

MINDSET PROGRAMS

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
BEST: Business	Create YOUR successful and enjoyable business	None	30 X 30 minutes	No	Yes	Optional self-coaching exercises

BITE SIZE BUNDLES

COMPARISON TABLE

PROGRAM	SUMMARY	AVAILABLE	AUDIOS / VIDEOS	DAILY EMAILS & AUDIOS	ALL CONTENT UPFRONT	HOME WORK
TIME BOSS EXPRESS	Create the time, energy and headspace for the things and people you love	Now	5 hours of audios / videos & downloadable templates	NO	YES	NONE
MINDSET MUST-KNOWS	The basics of mastering your mind & better communication	Now	3 x 30 minute audios with call summary pdfs	NO	YES	NONE
END EMOTIONAL EATING	Understand emotional eating & reclaim your mind around food, weight & health	Now	9 hours of videos (or audios if you prefer)	NO	YES	NONE
MINDSET HOW TO'S	Put mindset into practice with a variety of scenarios	Now	A mini series of HOW TO understand your mind and get it to work for you - especially in challenges	NO	YES	NONE
SUMMER HOLIDAY SANITY PLANNER	Create the summer YOU want and need - and stay sane with the kids off school!	Now	2 x 60 minute videos with spreadsheets and ebooks to download and use yourself	NO	YES	OPTIONAL TEMPLATES TO COMPLETE
REMEMBER WHO THE F*^K YOU ARE	It's time to pull out the parts of you that have been buried and get your mojo back!	Now	2 ebooks and accompanying audio to help you put together the ultimate ME day	NO	YES	OPTIONAL SELF-COACHING TO DO
GUT HEALTH SERIES WITH ALEX MANOS	Understanding gut health on another level!	Now	75 mins webinar , PLUS 5 X 60 mins of Q & A replays with broken down summaries	NO	YES	NONE
ONLINE FITNESS BOOTCAMPS	Access to 6 online food, fitness & lifestyle bootcamps	Now	1 x 12 week bootcamp and 5 x 28 day bootcamps (see slide at bottom of this pdf for info)	YES	YES	NONE

BITE SIZE BUNDLES (COMING SOON!)

COMPARISON TABLE

PROGRAM	SUMMARY	AVAILABLE	AUDIOS / VIDEOS	DAILY EMAILS & AUDIOS	ALL CONTENT UPFRONT	HOME WORK
MONEY BOSS EXPRESS	The basics of positive & powerful money management	July 2023	3 hours of zooms and excel templates to keep & fill out yourself	NO	YES	Completing your money management
DAILY MINDSET PRACTICE	Teaching you a variety of ways you can boost your mood, mindset & mojo with journaling, visualisation and affirmations / affirmations	July 2023	3 x 30 minute audios with call summary pdfs	NO	YES	NONE
HAPPY NON-DRINKER	How I became a happy non drinker and how you can too!	August 2023	28 x 15 minute audios (and optional daily emails in your in box)	YES	YES	NONE
FOOD MANAGEMENT MADE EASY	Your one stop shop to effortless & enthusiastic food management for life	September 2023	5 hours of the most powerful food management tips delivered on videos with pdf handouts to keep	NO	YES	NONE
COMPARTMENTALISATION (time, thoughts & emotions)	Segregating the different components of your life & managing your distracting thoughts & feelings better	September 2023	3 hours of videos with pdf call summaries. And a bonus NLP call with my co-coach Gill Harvey-Bush	NO	YES	OPTIONAL TEMPLATES TO COMPLETE
COMPARISON CRUSHER	It's time to free yourself and crush comparison for good	September 2023	4 x 30 minute audios and some mini comparison crusher ebooks to keep and complete	NO	YES	Self-coaching books (optional)
FEAR & PROCRASTINATION BUSTER	Pushing through the things that hold you back and keep you stuck!	October 2023	5 x 30 minute audios with self-coaching Ebooks to help you find the courage to do what you want and need in life!	NO	YES	Self-coaching books (optional)

SERVICES & PRICES

COMPARISON TABLE

SERVICE	PRICE	TYPE	SPECIFIC TIMES	WORKING WITH JANEY	FB GROUP	Q & A
The Women's Mindset Club (all my programs, bundles - PLUS tailor-made advice / weekly coaching with me)	<ul style="list-style-type: none"> £49.99 a month £449 discounted annual upfront £99 10 week pass! 	<ul style="list-style-type: none"> SELF-STUDY Q & A GROUP COACHING 	WEEKLY GROUP COACHING 115PM FRIDAY TERM TIME. THE REST AT TIMES TO SUIT YOU	YES	YES	YES
Individual programs and bundles	From £9.99 to £199 for life time access	SELF STUDY ONLY	YOU CHOOSE	NO	NO	NO
VIP Fast Track Day	£699 for 4 hours coaching, a detailed follow up of all sessions and zoom replays	1-2-1	YOU CHOOSE *SCHOOL HOURS TERM TIME	YES	NO	NO
121 sessions	£149 / hour £699 for 5 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	Corporate bundles of 1-50 hours available.	VARIES DEPENDING ON PROJECT	VARIES DEPENDING ON PROJECT	YES	NO	VARIES DEPENDING ON PROJECT

FITNESS BOOTCAMPS

COMPARISON TABLE

PROGRAM	SUMMARY	PREP	AUDIOS / VIDEOS	DAILY EMAILS & AUDIOS	ALL CONTENT UPFRONT	HOME WORK
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