

Connected Consciously Coaching

awaken your body intelligence - connect with your creative flow

Free 45-minute no obligation consultation: “Creating and Living Your Life With Ease”

Are you seeking to live and create your life with ease. Are you ready to end your stresses and conflicts, improve your relationships, and direct your freed up energy toward creating more fun with life and work and more pleasure in general.

Do you want to learn new easy to use skills and tools to expand your aliveness and empower your self and others to live and create life with ease?

If you are willing to dive deep, are eager to shift easily from stress and fear to creativity and collaboration and are ready to take action, then! I invite you to request this free consultation.

During the consultation you will:

- Create a sense of clarity about the life you really want to create.
- Find out the essential building blocks on how to eliminate conflicts and stress.
- Discover the #1 thing stopping you from creating and living your life with ease.
- Identify the most powerful actions that will move you towards living life with ease.
- Complete the consultation with the excitement of knowing EXACTLY what to do next to live your dream life filled with ease, flow and creative expression.

Click here to schedule an appointment or call me at 805-798-3161



Harry Poliak is a life and personal growth coach who specializes in supporting you in connecting to your bodies intelligence, playfully unhooking from the source of your stress, increasing your feeling of aliveness and turning your freed up energy toward your creative expression.

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