



Sophie Frabotta

Modern Healer, Transformation Specialist and Life Coach

AWAKEN with Sophie



When humans experience trauma or serious life stressors it is common for parts of their life to unravel. Some people may not even know they are carrying around the wounds of past experiences, but they are aware that they are not living life to their full potential. Internationally recognized spiritual healer and life coach, Sophie Frabotta's passion is to help people identify these trauma or stressors, then teach them to do the deep inner healing work to remove obstacles to awaken their freedom within.

With a master's degree in Transpersonal Psychology and over 10,000 hours (14 years) of one-to-one sessions with individuals in the spiritual healing space, Sophie has developed a revolutionary transformational process called The 4 R's Method that has helped hundreds of clients internally heal. Throughout this process, those seeking freedom recognize the deep wound that is blocking them, release the stale energy from their body, emotions, mind, and spirit, and then reprogram that space with new energy that helps them radiate at a higher frequency.

More about Sophie

Sophie is not your typical "airy and fairy" spiritual guide. She takes pride in being a fierce healer, oftentimes beaming with intense transformational passion, who speaks directly into the healing change people need.

Awards and Recognition:

- Master's Degree, Transpersonal Psychology, Sofia University
- Certified Holistic Life Coach, Spencer Institute
- Achieved 10,000 1-1 Spiritual Healing
- Spiritual Meditation Teacher
- Sound Bowl Healer
- Crystal Guide
- Author of The Continuous Appetite

Awaken Life Coaching

For 14 years, Sophie has been coaching individuals on how to understand their spiritual awakening, do the deep spiritual healing work to experience a sense of self-love and inner freedom, and how to authentically step into the role of becoming a Spiritual Life Coach. Prior to the pandemic, most of Sophie's teachings were conducted in 1:1 sessions or in-person retreats, but just as most small businesses in 2020, Sophie had to pivot to an online medium to help reach her clients who needed her more than ever during this tumultuous time.

What surprised even Sophie, was that the transformations students experienced seemed deeper and more thorough in these virtual settings, which only fueled her fire to reach more people who needed her gift of spiritual guidance.

As of today, Sophie offers three online courses for individuals at different stages of their healing journey. These courses include:

- **Awaken Your Soul's Magic**

This program is a 20-week spiritual immersion to heal the inner child, transform energetic chords and develop an understanding of self-love. To achieve this, Sophie walks students through the Soul-Love Mastery Method which is a 5-phase process of healing the inner child, cutting energetic cords, learning about soul-love, working with the laws of the Universe and Manifesting through a 12 step process; with the intention to show her students how to step into a life of magic and freedom.

- **Awaken Within: Men's Edition**

This is a 12-week course that walks Men through getting balanced, deactivating stress, inner child work, and unlocking false beliefs. Sophie helps these Men to free themselves from regimented and restricted lifestyles, grow their faith, and become their own best friend through 12 incredibly powerful techniques.

- **Awaken Your Inner Healer**

This Spiritual Life Coach Certification is meant for Aspiring Coaches, those having a spiritual awakening, Light Workers, Energy Healers, and Spiritual Seekers who are looking to step into their spiritual gift and make the impact they have been dreaming about. The certification is based on an eight-day virtual retreat and a 19-week training that guides participants through four modules that include Inner Healing, Spiritual Awareness, Spiritual Visioning, and Becoming a Spiritual Life Coach.



In addition to her online courses, Sophie shares a variety of [free resources](#) on her website including meditations, audio healing sessions, workshops, worksheets, articles, and downloads on how to step into this spiritual healing work so that people can get a taste of the deeper transformational guidance she offers in her online courses.

Testimonials from previous students and clients regarding the transformations they experienced while working with Sophie can be found [here](#) on her website

Testimonials

"Sophie showed me how to transform my thoughts and fears and gave me tools to love myself, and dig deep into the pain from my past that I was wanting to heal. I have since then, used these tools to help me be a better, more loving person to myself and other people."

~ Michelle

"Sophie's patience, mindfulness and intuitive nature continually allowed me to grow both spiritually and emotionally, into the truest version of my self. Rather than simply understanding the past through therapy, I was able to find peace in the present through action, guided by Sophie's many tools. "

~ Nathalia