

# 'TOLA OLADIJI

## Emotional Wellness Coach

**I help people overcome long-term and short term negative emotional states, so they can live well, find fulfillment and be all they desire to be.**

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## ABOUT ME

Hi! I'm Tola.

I am a Psychologist, Emotional Wellness Consultant, and Founder, Centre for Emotional Wellness Africa (CEWA). I am also a Certified Life Coach with The Academy of Modern Applied Psychology, as well as a member of the Life Coaches Association of Nigeria and the International Association of Positive Psychology Coaches.

I am passionate about helping people find emotional wellness and live the best version of their lives every day, and I do this by facilitating masterclasses, webinars, and personalized coaching sessions with clients.

Typically, I work with people who are struggling to cope, who want to improve their wellbeing, and become more positive and confident. I have been published on several media outlets including Bella Naija, Opera News Hub and Today's Woman.

You can follow me on Instagram and Twitter via @tolaoladiji, or connect with me on LinkedIn to get regular updates about emotional wellness to help you live well.

## WHAT IS EMOTIONAL WELLNESS COACHING?

Emotional wellness coaching facilitates emotional health and wellness in clients by helping you unlearn old habits and learn new behaviors that allow you to grow, thrive and bloom in all areas all of your life without being held back by your feelings.

As the rate of depression and other mental conditions increase in our society, now is the best time to invest in your own emotional wellness.

# WHO NEEDS EMOTIONAL WELLNESS COACHING?

Emotional wellness coaching is for you if you want to:

- Overcome negative emotions and self-limiting beliefs
- Master your mental processes
- Improve your self-concept and replace self-doubt with self-confidence
- Develop better personal and interpersonal relationships
- Learn how to combat negative thinking.
- Learn how to manage stress effectively
- Develop and master the principles of resilience
- Clarify and fulfill your personal dreams, goals and aspirations
- Live an emotionally healthy life

As an Emotional Wellness Coach, I will help you identify the core areas where you struggle emotionally, and then provide you with practical resources, strategies and new skills to help you overcome them. I will also be responsible for providing support and accountability while you go through this process in order to make sure that resolution is final and lasting.

You will find that by working with me, you can improve your wellbeing, develop a better self-identity and also accelerate your personal growth. Inevitably, this will lead to winning in other areas of your life.

## MY COMPETENCIES

As a coach, I am trained to deal with a wide range of cases, but some of my areas of core competence include:

### **SELF-CONFIDENCE**

Do you have low confidence, low self-esteem and a lack of self-belief in your own true potentials? Or you find yourself shying away from opportunities and relationships because of fear? Then I want to help you. I support my clients in challenging the doubts and self-limiting perceptions that hold them back from being their best self. With confidence coaching, you will learn how to come out of your shell and break the limits of your own insecurities.

## RELATIONSHIPS

Are you struggling with in a difficult relationship? I provide coaching to help you and your partner learn how to communicate clearly, set expectations, manage conflict and thrive in your relationship.

Perhaps you're unable to let go of a previous breakup, or make sense of your own feelings. Or maybe you are having difficulty trusting anyone enough to be with them. I can help you process your unconscious needs and desires to define what you want in a partner. This will help you avoid the wrong kind of people and hone in on those you truly want.

With relationship coaching, you can find happiness as you learn how to have loving and confident relationships with those around you

## NEGATIVE SELF-CONCEPT

When you have a negative self-concept, it means you have an inaccurate value of your worth as a person. This is usually because you are not aware of your personal strengths or you suffer from low self-worth and poor self-image. This can ultimately lead to feelings of worthlessness that can affect your emotional health.

As a wellness coach, I will help you identify your natural strengths and hone in on your accomplishments until you develop a proper concept of who you are as a person, eventually boosting your emotional health to what it should be.

## NEGATIVE THINKING

Do you find yourself ruminating endlessly on negative thoughts without being able to stop? Are your thoughts constantly at cross purposes with what you want to achieve in life? Our emotions are influenced by our thoughts and if you always find yourself thinking negative thoughts, you will constantly battle negative emotions. With coaching, I can help you learn how to change your mindset using the principles of cognitive behavioral therapy (CBT).

## ANXIETY

You don't have to live everyday with anxiety and panic attacks. For some people, it may be a subtle presence during stressful situations, while for others, it may be a dark shadow that follows them all day long. Whatever your anxieties are, with coaching, you can learn personalized and actionable strategies that will help you exit your anxiety cycle.

## STRESS MANAGEMENT

Stress can have a devastating effect on our lives, draining our creative energies and making us less productive than we can actually be. It's true that you can't run away from stress, but with coaching, you can learn to manage it effectively and prevent burnout so that it doesn't affect your creativity, productivity and relationships.

In working with you, I will employ several stress relief techniques to help you restore your sense of inner peace and wellbeing. You will also learn how to balance work with other areas of life, as well as live every day with a sense of meaning and purposefulness.

# OUTCOMES OF EMOTIONAL WELLNESS COACHING WITH ME

The overall outcome of emotional wellness coaching is to help you increase your satisfaction with life and improve your personal wellbeing. Some other specific outcomes also include;

- Identify your unconscious belief systems.
- Gain clarity on your personal dreams, goals and aspirations.
- Control your emotions so they stop controlling you.
- Reduce chronic and acute stress.
- Overcome fears and limiting beliefs.
- Eliminate the feeling of being stuck and unfulfilled.
- Move on from trauma and past hurts to a meaningful life.

