



**ONE-ON-ONE COACHING PROGRAM FOR  
PERSONAL CHANGE**

# **HEROES' JOURNEY TO SANTIAGO**



**Marco Silva**  
Coaching

**Gali Wonders**.com

An activity

**Marco Silva Coaching**

collaboration

**Galiwonders**







## MY TRUTH



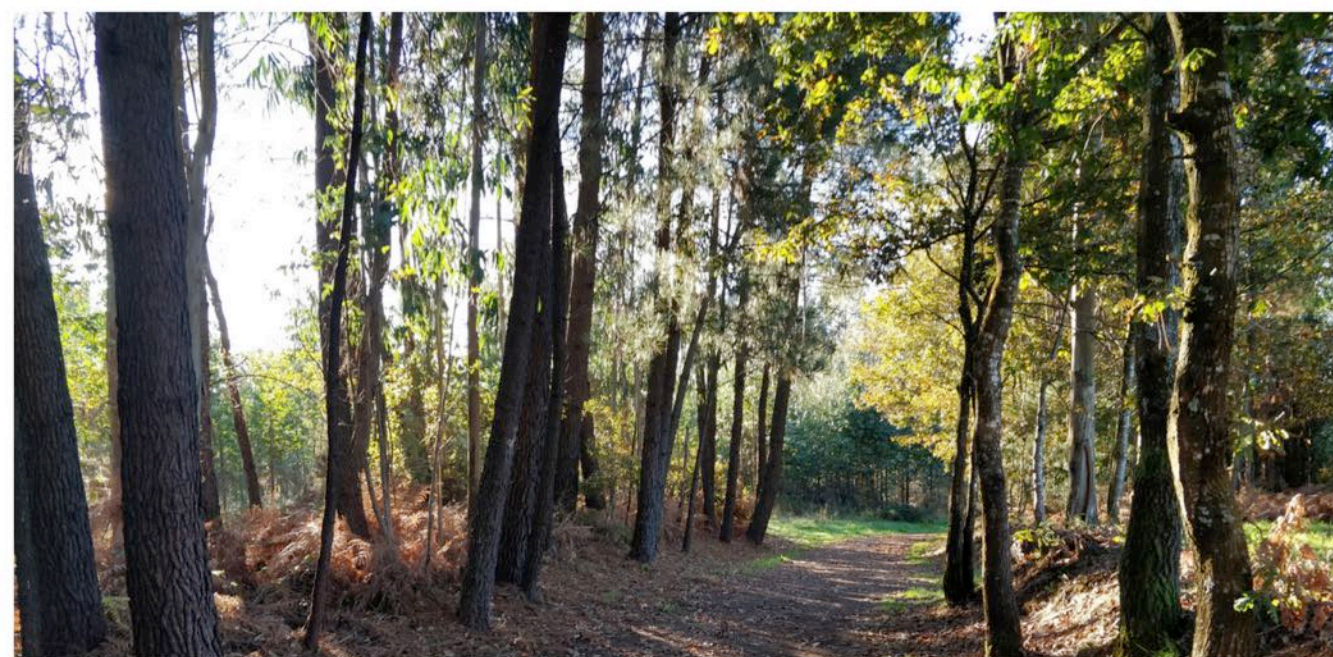
**Hi, beautiful person,**

I walked the Camino de Santiago for the first time in 2004, perhaps the main reason I dedicate myself to accompanying other people with coaching. On the Camino I realised that to return to sincere smiling, I had to stop pleasing others and start living what mattered to me - my truth, and regain my confidence and self-love. What I experienced there has literally changed my life, I left everything behind to start a new way of life. What I learned I offer back to you, for you to connect with:

- **Living from Self-Love,**
- **That life is movement and that you decide to be responsible for your actions,**
- **To have faith in yourself, in people and in Life - to live with faith is to live in acceptance,**
- **To respect your own and others' pace - to have empathy for yourself and others,**
- **That you are capable of achieving more than you think - to act,**
- **To be more creative - letting go of mental noise opens space for your innate wisdom to manifest in you,**
- **Adaptation - the more adaptive you are the less you suffer,**
- **Sharing and learning from others will make you happier,**
- **That we are all entitled to a second chance,**
- **Appreciating who you are, what you have and what you experience,**
- **That every experience is an opportunity to learn and grow,**
- **That living your truth is the fastest way to smile and feel peace,**
- **Taking care of your body is important to enjoy life,**
- **Enjoying nature, among so many other things...**







