



AG

ALEXANDRA
GOLOVKO

The Becoming

Somatic coaching program

Brochure

You've spent years
tuning into
everyone else.



What they want.
What they expect.
How to be likable, easy,
agreeable — even when it
costs you your own peace.

But now... you're hearing
something else.

A quiet, persistent voice that
says:

“There’s more to me than
this.”

That’s where this work begins.

Alexandra Golovko

Alexandra Golovko

Hi, My name is Alex Golovko!

I help women break free from self-doubt, set boundaries, and embrace their personal power. As a somatic coach, and yoga teacher with a background in policy advising, I deeply understand the pressure to meet others' expectations, the fear of conflict, and the struggle to prioritize oneself.

For decades, I battled people-pleasing and anxiety, constantly seeking external validation. It wasn't until I discovered yoga and breathwork that I learned to connect with my body, cultivate self-acceptance, and confidently assert my needs. This transformation inspired me to become a 450-hour certified teacher, and somatic coach, blending movement, breath, and coaching to help other women experience the same shift.

Now I guide women toward self-empowerment, helping them set boundaries, and build confidence. My philosophy is rooted in yogic wisdom, self-knowledge, and self-love, transforming not just how we move but how we show up in life.





The coaching program at a glance

What Is “The Becoming”?

A 3-month private somatic coaching experience for those ready to shed the weight of people-pleasing and reconnect to their deepest self — not through theory or mindset hacks, but through the wisdom of the body, guided practices, and radical self-leadership.

- This is not about becoming someone else.
- It's about remembering who you are without the masks.

What's Included:

- Weekly 1:1 Somatic Coaching Calls (60 min)
- Personal sessions tailored to help you reconnect, release, and rise — using embodiment, somatic tools, intuitive coaching, and energy work.
- Custom Weekly Practices identified together.
- Curated weekly tools to support your integration: meditation, breathwork, yoga, yoga nidra, nervous system support or other modalities based on what you need
- Private Resource Library (Online Access)
- Pre-recorded guided practices to support your healing and self-discovery between sessions
- Accountability and access to Alex's whatsapp.
- No rigid system — we move at your pace, through your portal of transformation.

“I used to have this mental and emotional block when I wanted to say no to something. After going through Alexandra’s program, I finally have easy tools to build my confidence to say no! And it works, I am much more at ease to calmly say no and prioritize myself without feeling guilty.”

