



# THE SLOW LANE SUCCESS SYSTEM™

sustainable success at a joyful pace

*Tania Davies*  
THE SUCCESS SLOW COACH™  
speaker | trainer | therapist

# THE ROAD TO CONFIDENCE

Meet Suzie, she is high performing professional that seems to really have her life together.

Though in reality, she is barely keeping it all together.

Follow her journey from confusion to confidence and discover how it is possible to enjoy life in the slow lane.

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## CONFIDENCE

Suzie embraced her new freedom, gained genuine confidence and trust in herself, and finally took her power back.



## CLARITY

Suzie found the courage to release her past traumas, emotions and limiting beliefs. New insights allowing her to design an exciting future.



## CONFRONTED

Suzie began to realise that she was the creator of everything that happened in her world. She needed answers and began to confront the reality of having to let go of her past.



## CRUSHED

Suzie was so busy all the time, but rarely did she ever feel productive or good enough. She was beginning to feel crushed by the weight of stress, overwhelm, fatigue and anxiety. She now struggled to authentically show up in the world.



## CONFUSED

Suzie was constantly confused about her place in the world. Her self-worth was at an all-time low, she had lost a sense of purpose and felt like she was living for others and constrained by all her commitments.

# 5 INGREDIENTS OF SUCCESS

The 5 key ingredients to achieve sustainable success:

1

## SELF AWARENESS

We do a deep dive into who you are and discover the root causes behind why you are feeling stuck in life.

2

## SELF CONCEPT

We observe who you are in this world, why this is and what it really means to be you.

3

## SELF WORTH

We explore how your values, thoughts, beliefs systems and behaviours shape your views about yourself and the world

