

# MINDSET

## COMPARISON TABLE!

PROGRAM	SUMMARY	PREP	AUDIOS / VIDEOS	DAILY EMAILS & AUDIOS	ALL CONTENT UPFRONT	HOMEWORK
30 days to a high vibe life	Reclaim your life mojo!	None	30 X 5-8 minutes	Yes	Yes	Optional daily high vibe challenge
I've got the POWER	You CAN do it!	Optional goal setting Ebook	40 X 15 minutes	Yes	Yes	None
RISE	Get out of your rut for GOOD!	None	6 X 30 minutes	No	Yes	6 mini self-coaching Ebooks to do after each audio
BEST 1	BEST mind, BEST self, BEST life	None	40 X 30-35 minutes	No	Yes	Optional home work at the end of each call
BEST 2	Taking your mindset to the NEXT level	None	40 X 30-35 minutes	No	Yes	Optional self-coaching Ebook for each of the 9 steps
HOW TO series	Mindset knowledge boosters!	None	5 X 60 minutes	No	Yes	None

# LIFE MANAGEMENT

## COMPARISON TABLE

PROGRAM	SUMMARY	PREP	AUDIOS / VIDEOS	DAILY EMAILS & AUDIOS	ALL CONTENT UPFRONT	HOMEWORK
Time Boss	Reclaim your time, energy and headspace	None	16 x 30 mins AUDIOS 4 x 60 mins VIDEOS	No	60% upfront, the rest rolls out	None
Tech BOSS	Be a tech master not a tech slave	None	15 VIDEOS (& AUDIO VERSIONS)	No	60% upfront, the rest rolls out	None
Money BOSS	Make money your friend	Starts rolling out from April 2023				
Home BOSS	Creating more flow at home	Starts rolling out from May 2023				
HOW TO series	Family / Home	None	3 x 60 mins VIDEOS	No	Yes	None
Guest Experts	Incredible people sharing their expertise	April: Friday 28th April: The Organising Lady May: date TBC: SEN expert Hayley Forest June: Date and topic TBC				

# BUSINESS

## COMPARISON TABLE

PROGRAM	SUMMARY	PREP	AUDIOS / VIDEOS	DAILY EMAILS & AUDIOS	ALL CONTENT UPFRONT	HOMEWORK
BEST:Business	Create YOUR successful and enjoyable business	None	5 x 40 minutes videos & 25 x 30 minute audios	No	Yes	Optional self-coaching exercises
Business Basecamp Formula	Building your upgraded business foundation	None	3 x 35-45 mins videos	No	Yes	Optional self-coaching exercises
Ideas to Income Challenge	Exploring all the ways you can earn money!	None	5 x 45 mins videos	No	Yes	Optional self-coaching exercises

# HEALTH & FITNESS

## COMPARISON TABLE

PROGRAM	SUMMARY	PREP	AUDIOS / VIDEOS	DAILY EMAILS & AUDIOS	ALL CONTENT UPFRONT	HOME WORK
3PHEALTH	Optimum health, food freedom and effortless food management for life	None	27 X 60 MINS VIDEOS/AUDIOS 7 X 60 MINS Q & A REPLAYS	NO	YES	NONE
GUT HEALTH SERIES WITH ALEX MANOS	Understanding gut health on another level	None	75 MINS WEBINAR , PLUS 5 X 60 MINS Q & A REPLAYS	NO	YES	NONE
10 MINS A DAY BOOTCAMP 12 WEEK PROGRAM	Strengthen your body like never before with just 10 mins a day	Need to buy bands & weights	36 X 10 MINS FITNESS VIDEOS 72 X 10 MINS AUDIOS	NO	YES	NONE
BEST BODY BOOTCAMP 28 DAY PROGRAM	Find your fitness mojo & create YOUR best body	Need to buy bands & weights	6 HOURS OF CONDITIONING, CARDIO & PILATES VIDEOS 28 X 10 MINS MOTIVATIONAL AUDIOS	YES	YES	NONE
TUMMY ATTACK BOOTCAMP 28 DAY PROGRAM	Enhance your tummy strength; inside and out	No prep & equipment free	6 HOURS OF CARDIO-CORE, 6 PACK ATTACK & PILATES VIDEOS 28 X 15 MINS MOTIVATIONAL DAILY AUDIOS	YES	YES	NONE
SELF-CARE BOOTCAMP 28 DAY PROGRAM	Results. But in a completely different way	Need to buy bands & weights	6 HOURS OF KICK BOXING, POWER CONDITIONING, YOGA, HIT & ALL OVER BODY VIDEOS. 28 X MORNING & EVENING AUDIOS OF 2-4 MINS EACH	YES	YES	NONE
SUGAR HIIT 28 DAY PROGRAM	Best the white stuff, train smart	Need to buy bands & weights	6 HOURS OF HIIT, CONDITIONING & PILATES VIDEOS 28 X 15 MINUTE BEST SUGAR AUDIOS	YES	YES	NONE
BUSY WOMAN'S / MAN'S BOOTCAMP	Get out your own way, get it done, get on with your day	Need to buy bands & weights	6 HOURS OF COMBINATION WORKOUT VIDEOS AND DAILY 3-4 MINUTE AUDIOS	YES	YES	NONE

# SERVICES & PRICES

## COMPARISON TABLE

SERVICE	PRICE	TYPE	SPECIFIC TIMES	WORKING WITH JANEY	FB GROUP	Q & A
The Women's Mindset Club (All my resources + tailor-made advice / weekly coaching with me)	<ul style="list-style-type: none"> <li>£49.99 a month</li> <li>£449 discounted annual upfront</li> <li>£99 10 week pass!</li> </ul>	<ul style="list-style-type: none"> <li>SELF-STUDY</li> <li>Q &amp; A</li> <li>GROUP COACHING</li> </ul>	WEEKLY GROUP COACHING 115PM FRIDAY TERM TIME. THE REST AT TIMES TO SUIT YOU	YES	YES	YES
Individual programs	From £9.99 to £249 for life time access	SELF STUDY ONLY	YOU CHOOSE	NO	NO	NO
VIP Fast Track Day	£649 FOR FOUR HOURS, REPLAYS AND FOLLOW UP	1-2-1	SCHOOL HOURS TERM TIME ONLY	YES	NO	NO
VIP Business Club	£199 FOR 12 SESSIONS	GROUP COACHING	MONDAY 12-1PM TERM TIME	YES	YES	NO
121 sessions	£149 / HOUR £699 FOR 6 HOURS £1299 FOR 10 HOURS (Includes follow up and replay)	1-2-1	YOU CHOOSE *SCHOOL HOURS TERM TIME	YES	NO	NO
Corporate Consulting / speaking	VARIABLES DEPENDING ON PROJECT	VARIABLES DEPENDING ON PROJECT	VARIABLES DEPENDING ON PROJECT	YES	NO	VARIABLES DEPENDING ON PROJECT