

THE TOTAL BODY AND ENERGY TRANSFORMATION **THE STEPS**

MODULE 1

ESTABLISHING THE FOUNDATION

Intention Setting/Desired state goal setting:

Uncover your key motivating factor for making lasting change.

Clean House:

Clear the clutter from your life creating an environment for inevitable success

Learn about your unique body:

Discover what foods that boost your metabolism and give you the most energy, and mental clarity.

Building Intuition; Listening to your body:

Honoring your hunger and fullness learning how to eat for optimal digestion and metabolism.

MODULE 2

DEVELOPING THE BODY-MIND CONNECTION

Inventory and refinement:

Refine key motivating factor and secure your foundation for successful transformation.

Recognize and Prevent Self Sabotage:

Uncover your hidden self-sabotaging patterns that keep you stuck.

Turn Healthy habits into permanent behaviors:

Linking pleasure with healthy habits for lasting change:

Reduce mental stress and anxiety:

Learn how to relax for optimal energy, digestion, and sleep

MODULE 3

NOURISHMENT BEYOND THE BODY; PERSONAL
POWER

What really needs to be nourished?

Locating your potential for greater self-expression.

Heal and transform old wounds to move forward in your life: Uncover hidden disempowering beliefs that drive your health and your life.

Integration: Embracing self-acceptance and acknowledging your accomplishments: Review your achievements and new “baseline” of health. Survey your life inventory and explore the next level.

Wrapping Up And The Road Ahead

The power of reflection and appreciation of how far you have come.

Discovering what’s next.

WHAT'S INCLUDED: (YOU'LL RECEIVE)

- 12 individual 50 minute coaching sessions (one per week) via Zoom, Skype, or Telephone. We're all more committed and successful when accountability is added to the picture.
- Priority access to me via email or text messaging. Whether you need a quick response or more detailed information, reach out to me when you want.
- A wealth of tools and resources to guide you on your journey.
- 3 individualized recipes each month.
- Membership in my private Facebook group. Be supported and interact with others who are on the same journey to health and wholeness.

We'll work together **STEP-BY-STEP** each week for the next 3 months with one weekly 50-minute session dedicated to you, where we will create **PERSONALIZED** action steps anchoring around each stage of your transformation making **SUCCESS INEVITABLE**. I want our journey to be a liberating experience for you, so I will deliver weekly material directly to your inbox. Keeping it simple allows you to focus and accomplish each step of the process easily. Plus, you will have e-mail access to me throughout the entire program.