

# branching out life coaching

## JOURNEY TOGETHER

working together to build a  
stronger relationship with each  
other.



“We are all wired uniquely  
to manifest our true,  
authentic selves. The  
transformation begins  
with what you choose to  
plug into.”

**Your Coach**

Camille Ainsley

# Why Camille?

Because when it comes to communication challenges you need more than advice you need someone who's been through the fire, stood in truth, and carries real-life wisdom. Camille is that coach. Knowing you are getting the STRAIGHT TALK CONVERSATIONS is crucial to moving forward.

*She's not just trained she's tried.*

With a life story full of grit, grace, and deep transformation, Camille brings insight that can't be taught in textbooks. She carries a passion for seeing couples rise with clarity, alignment, and strength, not just for the wedding day but for the decades to follow.

*What makes Camille the right coach for your journey?*

Grounded in real, lived experience a truth-teller who creates a safe space without sugar-coating. She'll help you see the unseen, from values and vision to red flags and blind spots.

Compassionate yet bold, you'll be challenged and championed  
Deep understanding of faith, family dynamics, and personal purpose

Camille believes that marriage isn't just about finding the right person it's about becoming the right team.

*If you're ready to build a STRENGTHEN together with purpose, you couldn't choose a better guide to stand with you at the threshold of something so powerful.*

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## *What Obstacles cause a communication break down?*

Unspoken expectations, unresolved past hurts, pride, fear of vulnerability, and poor listening habits often create communication breakdowns that block deeper connection and understanding.

## *Why do I feel that he/she doesn't understand me?*

Feeling misunderstood often stems from unmet emotional needs, misaligned communication styles, or unspoken assumptions that leave you feeling unheard, unseen, or emotionally disconnected.

## *What could coaching really do for us?*

Coaching creates a safe space to unpack challenges, rebuild trust, and strengthen communication helping you grow together with clarity, compassion, and a shared vision for your future.

with Camille you will get,  
Compassionate yet bold, you'll be challenged and championed  
you will get a greater understanding of your family dynamics, and  
personal purpose.

Camille believes that marriage isn't just about finding the right person it's about becoming the right team.

*"Pride can hide behind many faces and be the one thing  
that is stopping you from moving forward".*



## CHECK in TIME

01.

### MINDSET

I'll help you uncover limiting beliefs, reframe negative patterns, and build a mindset grounded in clarity, purpose, and strength. So you can move forward with confidence and intention, building a strong foundation.

02.

### BREAK THROUGH

I will guide you through the blocks holding you back, help reveal what's beneath the surface, and empower you to experience real breakthrough. you will see each-other with a new understanding.

03.

### CLARITY

I will help you cut through the mental clutter, uncover what truly matters, and bring clear direction to your next steps; so you can move forward with confidence and purpose, giving each other the space required.

04.

### FREEDOM

I'll support you in breaking free from limiting beliefs, emotional weight, and past patterns: so you can live with lightness, ownership, and the freedom to be fully, unapologetically yourself, while respecting each other.

05.

### EMPOWERMENT

I will help you awaken your inner strength, reclaim your voice, and take bold steps with confidence. You will feel empowered to lead your life together with purpose, direction, and a greater belief in each other.

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# Empowering Lives through mindset coaching

Camille Ainsley is the CEO of Branching out life coaching and your personal Coach for making the step into MIND SET SHIFT. Camille has resilience hardwired into her DNA, she's walked through more than most and turned every challenge into a stepping stone. As a successful businesswoman, devoted mother, and community leader, Camille brings real-life experience to every coaching conversation.



Camille Ainsley

Camille's passion is getting you over the bridge that place where life feels stuck, heavy, or uncertain. She sees life's obstacles like a crossing: sometimes, you just need someone to walk beside you and call out what's already within. With fierce belief and fearless energy, Camille draws out the gold inside you your strengths, your truth, your power.

If it's in you, she will find it. She's bold, driven, and fully committed. No fluff. No quit. Just breakthrough.

# ABOUT *ME*

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