

BEGINNING WELL®: THE PROGRAM

**Break Free from Trauma, Chronic Fatigue,
Anxiety, Unhealthy Habits, or
Addiction in Just 3 Months**



**For Parents Ready to Shift from Struggle
to Prosperity at Home & Work**

With Hypnotherapist & Parent Coach Pia Dögl



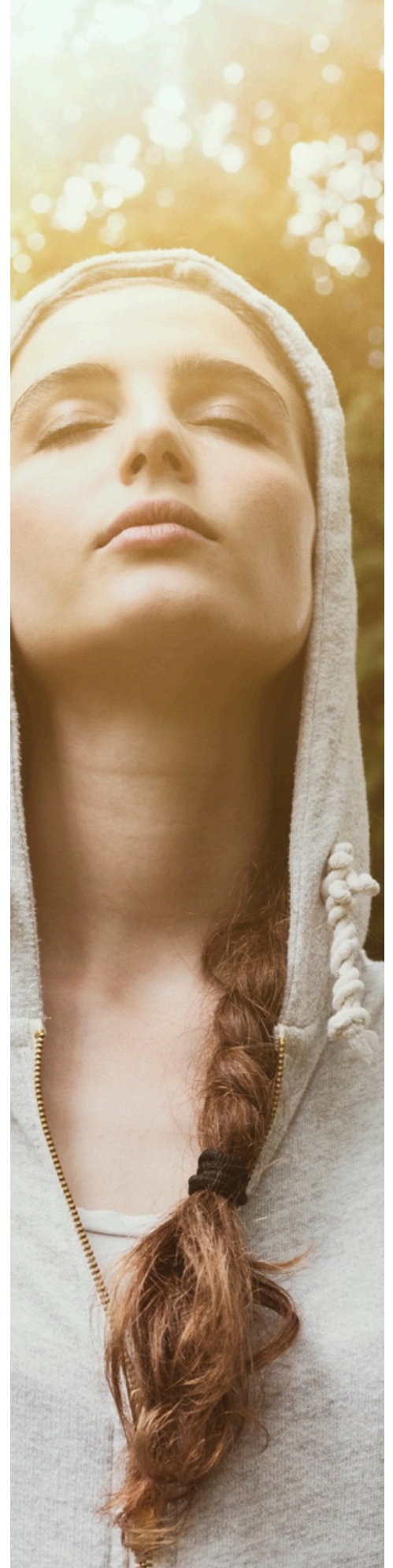
READY TO LEAVE SHITTY TIMES BEHIND?

1. RAPID LIBERATION FOR EFFORTLESS SUCCESS
2. KEY BENEFITS
3. HOW IT WORKS
4. YOUR FAMILY & PERSONAL LIFE: BEFORE & AFTER

This 1:1 VIP program is your fast track to unleashing your true potential, giving you the unshakable freedom, clarity, confidence, and unmatched success—both at home and in your career.

We'll break through self-limiting beliefs, unhealthy relationships, and habits, and clear the trauma trapped in your nervous system—removing the blocks that have made parenting and work feel overwhelming and held you back for far too long.

STOP NIBBLING ON CRUMBS — CLAIM THE WHOLE CAKE!



ARE YOU GETTING CAUGHT UP IN THE VERY THINGS YOU'VE BEEN TRYING SO HARD TO AVOID...

Even after countless therapy sessions?

- **Constantly beating yourself up for not being good enough** or worthy, **keeping your shit to yourself** while craving connection?
- **Pushing yourself to the edge**, spending your days **feeling utterly incapable — lost in a fog** with no clue how to become the patient parent and successful pro you admire in others?
- **Feeling emotionally maxed out—snapping or yelling at your child**, shocked by your own reactions?
- **Playing the people-pleaser to keep the peace** at home or at work?
- **Feeling alone, disconnected, and caught in power struggles and emotional drama**, all while craving a sense of wholeness within yourself and in your relationships?
- **Overeating** while trying to shed pounds, **drinking, using drugs, or other substances** to escape stress or loneliness?
- **Struggling to sleep or relax**, even when you're completely exhausted? Waking up with fear or nightmares?
- **Feeling dependent on others** for your financial prosperity?
- **Believing you'll never have it all**—the perfect partner, loving kids, and a fulfilling career—**or feeling like you can't truly enjoy what you do have?**

Hey, I am Pia Dögl, your Trauma Cleaning Lady ❤️

I'm all about helping parents gently wipe away the unprocessed emotional pain that causes unexpected freak-outs, makes you feel like you're never enough, and leaves you hustling without getting where you desire.