## WHAT IS IT



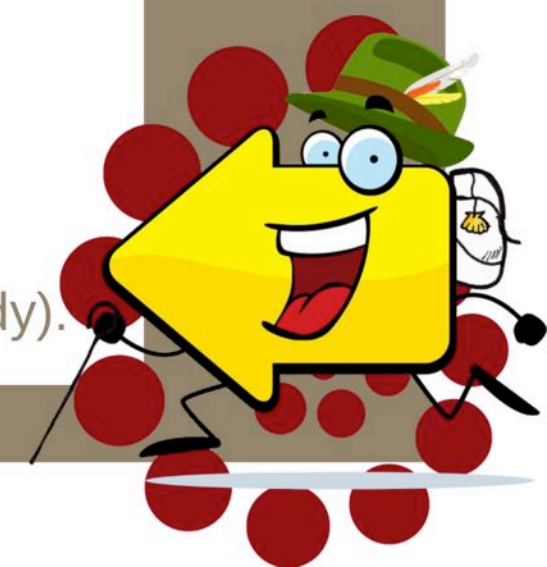
This fantastic experience is a **2-MONTH COACHING AND PERSONAL GROWTH PROGRAM** and a **9-day TRIP TO THE WAY OF ST JAMES** accompanied by me. It is the perfect combination to achieve the changes you are uncertain to carry out.

This activity is for you if:

- You want to change an aspect of your life that makes you uncomfortable, you don't know very well how to do it and you need to get out of your routine and comfort to gain perspective,
- You want to do something that marks you, out of the ordinary, mythical and heroic,
- You are moved by personal growth, spirituality,
- You like travelling, adventure, testing yourself with exercise in contact with nature and getting to know other people and customs,
- You have an open mind to change and to share life experiences with other people.

What results can you expect from this experience?

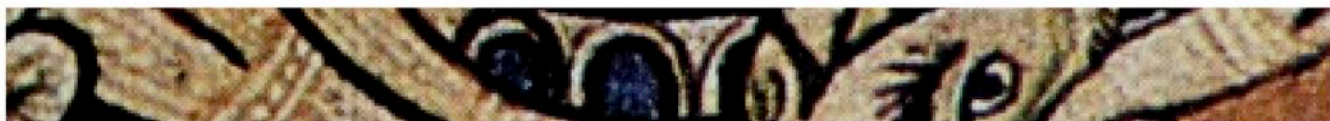
- Clear answers about your conflicts and difficulties,
- A new and positive perspective on what is troubling you,
- Increased confidence and self-esteem,
- Physical and emotional well-being,
- Satisfaction and joy,
- Stress reduction - peace of mind,
- Meaningful friendships and connections for life,
- Putting into practice what you want to change,
- Fitness (Yes! you are going to train and take care of your body).







**DID YOU KNOW?**



... **The Way of St. James** is an initiatory route since before it was considered a pilgrimage by the Catholic Church (9th century)? that it was a route walked by Greeks, Muslims, Romans, Celts, and initiates? and that they walked to the end of the known world until then - Finisterra? and that they witnessed the symbolic death of the Sun and its rebirth the next day; as a symbol of that inner transformation they sought when undertaking such an adventure? Fascinating, isn't it? You can live it too...

