

Writing Sample: Website Copy for a Psychotherapist, Coach, & Energy Worker (Home Page, Products & Programs Page, and Workshops Page)

Home Page:

No one ever said on their deathbed, “I wish I’d spent less time feeling excited about my life.”

So, you’ve got the success.

The career, the well-adjusted kids, and the kind of relationship with your significant other that everyone else *wishes* they had – yep, you’ve got all that handled too.

The problem?

While you’re “technically” happy on the outside, something is missing.

You can’t *quuuuuuite* put your finger on it, but despite all the outward signs that say you’ve “made it,” you’re feeling adrift.

Maybe even apathetic.

The enthusiasm you once felt has been misplaced somewhere along the way, leaving you with a nasty case of the “mehs.”

And more than once you’ve asked yourself, “Is *this* all there is?”

But what if you could get that old excitement back?

What if your life felt chock full of promise and possibility again?

Imagine . . .

You wake up each day feeling like a kid on the first day of summer vacation—you’ve got the whole world in front of you.

Life is one big adventure.

Anything is possible.

And you can’t wait to jump out of bed and get going.

It’s like happiness on steroids.

This isn’t a summer camp fantasy.

This kind of *joie de vivre* is yours for the having, *now*.

Hi, I’m Rhégina Sinozich.

I'm a licensed psychotherapist, coach, and energy worker with 25+ years of experience and a strong track record of helping people recreate their lives, reinvent themselves and reclaim their joy.

I help smart, successful, and creative men and women **rediscover their sense of wonder and possibility** + pursue their most heartfelt dreams, goals and visions. [\[Bold copy links to Psychotherapy and Coaching page\]](#)

I lead **transformational retreats and workshops** that activate the sacred spark of energy, play and happiness you were meant to experience—*every day*. [\[Bold copy links to Retreats and/or Workshops page\]](#)

I write books and offer **products and programs** that motivate, inspire, and help you create the blueprint for a life filled with purpose, clarity, serenity and happiness. [\[Bold copy links to Products and Programs page\]](#)

And I'm an unabashed champion for your happiness and your full potential.

It's my mission to help you reclaim your magic, fall in love with yourself, and live each day with passion and purpose.

Are you ready?

Click here to learn more about my complimentary **Reclaim Your Magic Discovery Session** to see if we're a good fit to work together. [\[Bold copy links to your Free Consults page.\]](#)

Because your next chapter is waiting.

[\[END HOME PAGE COPY\]](#)

Products & Programs Page:

Isn't It Time to Start Waking Up Each Day Feeling Inspired About Your Life?

You want to:

- :: Get out of a rut, get reenergized and get excited about the possibilities and potential that await you
- :: Reconnect with the magical energy you once felt, and experience a palpable sense of delight in the everyday
- :: Create the life you *really* want to be living, one that aligns with your true purpose and sets you on the path to making your dreams –yes, even those ones that might feel slightly wild & crazy – a reality.

And you want to do it on your terms and on your timetable, in a way that fits your busy lifestyle.

That's exactly why I created the products and programs on this page. They're designed to help you activate your spark, reignite your passion, and get you seriously excited about your life again, all easily accessible in book and/or CD form, so you can take inspired action conveniently, from wherever you are!

Plug Yourself Into the Frequency of Happiness (Book and CD)

Within the pages of **Plug Yourself In** you will find the blueprint for creating the kind of life you really want to be living – a life filled with purpose, clarity, serenity and yes, happiness. A potent blend of higher knowing and charming personal tales, **Plug Yourself In** will delight and inspire until the last page is turned.

Get the book: Trade paperback \$14.95 [Add to cart.](#)

Get the audiobook on CDs, read by me: 3 CDs \$24.95 [Add to cart.](#)

Balloon to the Moon (Book and CD)

A book with a powerful motivational punch, **Balloon to the Moon** is salve to harried twenty first century souls and a battle cry to the pure potential that lives inside you.

Balloon to the Moon “is just extraordinary... it’s something that I think people should travel with in their suitcases. It’s simple, very profound...” —Shirley MacLaine, actor, best-selling author.

“This book will take you to new heights.”—Richard Carlson, best-selling author.

Get the book: Trade paperback \$12.95 [Add to cart.](#)

Get the audiobook on CD, read by me: \$24.95 [Add to cart.](#)

The Manifesting Trio (3 CDs)

It's all about energy, and when your energy is aligned with the things you desire and the states of being you truly want to experience, you become irresistible – a powerful magnet to all good things! **The**

Manifesting Trio is an effective tool for helping you attract what you most want to be, do and have in this life.

Get the CDs: 3 CDs with guided meditations & affirmations \$39 [Add to cart.](#)

"I've been meditating off and on since I was around 15, but Rhégina's guided meditations are really fantastic. It's like I've gotten a quick start to what I've been looking for the past 29 years." –JCM Bannerman, Pennsylvania.

Meditations for Weight Loss (CD)

A healthy, vibrant body is your natural state. Unfortunately, much of the weight loss guidance out there is focused on the negative side of the equation, making it impossible for this state to take root and manifest in your life. In **Meditations for Weight Loss**, you'll align with the vibrant body that already exists internally and bring it into the physical world.

Get the CD: Guided meditations & affirmations \$14.95 [Add to cart.](#)

Eight Weeks to Abundance and Happiness

What if you were *much* closer than you think to living the life of your dreams, one where you wake up almost every day feeling like a 4 year old on Christmas morning, ready to bound out of bed and embrace each delicious moment, each interesting possibility, and each fascinating opportunity with joy and delight?

