

"BEST TEACHES WOMEN TO FLY"

GIVING YOU THE GREATEST LIFE TOOLKIT

THE ULTIMATE MINDSET PROGRAM

OPTIONAL SELF-COACHING EXERCISES

BEST

80 X 30 MINDSET AUDIOS

MAKE AMAZING THINGS HAPPEN

I'VE GOT THE POWER

40 X 15 MINUTE AUDIOS

FOOD & FITNESS RESOURCES

"THE AUDIOS BLOW MY MIND EVERY MORNING. LITERALLY GREEN JUICE FOR THE BRAIN"

50 PAGE GOAL SETTING EBOOK

MINDSET

+

PLUS WEEKLY Q & AS & GROUP COACHING IF YOU JOIN THE CLUB

5-8 MINUTE AUDIO PER DAY

EASY MOOD, MIND & MOJO UPLIFT

"I CANNOT BELIEVE HOW DIFFERENT I FEEL IN JUST A MONTH"



30 DAYS TO A HIGH VIBE LIFE

OPTIONAL HIGH VIBE CHALLENGE EACH

RISE

5 SIMPLE STEPS TO GET YOU OUT OF YOUR RUT

SELF COACHING EBOOK

6 X 30 MINS AUDIOS

"RISE; MAGIC PART 1. WELL THAT WAS EYE OPENING: DIDN'T REALISE HOW LOST THE REAL ME WAS!"

**UPGRADE YOUR
TIME, ENERGY
& CHOICES**

**3 TIME BOSS
INTRO AUDIOS**

**15 TIME BOSS
CALLS**

**OPTIMUM
WEEK & TIME
BLOCKING
SPREADSHEETS**

**TIME
MANAGEMENT &
ORGANISATION
RESOURCES**

TIME BOSS

TIME

**LIFE
MANAGEMENT
FORMULA**

**HELPING YOU
TO BE 'ON'
YOUR LIFE**

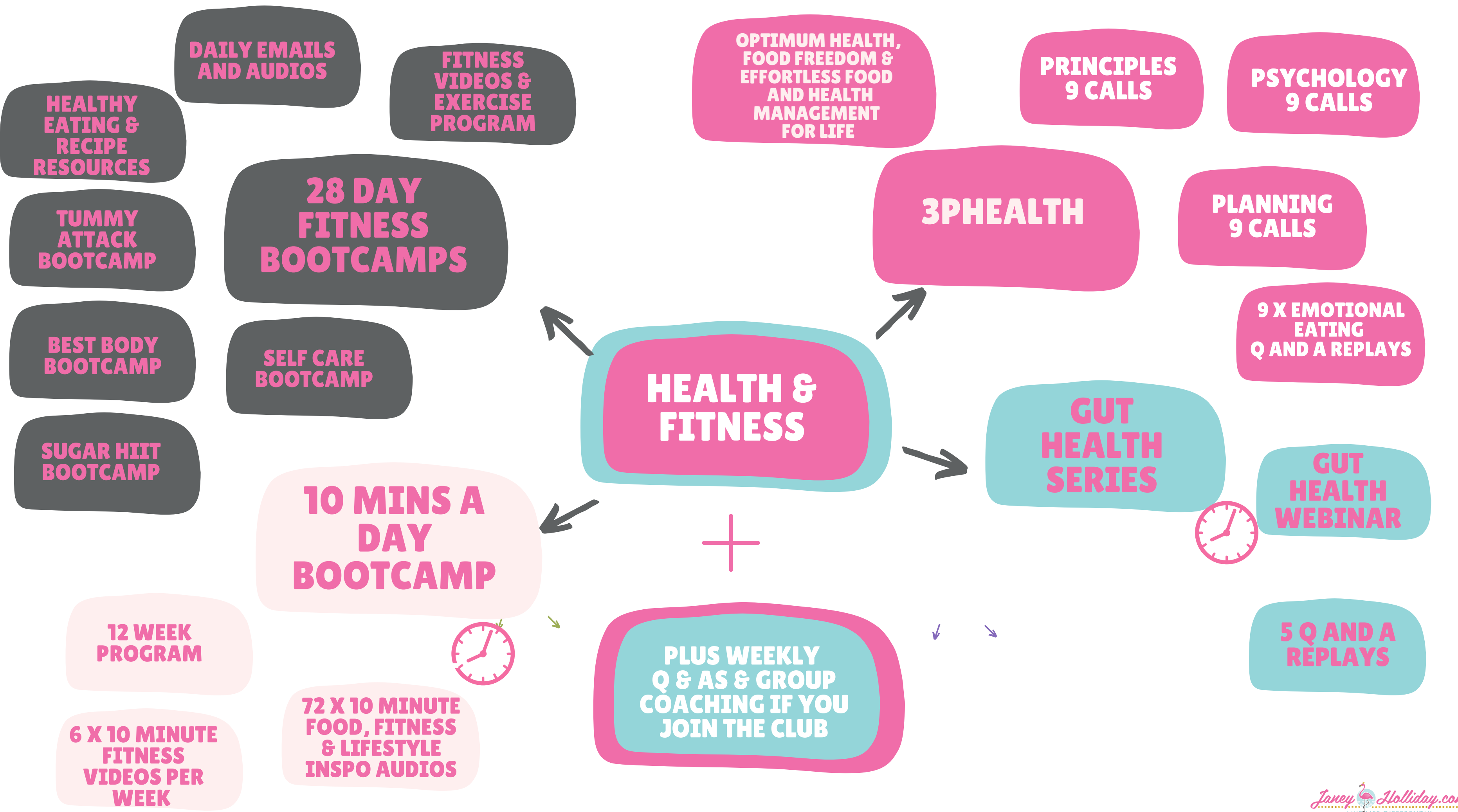
**10 STEPS TO
TAKING BACK
COMMAND OF
YOUR TIME**

