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ALEXANDRA  
GOLOVKO

The  
**HOMECOMING**

1-1 somatic coaching program

For high-achievers at a crossroads

You've built a life  
that looks good on  
paper.



But there's a nudge inside you telling you something is off, and it keeps coming back.

Maybe you've been questioning your relationship for months — or years — but every time you think about leaving, you keep thinking:

“What if I never find someone else?”

“What if it's too late to start over?”

“What if I regret leaving something that was almost good enough?”

Or maybe it's your work. You fantasize about quitting, changing paths, disappearing for a while... but the uncertainty feels overwhelming.

Whichever it is, you've invested years into building this life. Walking away feels impossible.

But staying also makes you looping between overthinking, trying to numb the feeling or waiting for clarity to magically arrive. This is so draining, I get it.

But all of this is your nervous system that learned that change feels unsafe.

Whichever crossroads you're standing at right now — relationship, career, identity, or all three — the fact that you're here means a part of you know something needs to change and I am here to help you uncover your clarity.



Hi, I'm Alex Golovko — economic strategist turned somatic coach, after years of indecision.

For 12 years, I worked inside international systems, advising governments on strategies. My world was structured and analytical. But inside, I was navigating the familiar patterns of high-achieving millennials: anxiety, excessive control, over-responsibility, and people-pleasing.

Yoga first entered my life as a refuge. What began as a side practice slowly became a reclamation of my body and my nervous system. Teaching yoga evolved into professional somatic coaching — a calling that fills my heart with joy and reinforces my trust in my intuition that led me here.

For years in corporate spaces, I was the person colleagues naturally came to for clarity and life decisions. Today, this is the space I want to hold for you.

Because I've learned first hand that most indecision is not actually a lack of intelligence or capability. It's a nervous system caught between safety and truth.

I believe your body already knows. The work is learning how to hear it again.

It is an honour to walk beside you.

*Alexandra Golovko*  
Alexandra Golovko

# The coaching program at a glance

## What Is “Homecoming”?

A 3-month private somatic coaching process for those who know something in their life no longer fits — but feel stuck between staying and leaving. This program helps you move beyond the indecision trap and reconnect to the deeper intelligence of your body, nervous system, and subconscious patterns so you can finally act with clarity and self-trust. This is for you if you...

- feel emotionally stuck in a relationship or career
- fear starting over
- struggle with chronic indecision and overthinking
- have done therapy/self-development already, highly self-aware, but still feel “stuck”
- want clarity you can trust, not temporary motivation

## What’s Included:

- 12 weekly 1:1 Somatic Coaching Calls (60 min)
- Personal sessions tailored to help you reconnect, process, and take action — using embodiment, somatic tools, intuitive coaching, and subconscious rewiring.
- Custom Weekly Practices identified together.
- Curated weekly tools to support your integration: meditation, breathwork, movement, yoga nidra, nervous system support or other modalities based on your unique needs.
- Pre-recorded guided practices to support your self-discovery between sessions.
- Accountability and access to Alex’s WhatsApp messaging.
- No rigid system — we move at your pace and the time your nervous system needs to integrate and adapt.

In my sessions with Alex I learned how valuable it is to put your awareness to the physical sensations that come along certain thoughts and events. It showed me how quickly I try to analyze everything with the brain, and keep forgetting to look at how the body feels.

Apart from the fact that it made me open up to emotions and feelings that I was not aware of at that moment, my sessions with Alex also had a very grounding effect. The gentle way of guiding you through the meditations and creating such a safe space is what makes this therapy so effective and helpful.

To anyone who wants to get to know themselves on a deeper level, reconnect and find tools to improve the way of seeing life, I would absolutely recommend Alex!

**Laure D., Belgium**

I have gone through the Homecoming program over 3 months. While I understood some important things on an intellectual level that I wasn't aware of, like me taking too much responsibility for others, the real value was how I became more aware of my body's cues.

My confidence to speak up to express my needs has clearly increased. Before taking the program, I would just brush things off to avoid confrontation.

I am just more self-aware and able to speak up. I never answer before actually checking in with myself if the request is aligned with me.

**Joanne I., Kenya**

I have been through Alex's program the Homecoming and it has helped me with my general confidence to speak up my needs.

