

## Single Sessions

A single session will help you get started to experience the magic of EFT firsthand. Whatever is bothering you, you are bound to start noticing some shifts, and to feel more relaxed and confident that you are moving in the right direction.

## Packages

### START MOVING FORWARD

(5 Week Program)

If you're tired of facing the same challenge over and over, here's your opportunity to start moving in a different direction. In each session you will release some of the root cause of what's holding you back, until it completely collapses and this challenge is no longer a part of your life. Get the guidance and support that you'll need!

#### This is for you if . . .

- You are sick and tired of *trying and struggling* without getting the results you want
- You **don't want** to fight yourself any longer and *feel defeated*
- This challenge is *holding you back* in some area of your life
- *Now's the time* to start getting **real results!**

#### What you can expect:

- **Discover** what's really been holding you back and who you can be now!
- **Realize** and **naturally** eliminate *your inner emotional saboteur* which keeps you from experiencing your unlimited potential
- **Understand** the connection between experiencing anxiety and other negative emotions and your present behavior/concern
- **Know** what to do and how to eliminate those emotions

- **Naturally**, easily and spontaneously make better choices and feel more comfortable and peaceful.
- **Experience** calm and confidence as you succeed

### START MOVING FORWARD includes:

- **5 - Weekly one-on-one private coaching sessions** - to laser focus on what's keeping you stuck
- **2 - 10-minute 'Burst' calls** - to brag about your success or get you over the hump if you hit a bump
- **1 - Weekly email access** - with a clear and succinct question
- **Weekly 'Acceleration' assignments** - to help continue your success
- **BONUS: 2** - Awesome Tapping Audios to help skyrocket your results

## TRANSFORMATION

(3 Month Program)

For those really committed to transforming their life and getting rid of old baggage. Dive deeper and expand yourself beyond the core issues that have been holding you back. Marvel at how you can permanently eliminate pesky problems and experience a powerful and exciting transformation. This program is ideally suited for those who have been struggling with their problem for some time, and have seen it interfere with different aspects of their life.

### This is for you if . . .

- You really want to like **what you see** in the mirror
- You are sick and tired of **trying and struggling** without getting the results you want
- You don't want to **fight yourself** any longer or feel defeated

- You are being held back in some area(s) of your life
- **You need help** because what you're doing isn't working
- **Now's the time** to get real results!

### What you can expect:

- **Discover** what's really been holding you back and who you can be now!
- **Realize** and **naturally** eliminate your inner emotional saboteur which keeps you from experiencing your unlimited potential
- **Experience** calm and confidence as you successfully move closer to your goals
- **Know** what to do and how to eliminate those negative emotions
- **Naturally, easily and spontaneously** make better choices
- **Realize** practical and emotional support that will help you succeed
- **Finally** succeed where everything else has failed

### Transformation includes:

- **12 Weekly one-on-one private coaching sessions** to laser focus on what's keeping you stuck
- **6 10-minute 'Burst' calls** - to brag about your success or get you over the hump if you hit a bump during the program
- **2 Weekly emails accesses** - with a clear and succinct question
- **Weekly 'Acceleration' assignments** - to help continue your success
- **BONUS:** 4 - Awesome Tapping Audios to help skyrocket your results
- **2<sup>nd</sup> BONUS:** Laser focused Tapping Scripts for individual challenges

# **ULTIMATE**

*(6 Month Program)*

For those really committed to transforming their life. Consider diving deeper and going further to eliminate all the core issues that have been holding you back. Totally experience a powerful and exciting transformation and fulfill your life's dreams. This program is ideally suited for those who need a longer time to release their blocks and move forward in a new direction.

## **This is for you if . . .**

- ***This is it!*** You really want to realize your goals easily
- You really want to marvel at who you see in the mirror
- You don't want to fight yourself any longer or feel defeated
- You are being held back in some area of your life
- ***You know you need help*** because what you're doing isn't working
- ***Determined*** that your life is going to change and you're willing to do what it takes to have the 'Ultimate' success with all the support you need
- ***You are so ready! It's finally time to get real results!***

## **What you can expect:**

- ***Discover*** what's really been holding you back and who you can be now!
- ***Realize*** and ***naturally*** eliminate the inner emotional saboteur that prevented good results
- ***Experience*** calm and confidence as you successfully achieve your goals
- ***Understand*** the connection between experiencing anxiety and other negative emotions and your present behavior and concerns
- ***Know*** what to do and how to eliminate those negative emotions

- ***Naturally, easily and spontaneously*** make better choices.
- ***Realize*** practical and emotional support that will help you succeed
- ***Finally*** succeed where everything else has failed

### Ultimate includes:

- **23 Weekly one-on-one private coaching sessions** to laser focus on what's holding you back, plus a . . .
  - **2 Hour initial private 'Free My Body Acceleration Session'** – to dive deep into what's in the way and accelerate your ultimate weight loss
- **12 10-minute 'Burst' calls** - to brag about your success or get you over the hump if you hit a bump during the program
- **Unlimited email access** - with a clear and succinct question
- **Weekly 'Acceleration' assignments** - to help continue your success
- **BONUS:** 8 - Awesome Tapping Audios to help skyrocket your results
- **2<sup>nd</sup> BONUS:** Laser focused Tapping scripts for individual challenges

[Click here to sign up for your FREE chat.](#) Learn what will work best for your individual needs.

**I am ready to start now! Click button to sign up.**

**Yes, Sign Me Up!**