THE RECYCLED PIRATE

Life Awareness & Innovations

Programs & Courses

As a personal guide I create a safe space where you can relive, reframe and restructure your mindset.

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Coaching Programs & Courses

Pricing Personal Coaching 1:1

- 45 minutes $50
- 90 minutes $90

Do you need that occasional power session? Then this is your best ticket. No programs, no extras, just straight talk and listening. A deep session of 90 minutes will benefit you the most if you have a lot on your chest.

Privacy is always guaranteed.

My Favorites Programs

Writing your Personal Manifesto

Writing your manifesto is like setting your own course. Are you ready to take charge of your life? Are you done hoping for the best outcome? With your manifesto you set in writing what you desire to be, to become and to earn. It is your affirmation to the universe. It is your sail ready to catch wind.

Download The Recycled Pirate's Manifesto for free on the website.

- Program: 2 sessions of 1 hours
- Investment: $130

Write your own Mantra

Writing your own mantra is like empowering yourself. It doesn't matter if you need more financial stability or more emotional intimacy, both start from within yourself and the beliefs that are connected to it.
With a very clear exercise I will teach you how to write your own mantra about a topic that is dear to you. You want more love? Let's call love. You want more money? Let's alchemize more financial flow into your life.

- Program: 1.5 hour
- Investment: $90

Life Awareness & Innovations is being aware of your life's habits and innovate in such way that they will benefit the future you. Sometimes that means reinventing yourself, sometimes it means improving what you already do.

Photo by Renske Pin

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THE FIVE TRAITS I LOVE SEEING IN PEOPLE I WORK WITH

1. The Entrepreneurial Spirit
Do you have that soul seeking and problem-solving attitude or do you want to? Then you're probably more entrepreneurial as you thought. Not every entrepreneur needs to start their own business, just like every innovation doesn't have to be something new. By allowing, and even encouraging your entrepreneurial spirit you will achieve your desired lifestyle.

2. The Self Discovery Mindset
Personal development starts after making the choice for self discovery. Once you choose the path of that discovery, you will start develop personal skills, mental muscles and spiritual knowledge. Personal development starts with the choice to choose you. Are you an achiever? Do you have goals you want to realize, but don't know how? Then coaching with me should be on your radar.

3. The Emotional Intelligence seeker
Being smart is cool, but when you know how to deal with your smarts is when you will really start making a difference. Unfortunately, we don't learn enough about our emotions during our crucial developping years. It's important to learn how to set boundaries. Or how to hold space for the people you care for. This is where you, and I, can make the difference. By choosing you above all else, acknowledging yourself and getting you emotionally prepared for the next phase of your journey.

4. The Healthy Harmonious Lifestyle
You become what you think, just as much as you become what you eat. Living a healthier balanced lifestyle is part of a holistic process. You can work as much on your mind as you want, but if your emotions are fueled with food or alcohol it will only temporarily please you. You won't get the long term benefit that you so desperately want. A basic routine, is the beginning of a healthier lifestyle.

You don't have to be a health freak or do 100 push-ups every day nor do you have to go vegan, but you need to want to improve the healthy side of your life and live as harmonious with your body, mind and spirit as possible.

"Let's get fit together by working on your mindset and be mindful of you."

5. The Socially Engaged One
Being socially engaged brings a sense of purpose and therefore satisfaction. Being socially engaged doesn't mean you need to go out till late at night. It means you want to do something for the society you are part of. Something valuable. The more sustainable your engagement, the more it will benefit you as a person and your development.

Get what you want from life. Earn what you deserve. While also be more understanding. More patient. And more intentional about how you go about life.

If any of these five personality traits triggers you, we should discuss your options on how you can become that desired mental warrior.

Contact me for a personal assessment, or choose from the programs and courses beneath.

www.therecycledpirate.com • andy@therecycledpirate.com

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Coaching Programs & Courses

The Empowerment Course
This is only for the hardcore self believers. If you just started on your journey, I suggest to start with the Self Development program. However, if you feel ready to get your intentions set and be as strong as you can be emotionally and mentally, than this is the course for you.

The Empowerment Course is best done in person for certain physical contact can help to engage core strength points in your body. The course will mostly be given in nature on Curaçao with deep nurturing exercises and rooting techniques. Depending on your journey phone, video and text message consults will be included.

This course takes 8 sessions of 1,5 hours and will make you believe in your core essence as a warrior.

The results: Better breathing. Better understanding of your emotions. Better acceptance of yourself. A greater confidence that will lead to your own self empowerment. And that, is just the beginning of the new YOU!

- Program: 8 sessions of 1,5 hours *(and personal guidance between the 8 sessions)*
- Investment: $450

Self Development Program
"*Bring your shovel, we're going on a cleanup!*"

Ever wanted to dig in your past to understand where certain behavior comes from? Do you want to know why your relationships don't work? Or do you feel you're missing the zest to handle that "shoveling" at all?

I have little program for that to go on some basic self discovery and understand what has more importance in your life right now. It will answer many questions in the shortest time and the outcome will lay a foundation for you to start building on that dream relationship with yourself.

Come "dirt shoveling" with me now and receive a bonus session on how to write your own Mantra.
Course program included for future reference.

The results: A better understanding of your behavior and past programming. A rewiring of your emotional being for your future.

- Program: 6 sessions at 45 minute per session
- Investment: $280

Payment plans are accepted

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