



Let Your Light Shine

Nita is Your Mind-Renewal Coach. She is passionate about empowering women in **Mindset, Alignment, Connection, and Communication** and igniting their **unique Visions**.

After being the CEO of her home for 28 years, Nita transitioned into a career as a coach, speaker, and group facilitator.

Nita is a small-town girl with big dreams: Nita's mission is to empower women to regain confidence and master their mindset and thoughts by deciphering the messages within their emotions, behaviours, and thoughtful reflection. She assists you in shifting perspective, celebrating your authentic selves, and fostering self-kindness.

With her simple yet powerful mind-renewal tools and a compelling message, Nita leads women on a journey within, helping you shed what no longer serves you, gaining a deeper connection to your authentic self and embracing your unique purpose.



**Ready to embark on a transformative journey of self-discovery for yourself, your team, group, or event attendees?**

**Book a consultation session with me to explore the possibilities for your personal development, team requirements, or workshop goals.**

Nita has been my coach for over a year and she has such a calm, kind, empathetic presence. I feel safe to be able to open up to her about my thoughts and emotions. She has always helped me take a step back to approach my "problems" from a different perspective. Push myself to keep taking one step at a time to reach my goals and dreams! Reminding me to breathe and there is no finish line. I have grown and learned so much from our time together. I always look forward to our coaching sessions. She is an incredible coach and friend. ❤️



Nita is an engaging, heartfelt speaker who ignites her audiences towards having mindsets that can move them forward in their life.

I have brought her in to speak to my audiences numerous times because of how effective she is. I highly recommend her as a Speaker and a coach. She goes over and above and always delivers excellence.

~ Connie Jakab

*Nothing can dim the light which shines from within. Maya Angelou*



Coaching with Nita

## Booking Inquiries

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# RENEW AND REJUVENATE BY MASTERING YOUR MINDSET.



## I AM DELIGHTED TO SPEAK LIFE TO

With women seeking to enhance their lives, comprehend their inner workings and mindsets, and explore avenues for personal growth. Nita aims to empower women to reclaim their confidence, take control of their mindset and thoughts, and interpret the insights from their emotions, thoughts, and behaviours through self-reflection.

## WHAT YOU CAN EXPECT

Receive tools, personalized worksheets, and advice that align with your unique purpose, and gain insight in, by my name it, tame it and reframe its approach to renew and rejuvenate your mindset. We will incorporate them together, and you can use them at home. Emphasize a heart-centred approach and illuminate your path with kindness and a gentle touch to enhance your daily life. Embrace and celebrate your individuality and daily achievements.

*Life is not a problem to solve or fix what is wrong with you; seeing emotions, thoughts, and behaviours as a message and beauty creates something new by asking, "What is Possible?" and "What if I can."*

*~Nita*



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## GET IN TOUCH