If you're feeling stressed out, exhausted, unworthy, or anxious—settling for crumbs instead of the whole cake—know you're not alone. I've been there, too!


I've felt the shame after exploding at my child, feeling frozen inside, and numbing myself with food, self-blame, and excessive exercise – unaware that my chronic fatigue and anxiety were rooted in survival mode.

You can't truly be there for your child while carrying all that emotional baggage. So stop blaming yourself!



Give me a call at +1 415 617 9903,
email info@beginningwell.com or set
up your FREE discovery call here.

Be prepared—your best days are
just a conversation away!

A photograph of a hand holding a white dove against a sunset sky. The hand is positioned in the lower right, and the dove is in flight, with its wings spread. The sun is low on the horizon, creating a warm, golden glow. The sky is filled with soft, orange and yellow clouds.

Stop passing generational
trauma, anxiety, &
depression to your kids.

Let's create a healthier emotional
legacy for the whole family.

UNLOCK THE LIFE YOU WERE BORN TO LIVE.



BEGINNING WELL®: THE PROGRAM

Beginning Well®: The Program is a high-impact one-on-one program designed for parents who want to revolutionize their lives.

In just four sessions over three months, you'll break through the core barriers blocking your relationships, health, financial prosperity, and overall well-being.

Unlock the life you truly deserve at home and in your career and step into your fullest potential today!

We'll rewire your neural system so you stop living in survival mode and start thriving with freedom and purpose.

When your brain isn't constantly on high alert, stuck in overdrive and you're centered on your true self, peace and ease will flow naturally.

Get ready to unlock the path to ultimate happiness, deep relaxation, and total joy—both in your parenting and work life!



We're addressing the root cause of the trauma - all this without having to dig up the source of the trauma!

**Life's too short to suffer!
Let's clear the shadows to reveal your true light!**

KEY BENEFITS & HOW IT WORKS

You will no longer feel stuck in 'shutdown' or 'fight-or-flight' modes, or find yourself losing your temper easily.

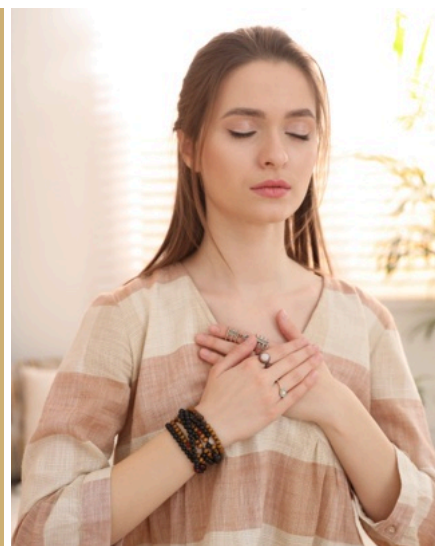


Lasting Outcomes ...

- **Unbelievable vitality**, ease & fun in daily parenting life
- Healthy **weight loss**
- **Disappearance of migraines, allergies**, rashes, and other ailments
- **Improved overall well-being** & autoimmune function
- **Sustained stress & anger relief**
- **Reduced phobias** and fear of heights
- **Unwavering trust in your decisions** to achieve your goals
- **Effortless patience** & compassion with kids and partner
- **Newfound freedom** & pleasure in your intimate relationship
- **Ability to set healthy boundaries**—both at home & at work
- **Regain mental clarity and enhanced focus** for high performance

In just 4 sessions over 3 months, held via Zoom or in person, we'll:

- **Uncover when your nervous system got wired up** - uncovering the underlying stress and emotional pain that make you feel stuck, overwhelmed, disconnected, lonely, etc.
- **Identify unmet needs, self-limiting beliefs**, hidden blind spots and unconscious patterns.
- **Permanently clear traumatic experiences** and emotional wounds from your nervous system at the cellular level.