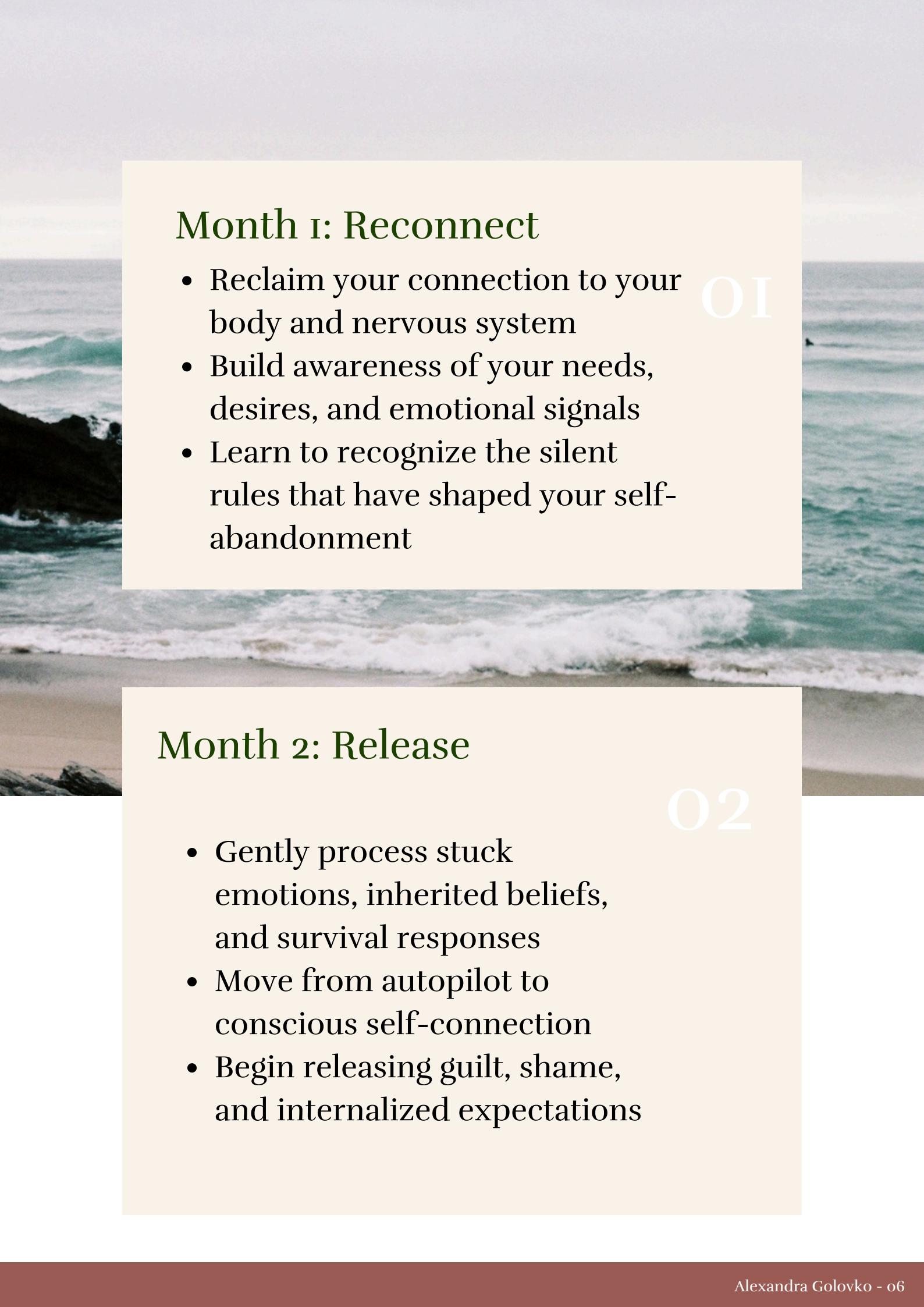
Aliénor, 38

“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.”

Sofia, 34

The 3-Phase Journey





Month 1: Reconnect

- Reclaim your connection to your body and nervous system
- Build awareness of your needs, desires, and emotional signals
- Learn to recognize the silent rules that have shaped your self-abandonment

O1

Month 2: Release

O2

- Gently process stuck emotions, inherited beliefs, and survival responses
- Move from autopilot to conscious self-connection
- Begin releasing guilt, shame, and internalized expectations

Month 3: Rise

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- Access your unique blueprint for nourishment, radical self-expression, and sovereignty
- Build a new relationship with self-worth and boundaries
- Start leading from alignment, not obligation



Investment

There are two payment options:

Option 1

PAY
IN FULL
~~USD 1500~~
USD 1200

Option 2

PAYMENT
PLAN
USD 500
a month for
3 months

FAQs

Is this for me?

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

- You're a woman who's always been the "nice one," "the good girl," or the fixer
- You feel like you've lost touch with your body, your voice, or your desires
- You want a safe, sacred space to unravel old patterns and step into power
- You know you're meant for more — but don't know how to access it on your own

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?

Traditional talk therapy can be powerful, but it often stays in the mind. This work brings your body into the conversation — where people-pleasing patterns, survival responses, and unprocessed emotions are actually stored.

Through somatic coaching, breathwork, and embodiment, we help you feel the shift, not just understand it intellectually. This is deep, integrative work that rewires your self-perception from the inside out.

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 don't need to keep
holding everything together.

You just need someone to
walk with you as you let go.