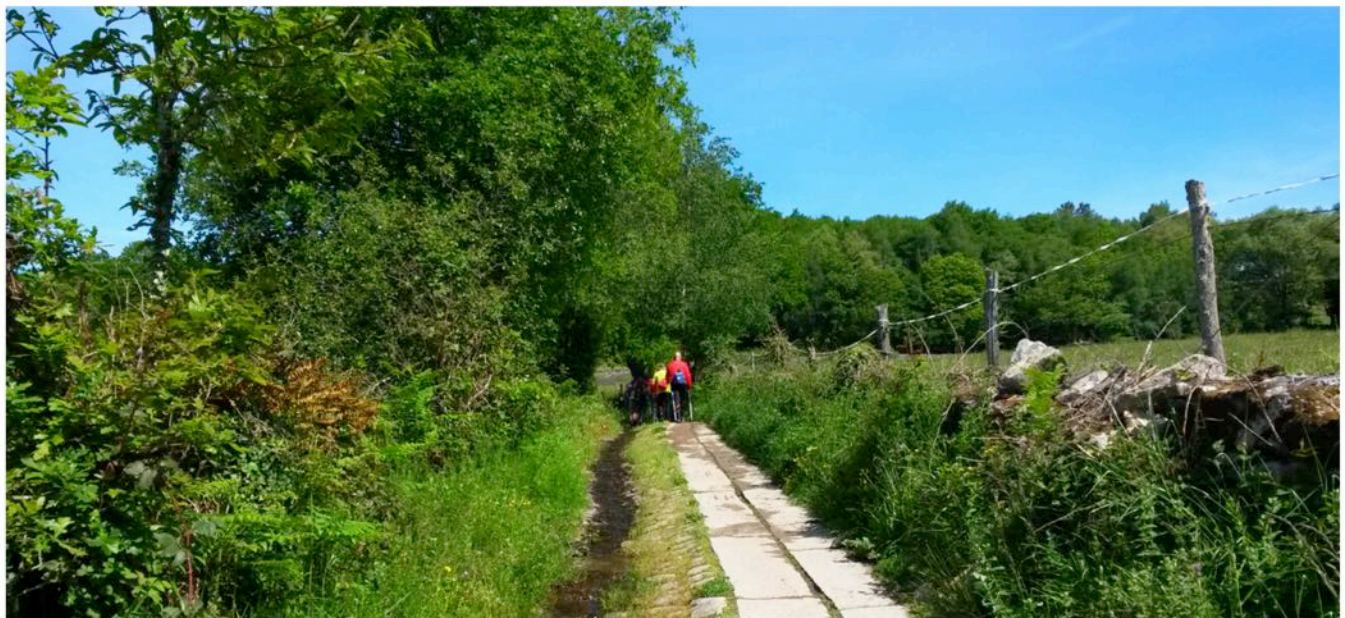
The Camino is a true hero's journey, where you get out of your daily routine, you set out to overcome your challenges by connecting with the magic of your route. And then you return home to share your newfound wisdom - your newfound gifts, and put them into practice with a better understanding of the world around you and who you are.

Doing the Camino as part of a coaching and mentoring programme gives you the courage and strength to change your life, and to know that you are capable of achieving important challenges. It reminds you of important values such as respect, friendship, peace, joy, freedom and self-love. It will also help you to care for and prepare your body with love, breathe fresh air and be in direct contact with nature.

I will support you in your growth, you will have a unique experience on the Camino where you will walk, laugh, enjoy good food, hug, and share knowledge and feelings. I guarantee that after this trip you will never be the same again, in a good way of course!