## COACHING PACKAGES

Depending on your needs and preferences, you can subscribe to any of the following coaching packages with me.

### REGULAR (N5,000.00)

- One phone coaching session every week at a convenient date and time for you.
- Each session lasts 45 minutes.
- Unlimited email/chat support.
- Free access to one online course for one month.
- 10% discount on all masterclasses in the future.
- Provision of relevant tools, resources and materials.

### DELUXE (N10,000.00)

- Three phone coaching sessions every week at a convenient date and time for you.
- Each session lasts 45 minutes.
- Unlimited email/chat support.
- Free access to two online courses for two months.
- 20% discount on all masterclasses in the future.
- Provision of relevant tools, resources and materials.

### PREMIUM (N20,000.00)

- One face-to-face coaching session every week at a convenient date & time for you.
- Each session lasts 60 minutes.
- Unlimited email/chat support.
- Free access to all online courses for three months.
- 30% discount on all masterclasses in the future.
- Provision of relevant tools, resources and materials.

### EXECUTIVE (N30,000.00)

- Two face-to-face coaching sessions every week at a convenient date & time for you.
- Each session lasts 90 minutes.
- Unlimited email/chat support.
- Free access to all online courses for six months.
- 50% discount on all masterclasses in the future.
- Provision of relevant tools, resources and materials.

### EMERGENCY (N2,500.00)

Emergency sessions are one-time sessions designed for people who may need a sounding board or rapid resolution of an issue. Each session lasts for 40 minutes during which I will help you navigate your emotions and give solutions concerning the situation at hand. These sessions are only available on phone and can be set up within 12 to 36 hours of request.

## WHAT TO EXPECT DURING YOUR SESSIONS

**Initial Session:** Your first session will be an exploratory session focused on identifying your peculiar needs and what your own specific goals are. We will look at your case together and identify the changes you want to see and how you can get started.

**Next Sessions:** During your subsequent sessions, I will use the information from your first session to create an action plan that addresses your needs. We will work together to overcome the unconscious patterns of behavior that hold you back and keep you stuck in undesirable situations. These sessions will focus on moving you towards the goals you have identified as your target outcomes.

# OTHER SERVICES

## Corporate Training

I facilitate corporate training workshops and seminars to help organizations improve mental and emotional health among their staff, build resilient teams, and promote a wellness culture that fosters psychological safety in the workplace.

## Masterclasses

I host physical masterclasses in different cities on a wide range of topics ranging from emotional wellness to parenting. Typically, masterclasses hold about 6 times a year and are targeted towards specific audiences. Some of my Masterclasses include *Emotional Wellness Masterclass*, *Emotional Wellness Masterclass for Teenagers*, *Responsible Parenting: Raising Emotionally Healthy Kids* etc.

## Online Courses

Online courses are available on my website for individuals who may not be able to attend a physical masterclass because of time or location constraints. The courses are self-paced and feature the same content as any of my paid masterclasses.

## Family Coaching

With family coaching, I help families resolve conflicts that have affected the emotional health of members. I also provide personalized coaching services to help each person deal with the after effects of the prevailing family dysfunction.

## Team Coaching

Team Coaching is available for small teams in organizations over a period of time. They provide an opportunity for team leads to create an atmosphere of support and growth where members of their teams can thrive in the work place.

## Executive Coaching

Executive coaching is designed to help organizational executives learn how to function better and avoid being overwhelmed by the rising challenges that come with growing a company. Essentially, I help management level staff improve their productivity by operating in an atmosphere of wellness. Coaching is tailored to their exact schedule and clients can expect to master new skills that will help them remain emotionally healthy as they scale up operations.

## Public Speaking

If you need a speaker who can deliver engaging presentations for your audience along the themes of emotional wellness, then you should talk to me. I am available to speak along my lines of expertise and share my thoughts on how people can live emotionally healthy lives.

# TESTIMONIALS

*I've been able to appreciate myself for who I am, identify my strengths and not compare myself to others, see ways in which I can cope with my anxiety because I am always anxious.*

*- F.S.*

*I knew I lacked confidence. I was confused and most times scared when I'm in social gathering but I didn't want to see myself as someone who had a low self-esteem. So when I heard you pointing it out, I felt like, well, that's my truth. And the truth hurts. You have a low self-esteem, now deal with it. So after the phone call with you. It felt like, your words painted what I should see myself as. You know, like I wasn't seeing myself the way I needed to see myself. Well, my confidence is getting back. I now have confidence to tell people things about myself that I would have run away in the future.*

*- M.O.*

*I am one of those people who is usually hard on themselves. Never acknowledged the progress I was making or never thought it was good enough which led to panic attacks on many occasions. Listening to Tola write on practicing self compassion helped me to be kinder to my self and made me realize it was okay to make mistakes. That has helped me live easier and healthier now.*

*- O.A.*

## GET STARTED!

To sign up for any coaching package or book any of my other services, please send a text to +2348055728572 or email [cew.africa@gmail.com](mailto:cew.africa@gmail.com) stating your preferred option.