Authenticity
2. Compassion
3. Inner Growth/Wisdom

**Ideal Client:**

* Seeking personal and spiritual growth.
* Feeling disconnected or lost in their current beliefs and lifestyle.
* Open to exploring alternative and holistic ways of healing and self-discovery.
* Desiring to break free from societal ties and live more authentically.
* Interested in meditation, spirituality, and ancient wisdom.

Details

**About Me**

**Hello, I'm Aya,**

If there's one thing I truly excel at, it's listening. I can listen for hours, embracing the silence and engaging in playful, deep conversations with my inner voice. My life's journey has been a tapestry of profound self-discovery, personal transformation, and spiritual awakening. Since the age of nine, I've felt connected to a higher force, expressing my innermost thoughts through poems and journaling. Life for me has been a long swim through the deepest and darkest oceans of my soul, filled with playful explorations and profound revelations. From my early years as a French literature and civilization scholar to my current role as a Spiritual Life Coach and writer, I've navigated various realms of knowledge and experience, finding my true calling in a nonlinear journey—from despair and suicidal thoughts to alignment, peace, and gratitude. Seeking the truth and treating everything with love are my guiding principles. It's no secret that I have a very high EQ.

**My Story**

In 2019, I found myself dreading my job, wishing I'd never have to return. It seems the universe heard my soul's plea because that day, a car accident changed everything. That moment dramatically shifted my perspective. Realizing I no longer wanted to continue on my current path, I made bold changes. I left my job as a French teacher, questioned deeply ingrained religious beliefs, freed myself from parental control, left my fiancé, gradually changed my circle of friendships, and embraced a quest for spiritual and personal growth. Since then, I've never stopped seeking the truth, trusting my inner wisdom, and learning to become a better person.

This journey led me to explore numerous therapeutic and spiritual practices, from NLP and regressive hypnosis (QHHT) to Reiki, yoga, quantum jumping, family constellations, art therapy, akashic reading, silence retreats, dark room retreats, and various diet challenges. These experiences have profoundly impacted my life, helping me overcome personal traumas, twin flame addiction, and false beliefs, and connecting me with deeper universal wisdom. I now have a profound relationship with my body, myself, my close circle, and the cosmos.

**My Mission**

Today, I am passionate about helping others break free from falsehoods and rediscover their authentic selves. I ask bold questions and guide individuals to face their darkest selves, shifting their consciousness to discern what is real and what is fabricated by the mind. I believe everyone has the capacity to evolve to a better life once they are REAL. My mission is to guide individuals and companies toward a path of growth, transparency, and authenticity.

**The Uniqueness of My Service**

Throughout my journey, I've had the privilege of witnessing profound transformations. Many individuals have evolved from being depressed, anxious, and traumatized to becoming more conscious, strong, and peaceful. My approach to healing is deeply intuitive, guided by authenticity and direct communication. This unique combination makes people feel safe and open to sharing their deepest concerns, fostering an environment of trust and genuine transformation.

What sets my service apart is my unwavering commitment to my clients' well-being beyond our sessions. I remain available for emergencies and follow-ups, ensuring my clients have the support they need to navigate their changes and understand the shifts within themselves and their environments. Additionally, I provide a follow-up journal that documents their evolution, helping clients see tangible changes and not just feel them. For example, I once worked with a client who struggled with severe anxiety. Through our continuous engagement and tailored support, she not only overcame her anxiety but also discovered a newfound sense of purpose and peace.

For managers, I have a unique ability to understand not only their explicit goals but also their deeper desires for change. This allows me to provide tailored solutions that resonate deeply and drive meaningful transformation within their teams and organizations. One manager I worked with wanted to improve team morale. By understanding his deeper motivations, we implemented strategies that significantly enhanced team cohesion and productivity.

My clients appreciate the personalized care and continuous support they receive, knowing that I am dedicated to their journey every step of the way. Together, we explore the path to a more authentic, empowered, and harmonious life.

**My Core Beliefs**

1. Everything is conscious; we are created by an intelligent, conscious force that exists within us.
2. Nothing dies; everything changes form.
3. Whatever you believe and feel, you create.

**My Philosophy**

Whatever you do is your own creation, and what is created will always seek its creator. Therefore, whatever you create will come back looking for you. Your life is a mirror of who you are from different angles.

**My Passion**

I am passionate about relationships, the unknown, and deep existential questions. I love writing about these topics, sharing my life experiences, and imparting the wisdom I have gathered along the way. Through my articles, books, and teachings, I help others achieve meaningful relationships, cultivate inner peace, and find the courage to live true and authentic lives.

**Let's Connect**

Whether you're seeking personal growth or looking to enhance your company’s culture, I'm here to guide you. Let's rediscover your true essence and transform your reality together.

**Book a session now** | **Get my Ebook for free** | **Follow me on social media**