# PROGRAM PART I



## What are the Coaching Program and the Camino de Santiago trip like?

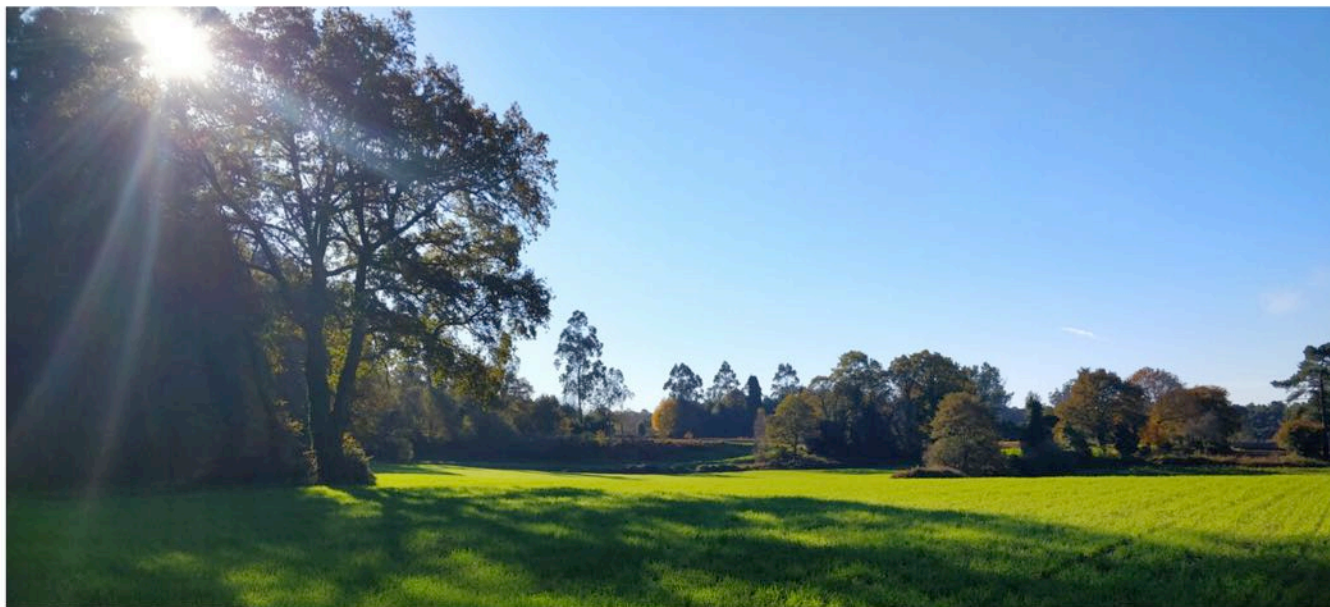
Everything is designed for you to enjoy the experience to the fullest, as well as to give you everything you need to achieve what you set out to do at the beginning of the program. You are going to let yourself be coached, guided, challenge yourself, introduce important changes, change beliefs, learn to manage your emotions and learn from all the situations that life brings you. And this is the Camino accompanied: of course you are going to walk, but you are also going to rest, reflect and consolidate the work done with me as your coach, share your experience with other pilgrims, eat well, laugh, learn, visit new places and enjoy every moment.

Once you acquire your program this is what will happen:

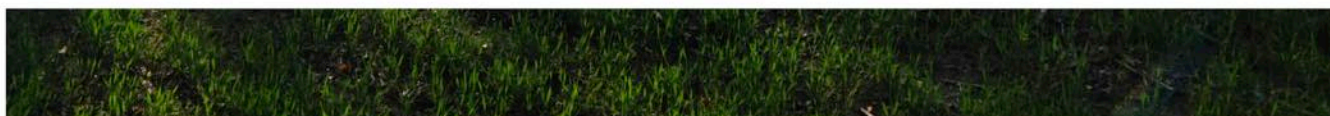
- During the 2 months prior to the Camino we will work together through 4 online coaching sessions where we will clarify your goals, difficulties and conflicts, applying and working on the strategies and tools you need, so you introduce in your life the change you want.
- One of these sessions will be used to start organising your Camino; I will design an exercise and nutrition plan adapted to your needs,
- I will provide you with a shopping list and videos so that you know what to buy and how to organise your Camino de Santiago journey,
- During this time you will have access to me and I will accompany you via e-mail and WhatsApp, to solve any difficulties and doubts that may arise.







