



**Coach Business Builder Information Kit**

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## **LIFE COACHING INFORMATION KIT**

**Mark Bellini -**

**Self-Esteem – Procrastination – Confidence –  
Perfectionism Coaching Services – Self-Coaching and  
Self-Hypnosis Products**

Email:

[markbelliniwrite@gmail.com](mailto:markbelliniwrite@gmail.com)

Text Message or Call

862-218-6183

My coaching combines traditional techniques with modern self-help technology, such as binaural beat (brainwave) audios.

## **FAQs**

### **1. How long does it take you to complete a coaching program?**

Most coaching packages take up to six sessions to complete. You can sign up for one session at a time, or sign up for all six sessions at once.

You are free to cancel whenever you want, and only pay for the sessions you have completed.

Each life coaching session lasts one hour.

### **2. How do I sign up for a coaching session?**

Just call or email me, and describe what type of coaching you need. I'll ask a couple of questions about your needs,

in order to gain as much knowledge as possible about your desired outcomes.

I will review your answers to the survey questions and contact you. Once you agree to do a coaching session, I'll send you a Calendly link to let you schedule a session.

During your introductory session, I will learn which specific self-esteem and confidence challenges you would like to focus on during your sessions.

I will suggest the best way to structure each coaching session in order to get the best results. You will also decide which coaching format you prefer: text messaging, Messenger chat, email, or video.

If you decide to continue, you just have to schedule the first session. This process will continue each coming week until you have completed all six sessions.

### **3. How do you communicate with clients?**

I primarily stay in touch with clients via email and phone / text message. Initial client meetings maybe done through video if needed.

#### **4. Do you charge by the hour or by the project?**

There is no charge for this first session. If you choose to continue coaching with me, the following sessions will be priced at \$50 an hour for live sessions or \$35 for asynchronous sessions via email, chat, or text messaging.

The self-esteem coaching package consists of:

- Six sessions of 1 hour
- Homework exercises every week
- One session per week
- One extra free email message per week
- Schedule extra sessions after the package is completed (if desired)
- No commitment. You pay separately for each session. Cancel whenever you want

#### **5. What happens if I cancel a package before it's completed?**

In the event of package cancellation, I will charge you only for the portion of the coaching package that has been completed.

## **Background**

As a life coach and small business marketing consultant, I enjoy working both with people struggling with self-esteem and confidence challenges, as well as with coaches, therapists, consultants, and freelancers who are having a hard time building their practices.

I have a business degree from Rutgers University, and have taken the following continuing education courses:

- Penn Foster: Child Psychology Certificate
- Hudson County College: Integrative Mental Health Certificate
- American School of Hypnosis: Hypnosis Certificate
- IAP College: Life Coaching Certificate
- Universal Coach Institute: Life coaching and solution focused coaching certificates
- Introduction to Clinical Nutrition

## **Marketing Courses**

Hubspot Inbound Marketing

AWAI The Accelerated Program for Six-Figure Copywriting

Google Garage Fundamentals of Digital Marketing

I ran my own ESL language training school for a few years before moving to the logistics industry as a trucking contractor.

I've spent the last two years building my life coaching and marketing consulting business.

## **Books Published**

I have published the following book, which is available on Amazon.com:

*SELF-ACTUALIZATION: Your Life Manual*

I also wrote the following e-book, which you can buy on <http://bookvendor.net/products/>:

*Software Every Business Must Have*

## **Education**

Rutgers University

Bachelor of Business Administration (B.B.A.)

## **Continuing Education courses:**

- AWAJ Accelerated Copywriting Program
- The Keys to Effective Editing
- Human Resources Management
- Life Coaching Certification Program
- Hubspot Inbound Marketing
- Certificate in Integrative Mental Health
- Google Fundamentals of Digital Marketing      -  
Fundamentals of Technical Writing
- Child Psychology Certificate Program
- Conversational Hypnosis certificate
- CBT Techniques for Building Client Self-Esteem and Resilience



- Pathological Gambling: Interventions for the Family
  
- How to Improve Self-Esteem in Young Women Having a Difficult Relationship with Their Partners

## **9. Do you offer consulting services?**

I provide the following remote consulting services:

- Website marketing content audit (review): Free – \$350
- Marketing funnel consulting \$800 -\$1900
- Content marketing strategy / plan \$480
- Email marketing strategy / plan \$240 (14 emails)

- Content marketing research – \$30 / hour

## **10. What do clients say about you?**

“You are so wonderful! Thanks so much for all your help and support!

Thank you for your valuable time.”

Cordially,

Kari

## **11. Describe your life coaching process**

My self-esteem coaching program is based on proven methods for overcoming low self-esteem:

- **Cognitive behavioral therapy**

- **Self -Hypnosis**
- **Subliminal messages**
- Ericksonian coaching methods

The e-book that's included contains written exercises, links to a hypnosis audio, practical self-esteem exercises, and a full self-hypnosis script that you can use for your own sessions.

### **Working through six coaching sessions, we will cover:**

Acknowledging Your Low Self-Esteem

Making a Plan for Overcoming Your Low Self-Esteem

Questioning your Misguided, Limiting Beliefs

Learning how to take consistent action towards your goals and dreams

The e-book also has a section containing unusual ways to build your self-esteem.

These unconventional methods, based on the work of hypnotherapist Milton Erickson, provide suggestions for overcoming personal challenges related to your appearance, social skills, dating skills, fatigue, and other issues that are related to low self-esteem.

### **Three Products to Supplement Your Coaching Sessions!**

You will have access to the *book*, *the self-hypnosis mp3 audio*, and *the hypnosis script (transcript)*, so that you can use the text to create your own hypnosis sessions, affirmations, or subliminal messages.

The resources section includes links to websites that offer books, audios, and courses on topics related to self-esteem, perfectionism, and social anxiety.

There are also suggested courses, blogs, and software applications you can use to create your own self-help sessions, if you desire.

Most of the exercises are based on the techniques of influential hypnotherapist and psychiatrist Milton Erickson, so they are proven to work with people struggling with low self-esteem.

## Terms

Written agreement is required for all services. All cancellations should be requested 24 hours before your scheduled session.

## Ordering my Services

Please visit <https://coachbusinessbuilder.net/contact/> to get started, before you schedule an introductory session.

I will ask you to complete a Potential Client Intake Form to get a better idea of the areas you need help with.

After I receive the Discovery Questionnaire, I will review your answers, plus any other information you have provided.

3-5 days after I review the intake form, I will ask you to fill out a couple of online surveys. Finally, I will send you a Calendly link to let you schedule your introductory session.

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I am located in New Jersey.