

LOOK UP AND CHANGE YOUR LIFE

Your Path To Health, Joy, And Personal Power Starts Here!

7 P Roadmap to Success Private Coaching Program: \$997

6 Weekly 1:1 Coaching Sessions

- One private 60-minute session per week (via Zoom or in-person)
- Tailored to your specific needs, goals, and lifestyle.

The 7P Roadmap to Transformation

- People: Strengthen support systems and set healthy boundaries
- Perspective: Reframe your story and reduce mental overload
- Presence and Patience: Cultivate mindfulness, calm your nervous system, and improve sleep
- Prioritize: Design a sustainable health and life plan that honors your energy
- Power: Build resilience and rediscover self-trust
- Purpose: Align your daily habits with your deeper “why”

Integration of the 6 Pillars of Optimal Health

You'll receive expert guidance on:

- Stress mastery
- Sleep hygiene
- Nutrition reset
- Movement & mobility
- Emotional wellness
- Gut health support

The Look Up Lounge Membership Group -Founding member

- Monthly coaching, challenges, and accountability for lasting results!
- Anytime Access to ALL recordings and webinars
- Free Ebooks, monthly Q&A call, and weekly tips
- Meet new people!
- **\$10/month** or FREE with Private Coaching Program

There is No Business Without Health! The Team Wellness Blueprint! \$87

- **90 minute** Zoom Session
- Audit Your Team Energy
- Culture and Perspective Check
- Systems for Success
- Healthy Leader, Healthy Business



Free Strategy Call



Join The Look Up Lounge



Corporate Wellness
Blueprint!