

## **Health and Wellness Plan**

### **1. 1:1 LIVE COACHING (8 sessions at \$1600 or \$222/session)**

#### **Overview**

You're a successful business owner, however...deep down inside you've lost your care factor.

Even though it looks like you have it all, however deep down you're not happy. Inside you are feeling like you are drowning or burning out?

Does that sound familiar?

On most days you feel overwhelmed and anxious.

You feel uncomfortable with the relationships you have with your staff and your customers

You take on too much because it's just easier to "Do it yourself."

You lose sleep.

You get triggered by random things.

You are hustling and working hard and still feel like you never achieve what you truly want.

You feel like there is must be another way

If that's you, stop for a moment and ask yourself this question: "When is it time to invest in my biggest asset – ME?"

Just imagine doing less, achieving more, and doing it while feeling care-full Think about the impact that will have on you and the recipients of your care.

## The Package

1:1 Live coaching - via zoom - in a custom-designed package that includes healing and purpose support

As a globally Certified Whole Health Medicine practitioner and Registered Nurse , I've coached successful business owners like you who are amazing at what they do for work but feel disconnected from themselves and their lives. So many business owners I work with share the same secret limiting beliefs:

- I'm not enough
- I'm not worthy
- I don't matter
- I never have time for myself

If that is you, I got you.

## **2. POST COVID VISION TO YOUR MISSION (\$666 for full day)**

### **Overview**

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Even though it looks like you have it all, however deep down you're not happy. Inside you are feeling like you are drowning or burning out?

Does that sound familiar?

On most days you feel overwhelmed and anxious.

You are feeling apprehensive about your brand

You've gained weight during countless lockdowns

You're overall wellbeing has declined

You've lost confidence

If that's you, stop for a moment and ask yourself this question: "When is it time to invest in my biggest asset – ME?"

Just imagine doing less, achieving more, and doing it while feeling care-full Think about the impact that will have on you and the recipients of your care.

## **The Package – Post COVID Vision to Your Mission**

1 day Vision to your mission day

- Confidence and purpose coaching
- Setting new values and intentions for your business and you
- Nail down what your brand stands for and more

If that is you, I got you.

