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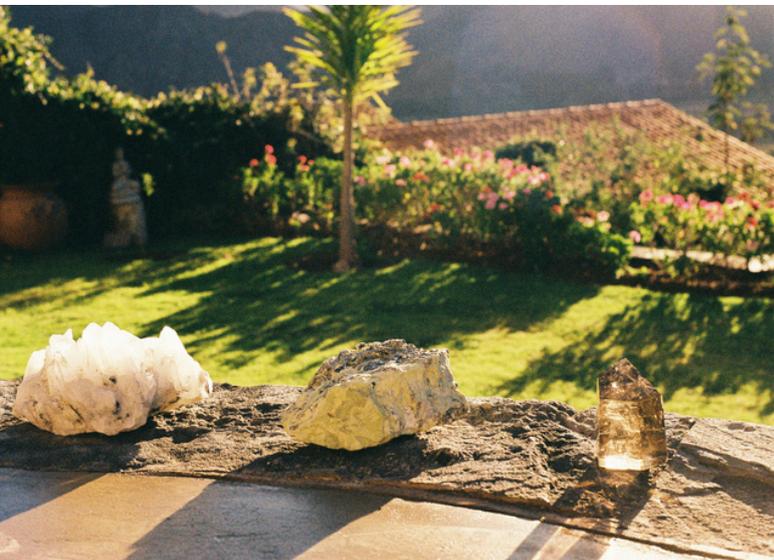
The
Becoming

Somatic coaching program

Brochure



You've spent years repeating similar patterns



Maybe you became what others expected you to be, likeable or easy, forgetting who you were.

Or maybe you've become an achiever, in constant competition, refusing help from others, having trouble to pause.

Or maybe you've been disconnecting from yourself, feeling stuck or blank, lacking drive to do anything.

Or maybe you're overthinking everything, but not really taking the time to feel.

Whichever it is, you're here and you're aware, and for that, take a second to be proud of yourself.

Alexandra Golovko

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Hi, I'm Alex Golovko — strategist turned somatic coach and yoga teacher.

For 12 years, I worked inside international systems, advising governments on strategies. My world was structured, analytical, and future-focused. But inside, I was navigating the familiar patterns of high-achievers: 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 path devoted to hold space for others to reconnect.

For years in corporate spaces, I was the person colleagues naturally came to for clarity and life decisions. Today, I still hold that space — but through the body. I kept my strategist hat: I don't believe in circling the past endlessly. My work is future-oriented and blueprint-driven: we create stability and prosilience in the nervous system, and allow the original version of you to rise.

I believe that your body naturally holds the key to your calling, it's about building nervous system capacity, letting go of all the ways there is control, and let the body do its magic.

It is an honour to walk beside you.



The coaching program at a glance

🌿 What Is “The Becoming”?

A 3-month private somatic coaching process for those ready to release their protective patterns and reconnect to their deepest self — not through theory or mindset hacks, but through the wisdom of the body, nervous system stability, and subconscious alignment.

- The program is tailored to your unique patterns and vision through a co-creative process.
- This program is a catalyst for deep inner alignment.
- It spills over in all areas of your life - career, family and relationships.

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, movement, yoga nidra, nervous system support or other modalities based on your unique needs.
- Private Resource Library (Online Access)
- Pre-recorded guided practices to support your self-discovery between sessions.
- Accountability and access to Alex's whatsapp.
- 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 Becoming 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 Becoming 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

The 3-Phase Journey



Month 1: Reconnect

- Getting clear on the future archetype
- Building connection to your body and nervous system, and creating stability
- Bringing the cognitive mind on board and exploring limiting beliefs.

01

Month 2: Release

- Getting curious about the protective parts that shaped the nervous system
- Creating space to safely process undigested life experiences
- Connecting to blueprint energy in your nervous system

02

Month 3: Rise

03

- Increase the embodiment of your future archetype in real life situations
- Identifying your unique gifts from your protective parts and how to use them
- Increase nervous system readiness for your new life



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

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 and is wearing multiple bracelets on her right wrist. In the background, there is a large, dark, jagged rock formation in the ocean under a cloudy sky. The text 'FAQs' is overlaid in the center of the image in a white, serif font.

FAQs

Is this for me?

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

- You've always been the “nice one”, the fixer, the performer and the helper.
- 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 protective patterns, survival responses, and unprocessed emotions are actually stored.

Through somatics, accessing the subconscious, and embodiment, I help you embody the shift, not just understand it intellectually. This is deep, integrative work that rewires your nervous system from the inside out so that it's on your side for your new life.

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 more. It's about learning to honor your energy and finally put you at the center of your own life.



Now you have got all the
information.

It's time to apply

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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>>](#)