**ZOOM
WITH EXCEL
SPREADSHEET**

**NON EXCEL
TEMPLATE
RESOURCES**

**PLUS WEEKLY
Q & AS & LIFE
PLANNER UPDATES
IF YOU JOIN THE
CLUB**





DAILY EMAILS AND AUDIOS

FITNESS VIDEOS & EXERCISE PROGRAM

HEALTHY EATING & RECIPE RESOURCES

TUMMY ATTACK BOOTCAMP

BEST BODY BOOTCAMP

SUGAR HIIT BOOTCAMP

28 DAY FITNESS BOOTCAMPS

SELF CARE BOOTCAMP

10 MINS A DAY BOOTCAMP

12 WEEK PROGRAM

6 X 10 MINUTE FITNESS VIDEOS PER WEEK

72 X 10 MINUTE FOOD, FITNESS & LIFESTYLE INSPO AUDIOS

OPTIMUM HEALTH, FOOD FREEDOM & EFFORTLESS FOOD AND HEALTH MANAGEMENT FOR LIFE

PRINCIPLES 9 CALLS

PSYCHOLOGY 9 CALLS

3PHEALTH

PLANNING 9 CALLS

9 X EMOTIONAL EATING Q AND A REPLAYS

GUT HEALTH SERIES

GUT HEALTH WEBINAR

5 Q AND A REPLAYS

PLUS WEEKLY Q & AS & GROUP COACHING IF YOU JOIN THE CLUB

**5 ZOOM CALLS
IN STEP 1**

**THINK YOUR
BEST, BE THE
BEST, CREATE
YOUR
BEST:BUSINESS**

**ELEVATE YOU AND
YOUR BUSINESS
WITH REFLECT,
REJUVENATE
AND ROUTE**

**25 X 30 MINUTE
TIME BOSS
CALLS**

**BEST:
BUSINESS**

**BUSINESS
BASECAMP
FORMULA**

**INCLUDES SELF-
COACHING
QUESTIONS**

**CALL SUMMARY
/ E BOOK /
SLIDES**

BUSINESS

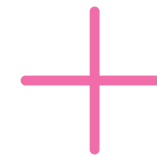


**NON EXCEL
TEMPLATE
RESOURCES**

BONUS CALLS

**IDEAS TO INCOME
CHALLENGE**

**5 ZOOM REPLAYS
FROM A LIVE
CHALLENGE IN
2020**



**PLUS WEEKLY
Q & AS & LIFE
PLANNER UPDATES
IF YOU JOIN THE
CLUB**

PLUS

TECH

BE THE TECH MASTER NOT THE TECH SLAVE

TECH BOSS

15 CALLS; 20-60 MINUTES EACH

WITH SLIDES HANDOUTS

MONEY

FAMILY

MONEY BOSS

HOW TO CALLS

MONEY MINDSET & MONEY MANAGEMENT

HOME BOSS

PLUS WEEKLY Q & AS & IN THE CLUB

+

