

SOUL RIVER

A place where coaching & spirituality collide in the most beautiful, transformational way!

Transform Your Life....

We'll work together to uncover what gives you a sense of purpose – then create a plan for you to start living life with your eyes wide open.



Whether you are looking to ditch a habit that no longer serves you, clear past traumas and emotional blocks, remove limiting beliefs as well as stress / anxiety, or simply to expand yourself and your possibilities in unimaginably wonderful ways.....

I can help you!

Coaching Highlights

Personalised Guidance

Ongoing Support

Goal Setting

Sustainable Habits

Positive Mindset

Holistic Approach

Meet our founder, Caelia:

I am called to lead Joy. Simple, achievable, relatable joy. I teach people how to fill their own cup first and to connect with their authentic selves - ensuring they feel abundant, radiant, "on track" and in full alignment with their true purpose and who they really are.

The sessions are quick, interactive, easy, profound and absolutely life changing - allowing you to reveal and embody your best version. You will feel, see, and know the results instantly. This work is my calling, my Divine service to the world.



Empower yourself with transformative & "whole-istic" wellness coaching!

Soul River OFFERINGS

Whether you want a light self-discovery or a complete deep dive into your soul's past, present and future – with programs for every stage of your soul journey, we have you covered!

Hypnosis



An excellent way to goal set and to kick bad habits such as overeating, nail biting and smoking. You are in complete control every step of the way, and will be guided to unlock your best self through hypnosis.

Matrix & NLP



Clear negative influences limiting beliefs, and negative emotions. Overcome grief and reclaim your personal power! A great tool for team building & executive growth.

Coaching



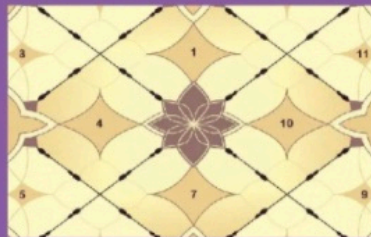
Using the 12 Step Coaching Model, you will be guided to define your values, set goals and live life to the max while utilising your full potential. 1:1 or group sessions available

Laugh Yoga



Laughter Yoga is a process that enables you to laugh even if you don't feel like it. It's a skill you can do anywhere, at anytime! In this interactive workshop you will learn the 6 main health benefits of the practice. You will definitely have some fun too!

Birth Charts



Every celestial body in the universe attracts every other celestial body! Utilising the constellation map that would have been above you the day you were born, we can discover your true Star Sign, the present day and future influences of the planets on your life and uncover your Soul Purpose.

Numerology



As Shakespeare would say, "what's in a name?" Well quite a lot actually! In this 60 min reading you will learn your Life Path, Personal Year, Destiny and Power Numbers - plus so much more! Numbers are everywhere, and can be utterly illuminating!

Workshops



As an energy conduit and vessel of service, few things soothe my soul more than creating a bespoke workshop for a group or event. Catering from intimate groups or large scale events - we can custom design a unique workshop to suit your needs.

Ceremony



Rituals infused with sacred song, stones and plant medicine (Cacao). With reverence, a curious mind and an open heart, we embark on a journey of healing, song, connection and personal growth. Your heart and cheeks will be glowing after this one!

Eco Retreats



Each season we hold a fully catered in person retreat, aligning to one of the elements (Earth, Air, Fire, & Water) we explore nature and the desires of our heart and soul. You will leave feeling refreshed and restored!

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Soul River KIDS COACHING

Self Esteem



If your child is expressing negative thoughts or negative self talk about their worth and abilities, we can help them to feel empowered again so they remember and realise their gifts, worth and joy.

[Learn more](#)

Thumb Sucking



Many primary school and high school age children still revert to thumb sucking as a comfort strategy. We can help them ditch the habit while finding other ways to feel safe and secure.

[Learn more](#)

Bed Wetting



If your child is dreading going to a friend's sleepover, or feeling shame seeing their younger sibling outgrow nappies before they do - hypnosis can help them to stop wetting the bed confidently and quickly.

[Learn more](#)

ADD / ADHD



Hypnosis can be just as (if not more so) effective as medication for ADHD. In consultation with your child's medical team, we can assist your child to build coping strategies and learning mechanisms that work for them, and the beautifully unique way they see the world. We love neery spicy children!

[Learn more](#)

Nightmares



Sleeping should be a restorative and restful experience. We can help your child to drift off to sleep without fear. Allowing them to have a peaceful and nightmare free night, without the disruption and sleep deprivation of waking in the wee hours.

[Learn more](#)

Anxiety



In our experience anxiety is a product of something else in the child's life (such as school stress, bullying, social media and perfectionism). We work with your child to treat the core issue, regaining their personal power and emotional strength. Swapping anxiety for joy, possibility, and optimism.

[Learn more](#)

Divorce



Seeing your parents go through a divorce can be a confusing and emotional time for any child. We can help them to navigate those emotions, thoughts and behaviours in a positive way, building resilience, harmony and a deep sense of security.

[Learn more](#)

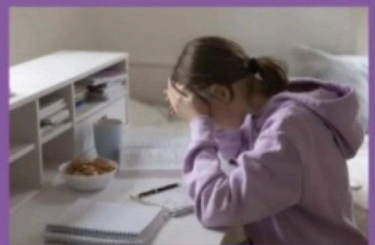
Behaviour



If your child is acting out at school or home, we can help them identify the core reason they are using those behaviours. Then help them to instil alternatives that will help allow them to get what they need, by using more positive behaviour alternatives instead.

[Learn more](#)

Exam Stress



Is your child feeling stressed out by school work or upcoming exams? We can help them to embed learning and exam strategies that will allow them to feel cool, calm and collected. Their results and grades will improve dramatically too.

[Learn more](#)

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Ready to overcome your obstacles and limiting beliefs so you can achieve your goals?

Find the clarity and direction you need with a Master Certified life coach, Hypnotherapist and Master Certified NLP & Matrix Therapy Practitioner (and more!).

I have helped countless people achieve their goals. I can help you too!



"I was 20kgs overweight and feeling lost. I tried everything to shift weight, even when I lost it, it kept coming back. I was nervous to try hypnosis, but so glad I did - I finally cleared the excess weight, and now maintain it with ease"

Susan K, Pymble



"Coaching with Soul River unleashed my true spirit and empowered me to become the best version of myself"

Leanne N, Northern Beaches



"Working with Caelia was amazing. She made me feel so at ease and comfortable to lean into the processes we worked on. She has a wonderful presence & there was a great flow to everything we did. I couldn't recommend her enough!"

Sam H, Surry Hills

The ultimate transformation to a holistic and authentic life
– aligned with your values, purpose, and a positive mindset.

bookings@soulriver.au