

Choosing ME, and it's about damn time!

Become a Priority in your OWN life

Through this program you will:

- Understand who you are and what matters the most to you and what you've given up for the sake of others.
- Remove blocks and programs that have disempowered you.
- Develop your voice around expressing who you are and what you desire and need.
- Shed the guilt around wanting what you want and being who you are.
- Develop trust that things won't fall apart when you put yourself first, instead life gets easier when you do.
- Experience Ease & JOY on a consistent basis.

This is a 90 day program, which includes:

1 - 30min Intake call: Designed to provide a clear path for your empowerment and success in this program.

3 - 45min Phone sessions (+ recordings of each session):

It is a time to be heard, to share your challenges and successes, and to learn powerful tools, to make it easy to be a priority in your own life. These calls are deep and impactful.

2 - 60-90min Healing sessions: Delivered via phone, designed to remove blocks both conscious or unconscious which have kept you disempowered and beholden to others.

Messages of support/accountability/inspiration (in between sessions): You will never be alone I will consistently be in touch with you, celebrating your successes, encouraging your growth, and guiding your path.

Tailored Assignments: Personalized homework, designed just for you. These are action steps for you to take in your life, some are fun, some are edgy, some are empowering, and some will stretch you past your comfort zone.

1 Emergency reach out: For that "oh shit" moment when you're freaking out.

BONUS - actual gift delivered to your door

Because you deserve it, and it's about damn time