

PART 6: Here's where it gets really interesting...!

I've spent the past five years treating myself as a science experiment. My curiosity and determination to find healing drove me to seek out resources. I've studied and trained with some of the best fitness and health professionals in the world. Through trial and error, I've developed THE FORMULA that leads to the royal road of wellness.

PSYCHOLOGY + FITNESS + NUTRITION = LONG TERM SUCCESS

As a Coach and Mentor, I've helped hundreds of people in closed group settings and dozens in one-on-one coaching to become healthier, happier, and live authentically. You don't need to spend any more time being frustrated and confused about where to start. My superpower is identifying the areas that are calling for attention and bringing to the table tools and resources to empower you to create the life you've always wanted.

For the first time ever, the premier online platform utilized in the elite program I've spent the past four years mentoring with has been made available to Independent Coaches with their training credentials... That's me!

AND - My goal is to work myself out of a job! I know that may sound crazy, but I'm here to tell you what I wish someone would have told me when I started this journey five years ago:

EVERYTHING YOU NEED TO REACH YOUR GOALS AND POTENTIAL YOU ALREADY HAVE INSIDE YOU!
You are not broken, and you do not need to be fixed.

My unique approach coupled with the premier coaching platform I utilize in my Coaching practice are life-changing. When we partner together, you will gain insight and awareness to your core values and you'll begin living in alignment with your highest potential. We can't unlearn what we've learned and I guarantee that by the end of this course you will be celebrating your new-found joy and move forward with the tools, knowledge, and support to THRIVE for life!

There is way too much goodness in this offering to cover everything here. I will say that almost everyone is a suitable candidate to participate. Unless you are an elite athlete, with your own team of coaches, my program is for you. The only prerequisite is that you have the desire to eat, move, and live well. I've coached clients from 18 to 74 years old, some who started out using a walker, only able to do chair exercises, and others who didn't do any exercise at all.

As I said in Part 1 of this discovery series, I've come a long way in these past five years, and I'm here to share my story, pay it forward, and help others find their joy along the way. In short, I am a JOYSHIFTER and I invite you to join the movement! Contact me NOW to secure your spot on the presale list for this transformative adventure!