## PROGRAM PART II



### What are the coaching program and the trip to the Camino de Santiago like?

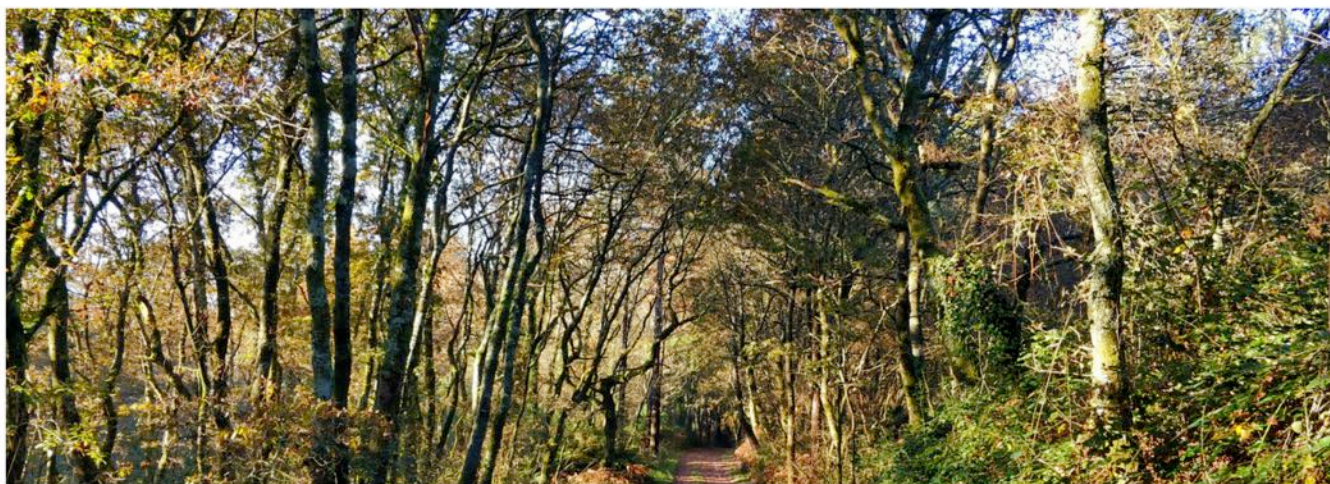
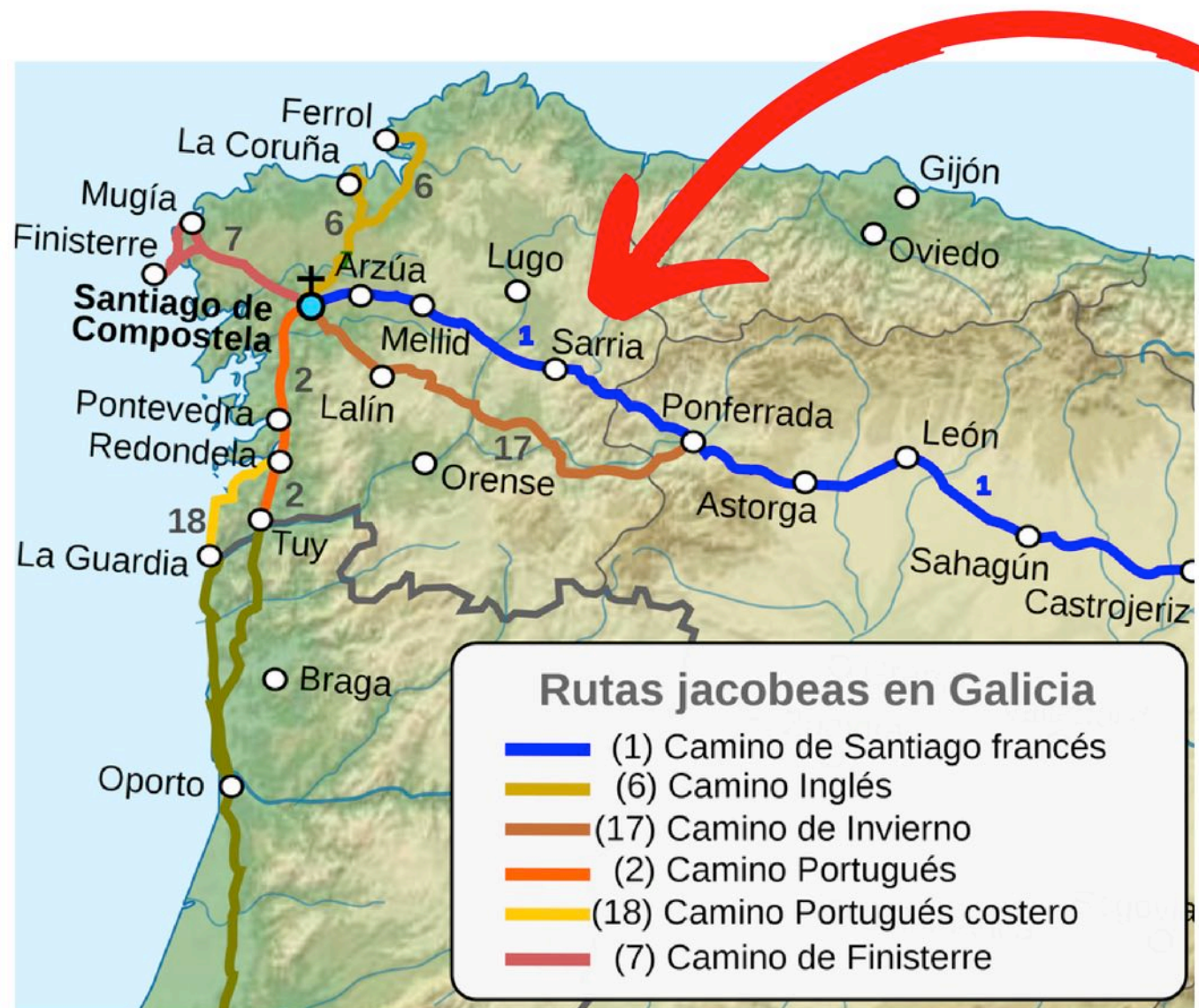
- At the end of the second month of the program we will meet in Santiago de Compostela to do the Camino de Santiago together.
- In total the activity on the Camino is 9 days; day 1 - arrival at Santiago de Compostela airport and transfer to the starting point of the route you have chosen, days 2 to 7 - walking and enjoying the Camino with coaching (we will stay in a different city/village each day), day 8 - free time in Santiago de Compostela to enjoy this beautiful city, and day 9 - return home from Santiago de Compostela.
- In the week following the Camino we will meet for a final session to close this fantastic program of personal transformation. In this session, we will draw conclusions from the work done and I will help you to design an action plan for your life considering what you lived in your Hero's Journey.

