

Ultimate Business Breakthrough Money & Mindset Mentoring

The **Limitless Life Lab** and **Limitless Life Lab VIP**.

This offer is exclusively for entrepreneurial women who are serious about success, understand just how valuable regular mindset support and business mentorship is and are ready to invest to create the business of their dreams in 2022.

This is a high-touch exclusive mentoring experience designed to help you access your highest level insight, focus, confidence and motivation - so you can show up consistently as your most empowered CEO self and make this your most successful year ever - personally AND professionally.

Together we will:

- Create an in-depth vision for your business and your personal future that completely aligns with you and your values, and set clear, heart-led goals and aspirations so you can start taking effective, aligned action immediately.
- Ensure you maintain balance between your business and personal life, so you are always recharged and ready to give your business your all - AND to ensure you get to actually enjoy the journey and your loved ones, too!
- Keep your stress levels low and your energy high so you are always operating with maximum 'you' and minimum 'chimp' - free to enjoy your higher knowledge and insight rather than getting caught up in worry and distracted by things that don't serve you.
- Maximise your confidence so you feel ready to tackle any challenges that come your way - and so that you feel inspired to regularly step outside of your comfort zone and push your boundaries further than you ever dreamed possible!
- Create clear boundaries around other people and situations and give you the tools to assert them with calm, easy confidence to always ensure the best outcome for all.

- Ensure you are reinforcing everything you want to achieve through your environment and the language you use with yourself and others, rather than subconsciously sabotaging yourself.
- Make sure your money mindset is second-to-none so you can be sure you'll make financial decisions which completely support your future wealth.
- Fill you with the confidence to take aligned high-income actions such as raising your prices, selling with ease and integrity, spending and investing your money wisely.
- Build healthy habits and thought processes which allow you to become the empowered, passionate woman you have always wanted to be, free from negative self-talk and limiting beliefs and behaviours.
- Hold you accountable, keep you motivated and make sure you're taking laser-focused action in your business so you make progress as quickly as possible.

This is for business owners and entrepreneurs who are:

- Serious about creating limitless wealth and abundance in their lives and businesses
- Noticing no matter how much they work on their mindset, they still seem to come up against invisible barriers around charging more, selling or generating income easily - such as imposter syndrome, perfectionism, procrastination and self-doubt.
- Outwardly successful and confident in their businesses but still struggle to feel like they've really reached their true potential and frequently doubt themselves
- Ready to embrace their most confident self, skyrocket their earning potential and create a life that brings them freedom and joy!

The programme

The **Limitless Life Lab** is an intensive 8 week programme designed to give you all the foundational tools you need to immediately uplevel your mindset. The core areas we'll cover are as follows:

1. **Goal setting & visualisation session (½ day)**

We create your personal vision for the future in detail. We then break down step by step the exact actions you need to take to start working towards your desired future and the micro-actions you can take now that will start the ball rolling. We'll end the session with a powerful reframing visualisation which I'll record for you to keep and use regularly to reaffirm your vision.

2. **Brain, balance & positive reinforcement**

We explore how you can optimise your brain chemistry through powerful practices such as gratitude and visualisation and together create a tailored plan for regular reinforcement that fits in perfectly with your personal and professional life.

3. **Building boundaries & reinforcing beliefs** (worksheet to complete beforehand)

We look at whether your current boundaries and beliefs are supporting or compromising your potential to achieve excellence and help you reframe any situations that are currently sabotaging your potential so you can handle them with ease. We also explore how your environment and self-talk are negatively impacting everything you're trying to achieve, so you can make changes that support your journey.

4. **Money beliefs** (worksheet to complete beforehand)

We uncover your existing money beliefs and carefully craft a set of helpful new beliefs that will lead to an easier flow of money, a greater sense of self-belief and confidence in taking aligned actions that will support your journey and unlock your true earning potential.

5. **Habits & structure**

We'll look at your existing routine, things you like and dislike about your habits and behaviours and work through how you can shift your mindset to step into

the empowered woman you truly want to be - who's completely in control of her body, her life and her relationships.

6. Motivation & resilience

Nothing is more important to achieving your goals than being able to stay on track, stay focused and motivated - even when life has other plans! In this session we'll explore tools to help you keep your mindset optimised for success, whatever happens.

You'll emerge focused, confident and empowered to show up consistently as your highest self - personally and professionally - so you can make 2022 your most successful year EVER and finally achieve everything you've been waiting for.

You'll receive a recording of your visualisation session AND a bespoke self-worth and money beliefs hypnosis audio to use on an ongoing basis to reinforce our work together.

You'll have access to me via email and Voxer between sessions to troubleshoot anything you need help with.

Your investment:

Deposit of £1979 followed by 2 instalments of £1100, or

Pay in full special rate £3979

Limitless Life Lab VIP

I am delighted to be able to support a very limited number of clients on an ongoing basis for 6 or 12 months.

This is for the experienced entrepreneur who recognises that ongoing mindset support is crucial to their success, and is ready to invest to stay at the very top of their game.

Following the initial 8 week intensive programme we will continue to meet fortnightly to help keep your mindset & subconscious programming optimised for focus, motivation and highest level insights - so you can ensure you're never at the

mercy of the emotional upheavals and circumstances life can so easily throw our way.

You'll also have access to me via email and Voxer, any time you need to problem solve or get a quick mindset pick-me-up.

It's just like having positivity & productivity in your pocket!

6 months' VIP access:

- Deposit of £2447 followed by 6 monthly instalments of £1100, or
- Pay in full special rate £8797

12 months' VIP access:

- Deposit of £2447 followed by 12 monthly instalments of £825
- Pay in full special rate £11,979

To book

The deposit is required to secure your spot (and is non-refundable).

If you'd like to reserve your place, [please complete the application form here](#) and I'll be in touch as soon as possible to confirm!