

✨WHAT'S NEXT✨

FROM HOT MESS TO HECK YES: *6-Week Inner Shift Challenge*

A group coaching program **starting Oct 12th** with weekly Zoom calls, accountability, and a circle of women walking alongside you.



Transformations around self-love, food/body image, relationships, and finances!

- | | |
|--------------------------------------|---|
| ✗ Stuck in old patterns → | ✓ Living with intention and clarity |
| ✗ Overthinking every decision → | ✓ Trusting yourself and taking aligned action |
| ✗ Burned out and disconnected → | ✓ Energized, grounded, and deeply fulfilled |
| ✗ Self-criticism and perfectionism → | ✓ Self-compassion and unshakable confidence |
| ✗ Reacting to life → | ✓ Creating it on your terms |



✨Program Value > \$1,200

- 6-Week Inner Shift Challenge
- BONUS: VIP 1:1 coaching session
- Community & ongoing support

👉 **TOTAL VALUE = OVER \$1,200**

♥️ Your Special Offer - only \$349

- **48-Hour Bonus Pricing:**
 - Join for just **\$349**
 - That's less than \$60/week of transformational coaching!
 - Register and receive a **private VIP 1:1 coaching session** (\$250 value) during the program.

SCAN ME!



WHAT CLIENTS ARE SAYING

WELL WORTH IT!

"I've spent thousands on workshops by big-name companies, and I was not surrounded by women who understood or had the emotional maturity to engage like Jennifer's group did."

~ Brooke C. - Castle Rock, CO



HIGHLY RECOMMEND

"This challenge provided me with much-needed flow in my life, in the form of transformative daily rituals and habits, morning and night."

~ Carrie P. - Englewood, CO



AMAZING!

"Jennifer provides all of the different outlets to connect and integrate the learnings, and it made a huge difference!"

~ Jen M. - Parker, CO



HOLISTIC HEAD TO TOE
EMPOWERING WOMEN, TRANSFORMING LIVES.