



**THIS IS DIANA**

*HOLISTIC WELLNESS  
SERVICES GUIDE*

The Guide to Services, Products and  
Benefits of working with This is Diana



# *WELCOME*

Thisisdiana.com is a holistic coaching and design offers a unique blend of services aimed at guiding individuals towards spiritual growth, personal transformation, and creating harmonious living spaces.

As the Spiritual Crossing Guard, Diana Navarro, M.S., combines her expertise in various fields to support clients on their spiritual journeys and provide guidance in navigating the complexities of life.

# WARM GREETINGS FROM YOUR CROSSING GUARD AND GUIDE



*Hey there, I'm Diana*

Your Instructor, Coach  
and Crossing Guard for  
the Holistic Healing of  
Mind, Body Spirit



Diana Navarro, M.S. has knowledge of Holistic living, space and energy due to her own spiritual awakening, extensive research and study. She has studied Feng Shui, has a diploma in Interior Design, and certification in Small Business Development. She has a Bachelor's in General Psychology, Master of Science Degree in Industrial/Organizational Psychology, and studied three additional years at the Doctoral level in Environmental Psychology.

Certifications include:

- Certified Holistic Life Coach
- Certified Sleep Science Coach and
- Certified Mind-Body Fitness Coach (NESTA),
- Parapsychology Instructor (CTAA)
- Professional Spirituality Coach. (CTAA)
- Chakra and Body Energy Healing, (CTAA)
- Aromatherapy (CTAA)
- Yoga Teacher (CTAA)
- Acupressure (CTAA)
- Crystal Energy Healing (CTAA)

Her background is a culmination of decades of counseling and crisis intervention, academic advising, intuitive/psychic consulting, coaching and research.

**NESTA-National Endurance Sports and Trainers Association  
[ CTAA-Complimentary Therapists Accreditation Associatio**



# *SERVICES*

## **HOLISTIC LIFE INSIGHTS AND COACHING**

Guidance for you to achieve balance and fulfillment in all areas of their lives. Personalized coaching sessions, she assists you in setting meaningful goals, identifying obstacles, and developing practical strategies to overcome challenges. By addressing the physical, mental, emotional, and spiritual aspects of well-being, you are empowered live authentically and in alignment with your true self.

## **SPIRITUAL AND PARANORMAL INSIGHTS AND COACHING**

Drawing a deep understanding of spirituality and the paranormal, guidance and support is offered for you to seek to explore and deepen your connection with the spiritual realm. You can then actively tap into your intuition, expand your consciousness, and navigate mystical experiences with tools and techniques to enhance your spiritual growth and embrace your unique spiritual path.



# *SERVICES*

## **SCIENCE SLEEP INSIGHTS AND COACHING**

I participate in bridging the gap between science and spirituality by offering Science Sleep Coaching. Through this approach, I integrate scientific principles and evidence-based practices with spiritual teachings to provide a comprehensive understanding of the mind, body, and spirit connection.

I guide and encourage you to explore the intersection of science and spirituality, to consider more perspectives for holistic personal development.

## **SPIRITUAL AND PARANORMAL INSIGHTS AND COACHING**

Recognizing the inseparable connection between the mind and body, I offer mind-body guidance to support you in achieving optimal well-being. I guide you in developing mindfulness-practices, incorporating meditation, bodywork, breathwork techniques, and fostering a positive mindset.

By addressing the mind-body connection, I simply remind you of your own inherent power to cultivate resilience, manage stress, and enhance their overall health and vitality.



# *SERVICES*

## **HOLISTIC INTERIOR SPACE DESIGN INSIGHTS**

---

Understanding the impact of our physical environment on our well-being, offer holistic interior space design services. I combine my experience and expertise in interior design with my knowledge of energy flow and Feng Shui principles to create harmonious and nurturing living spaces. I collaborate with you to create environments that promote balance, tranquility, a sense of sanctuary and positive energy, ensuring that your living spaces reflect your inner harmony and support your personal growth and well-being.

## **MIND-BODY INSIGHTS AND COACHING**

---

Recognizing the inseparable connection between the mind and body, I offer mind-body guidance to support you in achieving optimal well-being. I guide you in developing mindfulness-practices, incorporating meditation bodywork, breathwork techniques, and fostering a positive mindset. By addressing the mind-body connection, I simply remind you of your own inherent power her to cultivate resilience, manage stress, and enhance their overall health and vitality.

