



SAFE TO BE ME

A JOURNEY TO CULTIVATING REAL RELATIONSHIPS

What participants are saying about the program:

"Galina is an amazing coach. Her program really has you look at your past, present and the future you are creating. She has a lovely relaxed style and brings so many great examples, coaching moments and a well thought out program that works. Galina, thanks for helping me along my journey!"

"It felt like an actual journey. I could see and feel my life reflecting back to me what was being taught that particular week - I felt in perfect alignment. I've had years of work with a psychologist but have never experienced the freedom I did with this program - especially learning to connect to my body and be with it, and turn to my inner child and be with her.

I had a profound moment this week in meditation & realized after years of feeling in fight or flight - I can sense I am relaxing and not in conflict with life, waiting for the next bad thing to happen.

I am trusting, and willing to see life is really working for me, not against me and that I really am safe to be me."

"Wanted to look at myself and how I can evolve to get more of what I want out of life. I really got to try on different ways of thinking and understand how judgment tends to get in my way.

I appreciate the great coaching and pulling together my full story of struggling when I was young to be who I am today. It really helped me understand who I am today."

"I feel this so deeply in my body. This concept is what magnetized me to you. I've been seeking this for so long and you've been the catalyst to bring me into my conscious understanding of it in my life. Spending time with you in the Safe To Be Me program and also watching your social media posts has helped me to accelerate my process. So much change is coming from this. So grateful for you and your ability to share so deeply from your personal experience! Lots of love"

"It was all I hoped for AND MORE! The level of support that you offer is greater than I've ever experienced. You went way above and beyond by responding to every single inquiry in great detail! I can't tell you how much that meant to me. It made me feel valued and loved, even when I saw you do it for the other members. The amount of heart and soul that you poured into your class was felt and appreciated!"

"This course exceeded my expectations in regards to the level of care, attention, and investment I felt from Galina for each one of us. The in-depth feedback on our Facebook group and during Q&As was wonderful. Galina's intuition and her ability to help usher me into my own safety and healing in such a loving way has been an amazing gift.

This course has been an incredible catalyst for me in being willing to be seen and heard, and in being more authentic in my interactions with others."

"What was the biggest takeaway from this program for you?"

"Really honing in on being able to source my own happiness/fulfillment. Helping me see that that is my job to do myself, I know it will be a continual practice to learn how to continue to do but I know I can now. Also helping me not fear the future so much and knowing that all it is to follow the bits of inspiration I get knowing that they mean alignment. I don't think I have this "big" thing to fear anymore in looking at it this way. And last but not least learning how to not get caught up in the story of my emotions and allowing myself to feel them and letting them shift away or into something new."

"This course, and Galina in particular, gave me the space to start practicing becoming safe to be me. I did it by expressing my needs, asking questions instead of staying quiet, sharing vulnerable parts of myself, essentially, not people-pleasing, not avoiding potential conflict, and sharing parts of myself that others may not like or may negatively judge; and then sitting with the discomfort of all of that. Galina's dedication to fostering this behavior change of feeling the fear and doing it anyway (not from forcing or shaming myself to act, but from giving myself permission to take action and allowing any emotions with self-compassion), has laid the foundation for me to interact with others in my life differently. These were the first big baby steps in being more authentic."

*"Learning how to connect with the fearless, confident little girl I once was.
And the storytelling"*

*"I had a chance to safely use my voice.
So nice to have a space where I can use it,
get nice feedback and be able to talk to
you about it."*

*"Finally choosing to be seen.
Galina facilitated that so skillfully, gently,
and supportively. I was really encouraged by
her demonstrating/going first in the posts she
was inviting us to do. I went from not wanting
to be seen at all, to being ok with all my issues
being public for others to see (even though they
weren't). It's really incredible growth in such a
short time after having this as a life-long issue.
This course gave me the space and support to
start working with being seen, like training
wheels in learning to ride a bike. It helped me
start practicing that in my life outside of the
course as well, especially with being fully out
about my sexuality with my family. I believe I
could do these things that felt too scary before,
because I had this support structure in place
in my life."*

*"Learning to self validate on a whole new
level. Pausing, feeling what is going on in
my body, listening, and trusting. My voice
comes naturally from there."*

*"To realize I'm whole and complete on
my own and to not attach
meaning to silence.
To have compassion for myself and to
follow the breadcrumbs of inspiration."*