

KICK ARSE NOW WITH THE KAN PLAN

One-on-one Coaching Programme + Bonus Online Course

As small business owners we are constantly juggling, putting ourselves and our own well-being at the end of a very long 'to-do' list. Put yourself at the centre of your priorities and your business will benefit too! Let Dr Rachel show you how.

The KAN PLAN uses evidence-based principles that work. You will not be told to 'simply manifest' your dreams. Instead you will learn practical, proven tools to help you feel in control of your life and business.

All one-on-one programmes include access to the interactive and gamified online learning platform for self-paced work between coaching sessions, maximising your learnings and ability to implement real change.

In the KAN Plan you will;

- Learn to hack your habits for improved wellbeing,
- Improve your ability to stay focused on what matters,
- Learn tips and tricks to hack your mindset and stay focused,
- Gain skills in managing your inner critic,
- Set personal and business goals that you can achieve!

Programmes to choose from:

- KICK STARTER -> 4 x 1hr sessions + online course @ \$999 +GST
- RUBY -> 8 x 1hr sessions + online course @ \$1,699 +GST
- PRO -> 12 x 1hr sessions + online course @ \$2,399 +GST

"Do your future self a huge favour and do this program. In complete honesty I went in with a 'yeah yeah - here we go, another self-help blah blah' attitude and I seriously laugh at myself now considering how much I have learned. I have gained perspective, clarity and freedom"

Nicole, Family Business Owner-Operator

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DR. RACHEL

THE EVIDENCE-BASED COACH