# TIMELINE

1

## EXPLORATION AND RESEARCH

I invite clients begin by visiting my website, [www.thisisdiana.com](http://www.thisisdiana.com), to explore my offerings, services, and philosophy. Here you read about my background, expertise, and the types of holistic wellness coaching and spiritual guidance I provide. This step involves understanding my approach and determining if it aligns with your personal needs and goals.

2

## CONTACT AND INQUIRY

After reviewing my website and learning about my services, potential you can reach out to me through the provided contact information. This might involve sending an email, filling out a contact form, or even scheduling an initial consultation. In this communication, you can briefly introduce yourself, express interests, and ask any initial questions you might have about the coaching programs or spiritual guidance.

3

## INITIAL CONSULTATION

I often offer an initial assessment via email and consultation, either in person, over the phone, or through a video call. During this session, I can discuss your goals, challenges, and aspirations in more detail. I provide insights into how my approach can benefit your specific situation. This consultation is an opportunity for us both to connect, assess compatibility, and determine whether you would like to proceed with working together.

4

## PROGRAM CUSTOMIZATION ENGAGEMENT AND COLLABORATION

Next we customize and begin our work. I'll design a holistic wellness coaching or spiritual guidance program tailored to the your individual needs, preferences, and objectives. This could include defining the frequency and format of sessions, setting goals, and outlining the structure of the coaching relationship. Once the program is established, you begin their coaching journey. Regular sessions will take place as outlined in the program, during which I provide guidance, support, and tools to help the you work towards their holistic wellness and spiritual goals.

# *WHAT TO EXPECT*

I am a Spiritual Crossing Guard. I practice holistic living, coaching and space design. I guide individuals towards spiritual growth, personal transformation, and creating harmonious living spaces. As the Spiritual Crossing Guard, I combine my experience and expertise in various fields to support clients on their life and spiritual journeys and provide guidance in navigating the complexities of life.

I believe we have the sovereign and inherent power to make decisions for ourselves to heal, and expand in the highest way. Whether from trauma to engaging consciously with life and entering the journey of awakening. Awakening makes us aware that we, other people, our environment, animals, space, all is interconnected in ways we barely understand but are beginning to.

You will find a comprehensive range of services and products that are refreshingly unique and intended to guide you on your spiritual journeys, integrating various modalities to create a holistic approach to personal growth, transformation, and harmonious living.






# *GOALS AND BENEFITS*

Life Purpose Discovery: Assisting clients in exploring their life purpose, passions, and values to align their actions with their authentic selves.

Spiritual Guidance: Providing guidance and support to clients seeking to explore and deepen their spiritual beliefs, practices, and connection to something greater than themselves.

Emotional Healing and Release: Supporting clients in processing and releasing emotional blockages, traumas, and limiting beliefs that may be hindering their personal growth.

Goal Setting and Action Planning: Helping clients clarify their intentions, set meaningful goals, and develop actionable plans to achieve them.




**Transformational Self-Directed Programs and Self-Coaching:** Programs and coaching that are self-directed and focus on specific themes or transformative experiences to facilitate deeper personal growth.

**Spiritual Guidance:** Providing guidance and support to clients seeking to explore and deepen their spiritual beliefs, practices, and connection to something greater than themselves.

**Energy Work:** Incorporating modalities such as Reiki, energy healing, or other energetic practices to help clients balance their energy centers and promote holistic well-being.

**Intuitive Development:** Assisting clients in developing and trusting their intuition to make empowered decisions and navigate life's challenges with greater clarity.



**Personal Growth Resources:** Recommending books, articles, podcasts, workshops, or other resources that can support clients' personal and spiritual growth journey.

**Accountability and Support:** Holding clients accountable for their actions and commitments while providing a safe and non-judgmental space for support and encouragement.

**Holistic Lifestyle Guidance:** Offering guidance on holistic practices such as nutrition, exercise, sleep, and self-care routines to promote overall well-being.

**Personalized Coaching Sessions:** Conducting one-on-one coaching sessions tailored to each client's unique goals, needs, and challenges.



## *NEXT STEPS*

Message, e-mail or schedule your service directly at  
<https://www.thisisdiana.com/bookanappointment>

---

**THIS IS DIANA**  
**INFO@THISISDIANA.COM**