I have been on this journey prior starting the program and have gone through various modalities like therapy, coaching, self-exploration through yoga. But Alex's program was a very good complement and targeted my specific coping mechanism of people-pleasing, and went deeper into my body - something I realized I did not do that often.

**Arnaud I., Belgium**

Working with Alex changed everything. I came in feeling disconnected, constantly saying yes to everyone but myself. By the end of our 3 months, I wasn't just more confident — I finally felt like I was living in my own body again. I've set boundaries without guilt, spoken up at work, and started honoring what I truly need. It's hard to put into words, but I finally feel like me.

**Annabel, Switzerland**

# A 3-Month Process to take ACTION



## Month 1: Reconnect

01

- Understanding the “stuckness”, how it shows up and its origins
- Reconnecting to your body and nervous system
- Uncovering unmet needs in the present situation
- Revealing your true self that is not fully expressed right now

## Month 2: Release

02

- Composting the protective patterns keeping you stuck, including people-pleasing, perfectionism, or fear of loss
- Expanding your nervous system capacity for uncertainty and change
- Learning to distinguish fear and conditioning with true intuition

## Month 3: Embodied action

03

- Dress-rehearsing real-life situations and decisions and building nervous system safety
- Support for taking grounded actions for relationships, work, and identity, whether to stay with needed changes, or leaving
- Learning how to sustain this connected decision making



# Investment

**There are two payment options:**

Option 1

PAY  
IN FULL  
~~USD 2100~~  
USD 1600

Option 2

PAYMENT  
PLAN  
USD 700  
a month for  
3 months

A woman with blonde hair, wearing a white tank top and dark shorts, is sitting in a meditative lotus position on a sandy beach. She has several tattoos on her arms, including palm trees and a skull. She is wearing a bracelet on her right wrist and a ring on her left hand. In the background, there is a large, dark rock formation in the ocean under a cloudy sky.

# FAQs

## **Is this for me?**

It is for you if you recognize yourself in any of these statements:

- You feel stuck between staying and leaving in a relationship, career, or life chapter.
- You constantly overthink major decisions but still can't fully move.
- You've invested deeply in yourself already — therapy, books, coaching, healing — but still feel something unresolved underneath.
- You're tired of living in limbo and want clarity you can actually trust.
- You fear regret, disappointing others, or starting over.
- You want to stop abandoning yourself in the decisions that matter most.

## **Are the 1-1 sessions flexible?**

Yes you can schedule at a different time every week. I use calendly.

## **I've done therapy and read all the books. How is this different?**

Most my clients already understand their patterns intellectually. They are very self-aware. And yet, there is a missing piece. They know they keep abandoning themselves. But knowing is not the same as being able to act. Because major life decisions are not only cognitive — they are deeply nervous-system based. This work helps your body feel safe enough to:

- tolerate uncertainty
- process grief and fear
- reconnect to your own truth
- and finally move forward without constant second-guessing

## **I'm not sure I have the time or energy for this... what if I can't keep up?**

That's exactly why this offer is built around your nervous system, not a rigid curriculum.

Each week, we co-create gentle, realistic practices that meet you where you are — even if you're tired, overwhelmed, or juggling a lot.

This is not about doing more. It's about learning to honor your energy and finally put you at the center of your own life.



You already know something  
needs to change.

The question is:  
will you keep looping in the  
same uncertainty — or finally  
create space to hear yourself  
clearly?

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# THE INTAKE PROCESS

Here's how it works:

1. Fill out the [Intake form here](#). It's very straight-forward.
2. Upon receipt of your form, if it seems like the coaching is a good fit for your intention, I'll email you back with an invitation for a program co-creation call. The call is charged 35\$, but this will be deducted from the program cost if we start working together. This step usually takes less than 24 hours.
3. You'll have an opportunity ask questions, plus you'll have some time to really sit with your decision if you need to. No pressure tactics here, you can still decide to not go forward if the program does not feel aligned.
4. And when it feels like a yes, starting the program requires you to make your first payment, which will depend on your preferred payment plan.

Talk to you soon.

Love, Alex

[FILL OUT THE](#)  
[INTAKE FORM HERE>>](#)