### What's special about this programme?

- More than 2 months of personalised accompaniment,
- 1 week accompanied, all-inclusive walk along the Camino de Santiago,
- The guarantee of significant and sustainable changes.







## ROUTES & DATES



### Where exactly will we go?

We will build your coaching program around these routes and dates, and your trip to the Camino will coincide with the end of your coaching programme with me.

We will be in magical Galicia, a region located in the far northwest of Spain. I offer you 4 route options on 8 different dates:

Option 1 - The English Way: **Ferrol -> Santiago de Compostela** - 113 km.

Available dates:

From 24/05/2023 to 01/06/2023 and from 01/06/2023 to 09/06/2023.

Option 2 - The Portuguese Way: **A Ramallosa -> Santiago de Compostela** - 120 km

Available dates:

From 26/07/2023 to 03/08/2023 and from 03/08/2023 to 11/08/2023.

Option 3 - The Portuguese Way: **Tui -> Santiago de Compostela** - 114 km

Available dates:

From 26/07/2023 to 03/08/2023 and from 03/08/2023 to 11/08/2023.

Option 4 - French Way: **Sarria -> Santiago de Compostela** - 111 km

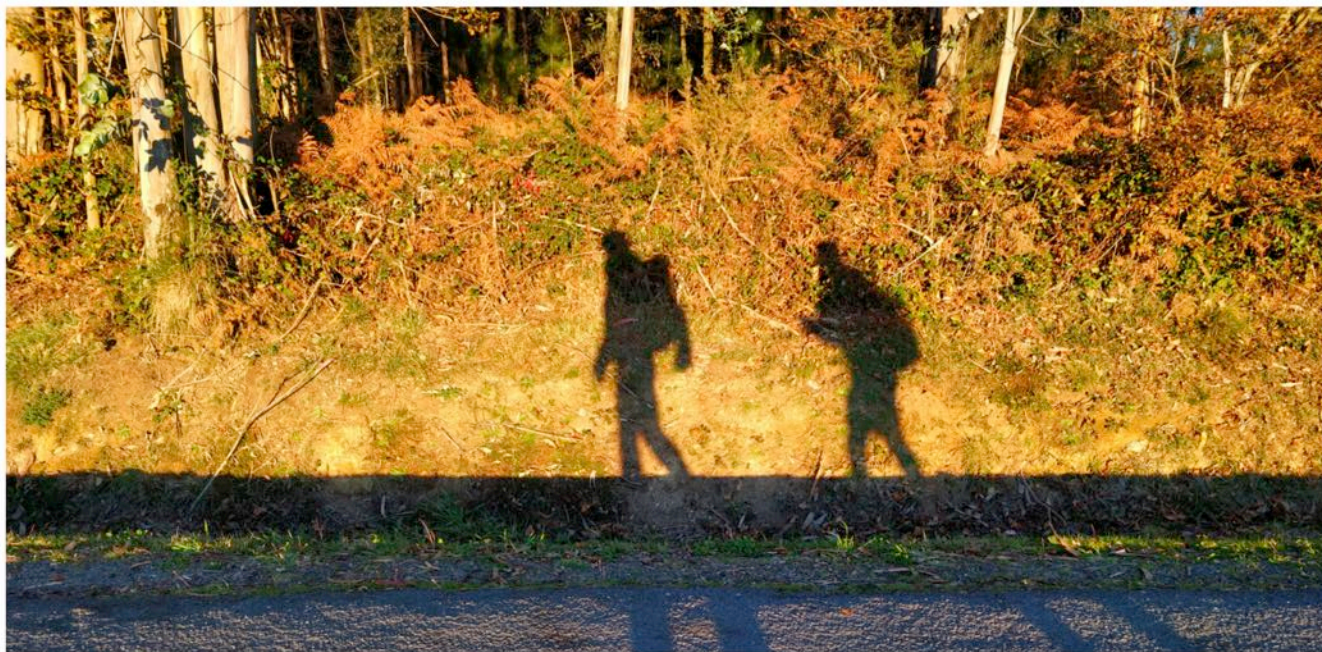
Available dates:

From 20/09/2023 to 28/09/2023 and from 28/09/2023 to 06/10/2023.

Which is your favourite option?







## SERVICES



### What does it include?

The collaboration with the agency **GALIWONDERS**, allows you to enjoy without worrying about the great plan we have for you:

- Exercise and nutrition plan in preparation for the activity,
- Detailed shopping list of the necessary equipment for your Camino,
- 5 coaching sessions: 4 before and one after the activity,
- My personal and private accompanying as a coach-guide - expenses included,
- Transfers from Santiago de Compostela airport to the departure point of the route of your choice and from Santiago to the airport,
- Accommodation in a single room with a private bathroom - 8 nights,
- Half board meals: breakfast and dinner,
- Luggage transport between stages,
- Assistance and accident insurance during the activity,
- Pilgrim's passport and 24h emergency telephone number.