IN EACH OF THE 4 SESSIONS, WE'LL CLEAR YOUR CONSTRICTIONS USING:

- Hypnosis
- NLP (Neuro-Linguistic Programming)
- Eye-opening questions
- Guided imagery
- Positive psychology
- Self-awareness practices
- Space anchoring, &
- Somatic techniques

TESTEMONIALS

"I received dramatic life change in just a few sessions with Pia—change I had been seeking for decades and did not find until I met with her. Pia is a pillar in the industry; she is among the very, very best. I came to Pia because, with two young children, I was finding parenting immensely stressful and difficult, and I spent most of my days feeling very frustrated, overwhelmed, and I was sometimes even completely incapable of showing up as the calm, confident leader I wanted to be for my children. My emotional capacity was constantly at maximum and spilling over. **Pia masterfully led me in elegant and poignant discussion with some light hypnosis that was immediately effective. I felt a significant decrease in stress after just the first meeting, and that emotional release has continued to stay with me ever since. Pia delivers real life change very, very quickly.** Now I am able to parent from a place of much more emotional capacity: I experience more joy and ease with my children, communication with my husband has improved, and I manage almost every aspect of my life with more calm, grounded confidence. Pia's process is so incredibly worthwhile, I am forever grateful for how much she has changed my life and my children's lives." **Jessica, Seattle**

"I can finally see the light at the end of a tough, dark period with my husband and kids. I was always trying to please everyone and not living for myself to avoid judgment and rejection. After our first session, **Pia's deep knowledge and wisdom helped me tackle my biggest fears—feeling like a failure, lost, and unworthy.** Now, I feel confident and capable, no matter what comes my way."
Sandraline, Berkley

"Just two weeks after my first session with Pia, I'm blown away. For the first time in years, I feel full of energy. No more shutdowns or destructive habits like binge eating or watching porn. **I'm breaking free from my old self-restrictions and addictive habits like smoking weed.** I now feel confident showing my true self without worrying about judgment. Trusting my own wisdom and knowing everything's under control feels like living in a state of pure bliss." - **Brett, UK**

I never thought I could feel this free from daily anxiety and all those self-limiting thoughts about my body and work success. I'm so grateful for Pia's guidance. She helped me clear out years of negativity and that constant feeling of not being enough that was stuck in my body and mind." - **Susan, NYC**

Pia has guided me through my depression in a way I never thought possible. **I'm not punishing my body with unhealthy food anymore, I've lost weight without even trying, and I'm finally going after my dream job** that I was too scared to start because of fear of judgment. I did therapy for 20 years and understood why I harmed myself and felt unworthy, but I couldn't make deep changes until now." —
Melissa, San Francisco

FOUNDER OF BEGINNING WELL®: THE PROGRAM

Being Yourself Is The Greatest Gift You Can Give!



MY PURPOSE IS YOUR LIBERATION

Pia Dögl is a leading parenting expert known for her innovative approach to trauma healing, mindset mastery, and conscious parenting. With a rich background in integrative psychology, human development, and a master's in special education, Pia is also a certified parenting coach and hypnotherapist. **She has empowered parents worldwide to rapidly break free from trauma, chronic anxiety, stress, and depression, enabling families to thrive with ease and peace.**

Give me a call at +1 415 617 9903,
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FREE Discovery Call Today



MY PROMISE:

What used to stress you out, feel overwhelming, and anxiety-filled will now feel easy. You'll tackle challenges with your kids, partner, and work effortlessly, grounded in joy and confidence. This process doesn't just address the issues you came in for—it elevates your entire life.