4

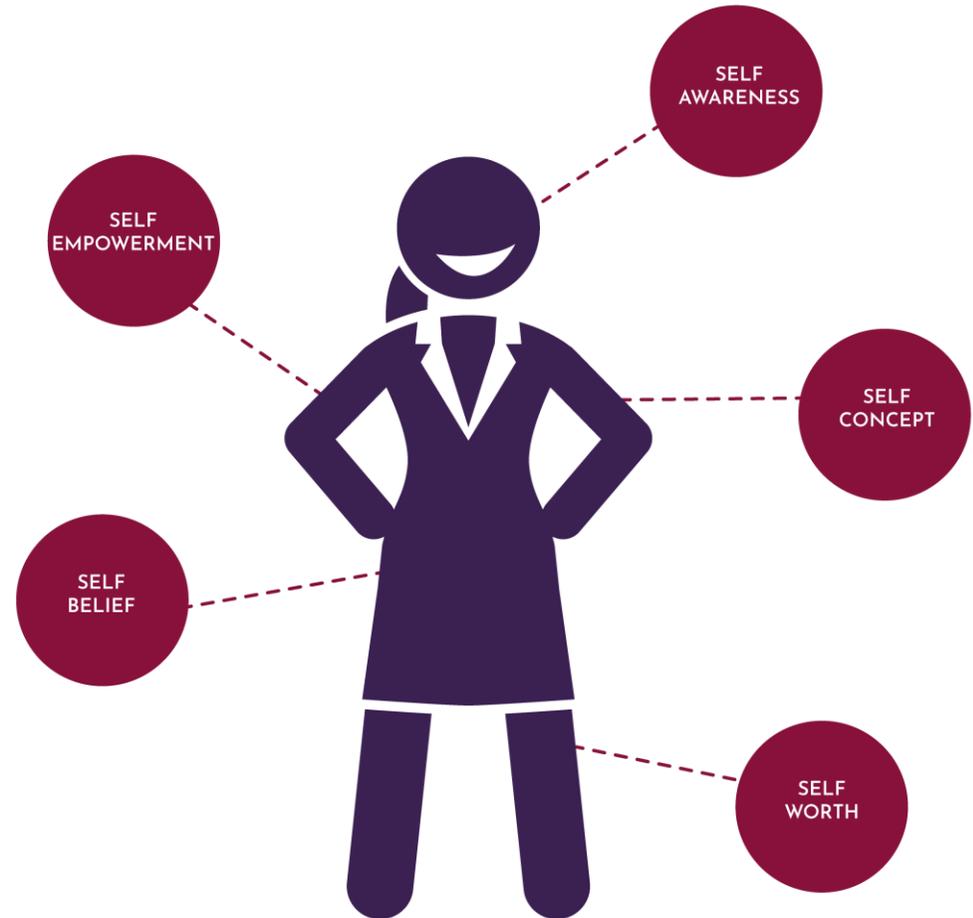
## SELF BELIEF

We ask the hard questions that build self-trust and your road to success. What does the future look like for you without your baggage?

5

## SELF EMPOWERMENT

We put into action everything you need to achieve the vision of success you have created along the way.



# THE SLOW LANE SUCCESS SYSTEM™

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The proven 5-step system to clarity, confidence and sustainable success.



1

Lean in and embrace change! It's time to take full responsibility for your life. Step up, be brave and realise that the person responsible for your future is you. Take back control.

2

It's time to unpack your story. We dive deep into your past to discover the cause of your problems. We define what success truly means to you and set you up to thrive.

3

Now we strategically slow down to expand your awareness and build self-trust. Exploration of all areas of "The Self" will help you to understand how you impact the world.

4

We create a safe place for you to let go of unresourceful beliefs, behaviours and emotions holding you back. You will then begin to observe new exciting possibilities.

5

Together we ensure you have a toolbox of lessons, skills and insights gathered from this journey, that will always keep you moving in a healthy direction.

# THE BENEFITS

These are the outcomes you can expect from The Slow Lane Success System™

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## IMPACT

You will make a mindful impact in your own world and in the lives of those around you. Empowered and confident are your default mode now as you make decisions that will continue to enhance your mind, body, soul and business

IMPACT



## GROWTH

You will walk away from this process with such a profound sense of gratitude for who you are and where you are going. Your potential for continued personal growth is unlimited

GROWTH



CONFIDENCE



## CLARITY

You will see so clearly without the confusion and overwhelm of the past. You now trust your intuition and believe in the visions of a future designed for you

CLARITY



# YOUR GUIDE - TANIA DAVIES

Tania Davies is The Success SLOW Coach™, Trainer, Therapist and Professional Speaker with a focus on **THE FUTURE OF PRODUCTIVITY AND WELLBEING**.

Tania is also the Owner and Director of the Mindful Impact™ Wellness Hub where she works 1:1 with clients in her capacity as a Clinical Hypnotherapist, Psychotherapist, Master of Neuro Linguistic Programming (NLP), NLP Coach, and a specialist in Regression Therapy, with a Degree in Business Management and a Master's in Marketing.

Tania utilises practical, evidence-based transformational slow leadership coaching, training, and consulting with both organisations and individuals, that prioritise the wellbeing of their staff and are ready to experience success at a more sustainable pace.

Tania grew up as a serial overachieving perfectionist at both school and on the sports field. It was not until her mid 30's that she began to realise how much her workaholic lifestyle had significantly affected her mental, emotional, physical and spiritual wellbeing. Her first wakeup call could have been when she lost her grandmother to suicide, but no she pushed harder and ignored the pain. With her mantra of 'just keep going', she missed the signs to slow down and when kids eventually came along her work/life balance was glaringly off.

It took almost losing her husband in a serious accident for Tania to realise that the time for constant pushing was over and the time to slow down was here. She finally realised some significant changes needed to be made... starting with her mindset. Tania's journey to becoming The Success SLOW Coach™ is riddled with glorious failures, fascinating insights and empowering lessons that she now shares on a global stage with those wanting to thrive.

Tania is now on a mission is to help busy professionals struggling with overwhelm, stress and burnout, let go of their busy lives, so they can achieve sustainable success at a joyful pace.

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Are you ready to take action?  
Contact Tania now to get started.

[Book a free clarity call now](#)

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