This kind of life isn't reserved for the select few, it can be yours for the having. Spend 8 weeks with me as your trusted mentor and guide and I'll show you how.

In **Eight Weeks to Abundance and Happiness**, a coaching and meditation program accessible from the comfort of your own home, we'll work side-by-side to transform your life and give you the quantum leap you need to become the person you've always wanted to be.

Whether you want to release anxiety and experience greater joy in your day-to-day life, set yourself up to take advantage a big career opportunity, find an ideal partner, or finally make that dream of launching your business a reality, together we can get you there.

I've designed this program to help you get your feet firmly planted on the path to true freedom, where health, wealth, love, prosperity and happiness await.

Eight Weeks to Abundance and Happiness includes:

:: Daily morning & evening meditations to keep you calm, centered and on track with your goals and dreams, so you're always in alignment with the changes you want to call into your life

:: Two weekly coaching calls to get personalized guidance and feedback from me, so you feel fully supported in the daily actions that will help you transition to abundance, happiness and all that you truly desire

If you're ready to get the support you need to create powerful change and begin living the life you want to be living, **Eight Weeks to Abundance and Happiness** could be the program for you.

Eight Weeks to Abundance and Happiness will be launching again soon! **Get on my email list right over here** to receive notice when the program re-opens for registration. **[*Bold copy links to email opt-in*]**

To hear what others have to say about working with me, **head right over here**. **[*Bold copy links to "What Others Are Saying" page*]**

If you have any questions about any of the products or programs above, **email me here** with the name of the product or program you're considering, and I'll get back to you within 48 hours during normal business hours.

[END PRODUCTS & PROGRAMS PAGE COPY]

Workshops Page:

Activate the Sacred Spark of Energy, Play and Happiness You Were Meant to Experience—*Every Day*

Are you standing at the crossroads of “Is this all there is?” and “What happened to my passion for life?,” wondering how to rekindle that old *joie de vivre* you once felt?

Going through your days feeling resigned, indifferent, or mired in old patterns that no longer serve you?

Experiencing anxiety about a life transition or trying to navigate issues from the past?

Then it’s time for your wake-up call:

The uninspired life STOPS HERE.

What if . . .

:: You could wake up each day feeling invigorated and excited about the possibilities before you?

:: Life felt like an *adventure* again, one you couldn’t wait to bound out of bed to experience each delicious moment of?

:: You could reclaim that old sense of magic you experienced as a child, when you believed anything was possible and nothing could stop you from believing in your dreams?

Magic. Possibility. Adventure. And deep, lasting healing.

It *is* possible. You just have to be willing take the first step.

Introducing the **Activate Your Spark Workshop**, three inspired hours of relaxation, meditation and insight in a small group setting, designed to help you shed limiting beliefs, rekindle the incredible possibilities that dwell within you, and unleash your full potential.

It’s easy. It’s fun. It’s simple.

In the **Activate Your Spark Workshop**, you’ll learn simple techniques to relax and diffuse daily stress and focus your energy where you want it to go. You’ll discover your own triggers, enablers, and barriers to happiness so you can focus your attention and time on what matters most to you, get out of your own way, and start living a life that lights you up inside.

Be prepared for a gentle, no pressure mental makeover. Through guided meditation, music and visioning you will clear away the cobwebs and open the windows to your spirit. You will still your mind so that you can listen to the whispers of your intuition. You will discover new energy as you reconnect with your essential core.

You’ll emerge inspired and reenergized.

All you need is an open heart & mind, a sense of wonder, and a willingness to explore.

Who this is for:

Activate Your Spark is for you if you're ready to breakthrough to the life you were meant to live and:

:: You've read my books, subscribe to my newsletter, or we've previously worked together in some capacity.

:: You're ready to create real change in your life, and you're 100% committed to doing the work necessary to achieve results, even if it's challenging.

:: You're looking for a healing workshop experience, not a "vacation" (My workshops are definitely fun, but you need to be ready to do some healing work!)

:: You're comfortable with an action-oriented approach that helps you get beyond merely feeling better to truly thriving

The **Activate Your Spark Workshop** is a transformational experience for positive action-takers who are ready to launch their lives to a new level of happiness and make progress toward their life goals, and who want support and encouragement from an experienced guide and mentor who has been helping others breakthrough to happiness, heal and attain their goals for over 25 years.

Check back at this page soon for upcoming workshop dates or contact me directly by calling 301.942.2787, or [emailing me here](#) with "Workshop Inquiry" in the subject line.

Are you ready to rediscover your true self and fall in love with what you find?

Then let's do it!

"Rhégina's ability to pierce through my limiting perceptions of who I am at a very, very difficult time in my life was most extraordinary and has made a deep, deep impression in my soul. I believe anyone who has the blessing of working with Rhégina and her energy will be touched deeply—forever." —Jaqueline Joy, Founder of Diamond Alignment

"...an experience that still causes me to well up with grateful tears each time I think of it. Here are a few key words that come to mind with each lovely memory – transforming, enchanting, enlightening, powerful, serene, rejuvenating, blessed, perfect. I'm so grateful to have been a part of this truly unique experience and the fellowship of souls who participated. I have only one question – when can I sign up for next year???" —Beverly Barlow Steinberg, Norway.

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