### Optional extras:

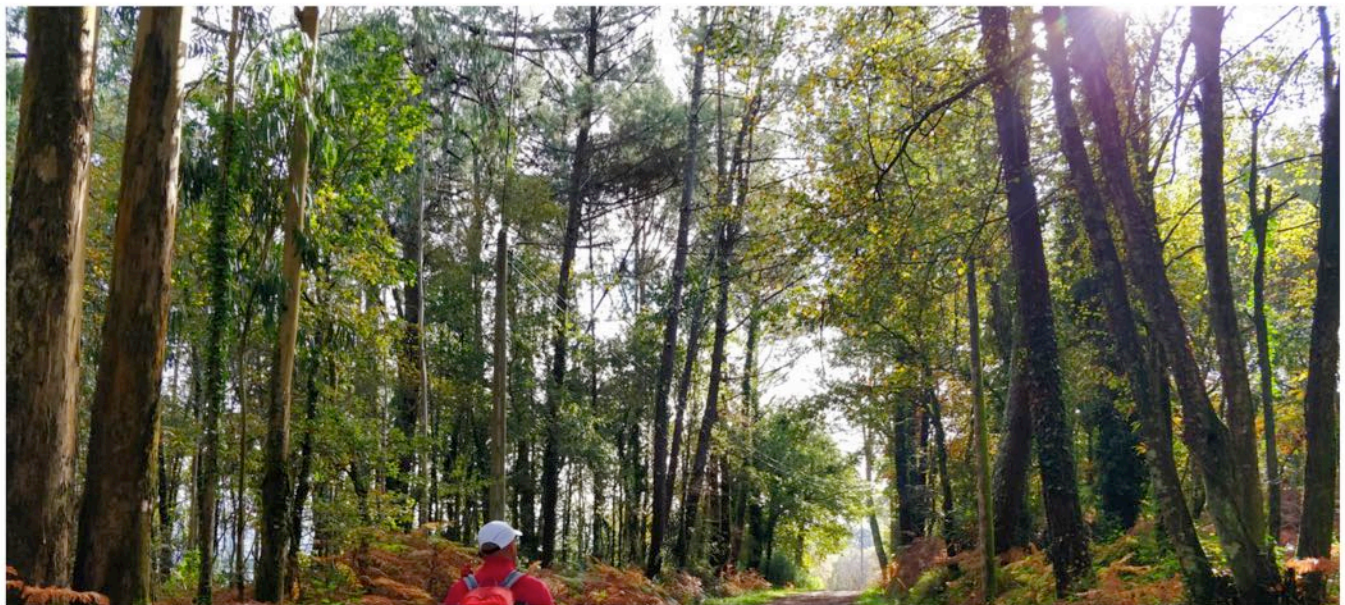
Picnic-lunch: 12€/person per day, Queimada in Santiago (private): 150€ (total), Cancellation Insurance, Superior Accommodation, Tapas Tour, Pilgrim Massage.

### What is NOT included?

Flights to and from Santiago de Compostela, visas, airport taxes and/or tourist taxes, travel insurance (compulsory), drinks and tips, laundry, taxis between stages, the free day's dinner on the day off in Santiago de Compostela, and everything else other than those listed above as included.







# PRICE



## The value to participate is:

- 4250,00 € - If you choose the Portuguese Way in one of its two versions.
- 4200,00 € - If you choose the English or French Way.

## Reservation and payment:

To secure your place we require payment of the total price by bank transfer (commission free) up to 2 months before the date of your choice to start the Camino.

## Cancellation policy\*.

- If you cancel your programme up to 60 days before the date of your Camino, 80% of the payment will be refunded.
- If you cancel your programme within 59-30 days of the start of your Camino, we will refund 50% of your payment.
- If you cancel your programme less than 30 days before the start of your Camino, your payment will not be refunded.
- If we have to cancel the activity, 100% of your payment will be refunded.

\* Between 2 and 3 months is the period of time we have to book accommodation and restaurants on site. It is also a period that allows you enough time to train, purchase your equipment, book flights and plan your life around the activity.

Refunds and cancellations will be considered if they are due to force majeure such as serious illness or death and each case will be reviewed on the basis of an honourable agreement in which the parties involved are not harmed. We recommend that you acquire a cancellation insurance to cover any eventuality.





# ORGANIZATION



Marco Silva  
Coaching

Dear heroine-pilgrim, hero-pilgrim,

My name is Marco Silva, I am a coaching professional and my job is to accompany people, who like me and maybe you, have spent a large part of their lives trying to please parents, teachers, partners, bosses... People who find it difficult to say 'no', seek external approval, fear rejection and are prey to perfectionism.

I help my clients to let go of guilt, change and regain their decision-making power, courage, control over their lives, self-love and smile again.

With joy, respect and humility I am at your side, I accompany you on your inner and outer Path. I am honoured.



Hi dear friend,

We are a travel agency based in Galicia, and our aim is to take care of every detail of your trip. We are inspired by your desire to enjoy all that our region has to offer. We want your trip to be unforgettable.

We already had several years of experience in this sector abroad when we realized that what really motivates us is to make Galicia known to all travellers interested in our culture, Nature, gastronomy, magic... and of course the Camino de Santiago, so we decided to come back home and create Galiwonders.

We are delighted to participate in your Camino.





# CONTACT & RESERVATIONS



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Coaching

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