

Are You Ready to Trade Toxic Success Habits for Proactive Self-Care Practices?



"Let others lead small lives, but not you.
Let others argue over small things, but not you.
Let others cry over small hurts, but not you.
Let others leave their future
in someone else's hands,
but not you." ~ *Jim Rohn*

Balanced Success begins with being the C.E.O. of Y.O.U. – which really means that every step you take requires that you be fully present to yourself and to the people around you.

Sounds pretty easy, doesn't it? Well, it IS simple. But it's not always easy. This is why Synergy coaching programs begin with tools to practice being present in each moment.

For much of my life, I struggled with self-doubt, perfectionism, anxiety, and people-pleasing. But seeking self-worth through high-achievement never gave me more than a fleeting glimpse of the happiness I was working so hard to achieve. Instead, those toxic habits and patterns put me on a downhill path to burn out.

This is why I'm always willing to share some of my hardest lessons along the way, and I have chosen to teach with authenticity, through transparency and by personal example- -however imperfect that may be.

Because in the midst of my "dark night of the soul", someone offered that gift to me- believing in me until I came to believe in myself- and it transformed my life so much that I have dedicated my coaching practice to paying her generosity forward. I will be forever grateful for the loving guidance and partnership that helped me rise to the challenges of life in a hard place.

My deepest desire has become to help Heart-centered, Purpose-driven high-achievers like you to create your own blend of balanced success through a Restorative Lifestyle, so you can lead boldly and burn brightly without burning out (like I did).



*Helping Heart-Centered, Purpose-Driven professionals
Create Balanced Success without Burning Out*

“TRANSFORMATION”

6 Month Resilience Coaching Program

2 Sessions per month for 6 Months (initial 6 month commitment required)

- _____ \$2997 Prepay in Full (Save \$90)
- _____ \$515 6-Pay option
Includes 1 Year VIP pass to Synergy Success Circle (\$240 Value)

“POWER SHIFT”

3 Month In-Person / Zoom Coaching Program

2 Sessions per month for 3 months (initial 3 month commitment required)

- _____ \$1497 Prepay in full (Save \$45) _____
- _____ \$515 3-Pay option
Includes 3 Month VIP pass to Synergy Success Circle (\$60 Value)

I Promise To Hold the Space for you

to RISE to your next level of fulfillment,
whatever that looks like to you.
I will offer unconditional support
through the inevitable peaks and valleys
that come on the journey to personal growth
and professional success.

I Promise to bring Fresh Perspective

while gently offering you a different
lens with which to view your past experiences
and present circumstances. As you begin to see
the world differently, you will breathe a sigh of
relief, knowing *you don't have to be someone different
to find the happiness you've been working so hard for...*
As you practice the powerful art of Re-Framing your thoughts,
beliefs, and actions, you realize that greater happiness comes
by using your natural gifts and strengths
to become *more of who you already are.*

I'm here to support your efforts to trade toxic success habits for proactive self-care practices to help you work smarter, play harder, and rest better.

You'll discover that when your Reservoir of Resilience grows, so does the time and energy you have to spend on what matters most to you.

All clients receive:

- **55 Minute** Coaching sessions customized to you, your schedule, and resources
- Inner work and Action steps to continue your progress towards a **tough mindset, strong physical resilience, and emotional hardiness**
- Email & phone support for communication and **“spot” coaching** between scheduled sessions
- **Practical tools** and **motivational resources** to help you stay focused, positive, and moving forward towards the balanced success you deserve.
- **Unlimited access** to my website, Synergy e-newsletter, any teleconference events, and early registration to all workshop events.
- **Complimentary Invitation to the “Synergy Success Circle”**
- **Add-on Master Level Reiki** Energy sessions @ VIP rate (25% credit) to heal stress & dissolve/release energetic blocks for emotional, mental, & spiritual balance.

Please think of coaching as a process.

Many people create change for themselves in a short time, but to *refine* and *sustain* the changes takes several months, which is why you should always expect to give yourself three to six months of coaching.

Your payments **may be tax deductible as professional expense** or able to be withdrawn from flexible spending accounts. Please check with your employer &/or tax consultant.

I offer a **100% happiness guarantee**. If after the first month you are not thrilled with the direction our coaching is taking you, I will release you from the remaining program and provide a refund for unused sessions.

For your convenience **I accept checks, cash, or credit cards** via Pay pal.

PRE-COACHING WRITING EXERCISE

Now that we've spoken and you've had a chance to read over the materials and Program guide, you probably have a sense of which program will serve you best. **This pre-Coaching exercise is designed to help you gain even more clarity about which option is the next right step for you. I encourage you to print this out, and take a few relaxed minutes in a quiet space with pen & paper.**

