

The Freedom to Thrive.

EMBRACE GROWTH AND BALANCE BEYOND PERFECTIONISM





Hello, and welcome to The Freedom to Thrive!

I'm Alan Rojas Yacolca, your guide on this journey. I created The Freedom to Thrive to help individuals who, like you, have felt burdened by the pressure to be "perfect." Perfectionism often keeps us trapped in endless self-criticism, chasing impossible standards, and doubting our worth.

This program is here to help you break free and find a more fulfilling path. Together, we'll work to transform self-doubt into self-compassion, redefine success, and build a life of balance, growth, and confidence.

Welcome to a journey of self-discovery and empowerment.

Warmly,

Alan Rojas Yacolca

About the Program

What is The Freedom to Thrive?

The Freedom to Thrive is a unique 8-week program designed to help you overcome perfectionism and experience greater joy, confidence, and personal fulfillment. Through live sessions, reflective exercises, and a supportive community, you'll learn to recognize and release the patterns that keep you stuck in self-doubt, relentless standards, and overwork.

We'll explore topics such as self-compassion, confidence, redefining success, and inner balance, helping you to let go of self-imposed limits. This program is here to support you in discovering your true worth and creating a life that aligns with your authentic values.

Who Is This Program For?

The Freedom to Thrive is for individuals who:

- Struggle with constant self-criticism and fear of making mistakes.
- Feel drained by the pressure to achieve “flawless” results in every area of life.
- Seek approval from others to feel “good enough.”
- Are ready to create a healthier balance, prioritizing self-care without guilt.
- Want to experience confidence and self-worth that don’t depend on outside validation.

If you see yourself in these descriptions, you’re not alone—and this program is designed to help you.

Program Structure and Features

Format: 8-week online program with bi-weekly live sessions.

Modules: Four transformative modules, each focusing on key aspects of overcoming perfectionism.

Features:

Live Group Sessions: Engage in live, interactive sessions with Alan and fellow participants.

Guided Exercises: Reflective prompts and exercises designed to deepen self-understanding and transformation.

Community Support: Connect with others in a supportive group that fosters shared learning.

Personalized Resources: Take-home materials and resources to support growth between sessions.

Module Details

Module 1: Embracing Healthy Expectations and Self-Compassion

Learn to set goals that nurture growth rather than perfection. Discover tools to be kind to yourself, even when things don’t go as planned.

- Release self-criticism and embrace self-acceptance.
- Set realistic expectations that foster joy and resilience.

Module 2: Building Confidence and Self-Worth

Build confidence from within, learning to pursue goals without needing others’ approval. Feel “good enough” just as you are.

- Develop self-worth based on your values, not external validation.
- Learn how to maintain confidence through self-trust and authenticity.

Module 3: Redefining Success and Finding Fulfillment

Define success in ways that align with your values, finding fulfillment in purpose rather than perfection.

- Identify personal goals that bring meaning and joy.
- Balance achievement with well-being to avoid burnout.

Module 4: Prioritizing Well-Being and Inner Balance

Create a life that honors your needs for rest, joy, and self-care without guilt.

- Practice self-care as an integral part of daily life.
- Cultivate resilience and inner peace through balance and boundaries.



Core Benefits of the Program

By the end of The Freedom to Thrive, you will:

Experience Reduced Anxiety and Improved Self-Compassion

Shift from self-criticism to self-compassion, reducing anxiety tied to perfectionism. This program teaches you to release harsh self-judgments, helping you feel calmer and more at peace. Embrace a compassionate mindset that supports your well-being, allowing for a more positive relationship with yourself.

Build Authentic Confidence, Feeling Secure in Your Self-Worth

Develop confidence that comes from within, independent of others' opinions. The Freedom to Thrive helps you trust your own worth and abilities, empowering you to pursue goals without needing external validation. Feel genuinely secure in who you are, and approach life with new confidence.

Find Fulfillment in Balanced, Purposeful Achievements

Learn to define success in a way that aligns with your values, finding satisfaction in balanced, meaningful accomplishments. Rather than chasing perfection, this program teaches you to appreciate progress and enjoy each achievement. Thrive in your pursuits without overworking, and find joy in your journey.

Develop Lasting Self-Care Practices for Sustained Well-Being

Create self-care habits that prioritize rest, boundaries, and emotional well-being. The Freedom to Thrive guides you in developing routines that maintain energy and balance, supporting resilience. Recognize self-care as essential, not optional, and build sustainable practices for ongoing health and happiness.

Theoretical Foundations

This program draws on Transactional Analysis and Logosynthesis, which provide powerful frameworks for change.

Transactional Analysis: Examines your internal beliefs, transforming negative self-talk and limiting patterns.

Logosynthesis: A practical method to release emotional triggers, bringing you closer to your authentic self.

Together, these modalities support deep, lasting transformation, helping you let go of perfectionistic patterns and build a life that reflects your true values.

About the Facilitator

Hello, I'm Alan Rojas Yacolca. For over 20 years, I've dedicated my life to helping highly sensitive individuals—who often struggle with perfectionism and people-pleasing—find their way back to their true selves. As an emotional resilience coach, energy therapist, trainer, and group facilitator, I specialize in guiding people to let go of past burdens and create a future that aligns with their deepest desires.

My journey has led me to train and certify in various therapeutic modalities, including Transactional Analysis, NLP, Redecision, and Logosynthesis. This diverse background allows me to take a holistic approach to healing and personal growth.

I'm proud to serve on the Board of Trustees of the Logosynthesis International Association, where I help advance this transformative practice worldwide.

At the Andes Institute, which I founded, we empower change-makers through advanced energy healing training. We blend spirituality with science to support profound, compassionate transformations.

Join me on this journey of self-discovery. Together, we'll peel away the layers holding you back and open the door to a life full of possibilities. It's time to live life on your terms.