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The CLAW EFFECT

BLUEPRINT

*The Ultimate Blueprint to a More
Confident You*

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INTRODUCTION

Welcome to "The Ultimate Blueprint to a More Confident You"

Welcome to "The Ultimate Blueprint to a More Confident You" If you're reading this, you've taken a courageous step towards transforming your relationship with social interaction and reclaiming your life by addressing issues related to addiction, confidence and anxiety.

Addiction is a complex struggle, often involving a compulsive need for substances or behaviours that can harm your physical and mental health. Confidence issues can erode your self-esteem and limit your potential, while anxiety disorders can bring a constant sense of unease and fear.

Whether you're facing challenging conversations, aiming to cultivate genuine connections, or working towards embracing your authentic self in social interactions, this guide is here to support you on your path to personal growth and empowerment.



- CORINNE

HOW THIS GUIDE CAN HELP YOU

In the forthcoming chapters, we'll delve into the heart of various challenges that individuals face, such as addiction, low self-confidence, and anxiety-related disorders. We'll examine the triggers, symptoms, and the profound impact these issues can have on your life. Moreover, we'll provide practical solutions and actionable steps designed to empower you to gradually confront these hurdles, transform your mindset, and develop the essential skills needed to thrive in social interactions and personal growth.

You'll learn to overcome imperfections, foster self-confidence, and develop coping strategies to manage anxiety disorders. We'll guide you through the process of breaking free from addiction's grip, boosting your self-esteem, and finding confidence in social situations. Additionally, you'll discover the importance of building a supportive lifestyle that sustains your progress.

Absolutely, let's embark on this transformative journey together. We'll explore strategies to help you overcome social anxiety, boost your confidence, and cultivate authentic connections with others. Your journey towards a more fulfilling and vibrant life begins right here, right now.

UNDERSTANDING DISTRESS

Distress isn't simply about feeling shy or occasionally nervous; it represents an enduring state of fear and discomfort that can profoundly impact various facets of your life. People grappling with distress often struggle to navigate social situations or aspects of life connected to their distressing triggers.

In this chapter, we will delve into the true essence of distress, its typical catalysts, the physical and emotional manifestations it encompasses, and how it intersects with your mindset.



The Link Between Distress and Mindset

Distress, whether caused by external circumstances or internal struggles, often serves as a triggering event for addictive behaviours. A fixed mindset that lacks belief in one's ability to change or overcome addiction can further exacerbate the cycle, making it challenging to seek help and break free from destructive patterns.

A lack of confidence is closely tied to both distress and addiction. Individuals who lack confidence may be more susceptible to distress, as they may interpret setbacks or failures as reflections of their inadequacy. This negative self-perception can contribute to feelings of hopelessness and exacerbate distress.

The Physical and Emotional Symptoms

Distress is a state of extreme discomfort, suffering, or pain, and it can manifest in both physical and emotional symptoms. Here are some common physical and emotional symptoms of distress:

Emotional Symptoms:

- Anxiety
- Feelings of Helplessness
- Addiction
- Feelings of Guilt or Shame

Physical Symptoms:

- Fatigue
- Sweating
- Increased Heart Rate
- Sweating

In the next chapter, we'll delve into practical strategies and actionable steps to enhance your ability to navigate various social situations with ease. Remember, you're not alone in this journey, and there are effective ways to develop your social skills and feel more comfortable in social settings.

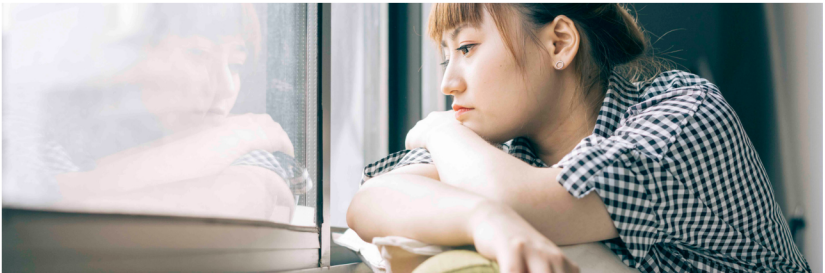
EXPLORING YOUR PAIN POINTS

Emotional distress can create a whirlwind of emotions and challenges that impact your daily life. In this chapter, we'll delve deeper into the pain points associated with emotional distress, exploring feelings of isolation, struggling with self-esteem, and the overwhelming fear of judgement and rejection.

Let's Explore Your Pain Points

Feeling Isolated and Lonely

You might find yourself avoiding social gatherings, preferring to stay at home rather than facing situations that trigger your distress or exacerbate your challenges. This isolation can take a toll on your mental well-being, contributing to feelings of sadness and even depression.



Struggling with Self-Esteem

Distress frequently accompanies low self-esteem. The constant fear of being judged can lead to a negative self-perception. You might find yourself constantly questioning your worth, doubting your abilities, and comparing yourself unfavourably to others.

Self-Criticism and Negative Self-Talk

The inner critic can be relentless, bombarding you with negative self-talk that reinforces your distressing thoughts. Recognizing and challenging this self-critical voice is a crucial step in improving your self-esteem.

Fear of Judgment and Rejection

One of the most challenging aspects of distress is the intense fear of judgement and rejection by others. This fear can be paralyzing, preventing you from fully participating in various situations or expressing your true self.

You are not alone in this journey.

Let's Explore Your Pain Points

Impact on Relationships and Opportunities

Low self-esteem can have a profound impact on your relationships and potential. You might avoid asserting yourself, doubting the validity of your opinions. This can lead to missed opportunities in various aspects of life, including work, strained relationships, and an overall sense of unfulfillment.

Fear of Embarrassment and Failure

The fear of embarrassment and failure can be all-consuming. You might envision the worst-case scenarios in various situations, such as stumbling over your words or being laughed at. This fear can be so powerful that it discourages you from taking risks or trying new things, limiting your growth and opportunities.

Avoidance Behaviours and Their Consequences

To escape these distressing emotions, individuals facing anxiety often resort to avoidance behaviours. While these behaviours provide temporary relief, they perpetuate the cycle of anxiety by preventing you from confronting your fears.

In the upcoming chapter, we'll delve into strategies to address these challenges directly. You'll learn techniques to build self-esteem, challenge negative thought patterns, and gradually face your fears to overcome distress and regain control over your life. Remember, your journey toward healing and growth has already begun.



SHIFTING YOUR MINDSET

Your mindset plays a pivotal role in managing and overcoming various forms of distress and challenges.

In this chapter, we'll explore the importance of cultivating self-compassion, embracing imperfection, and developing a growth mindset to create a more positive outlook on your interactions and personal growth.

Shift Your Mindset

Cultivating Self-Compassion

One of the keys to combating distress and other challenges is learning to treat yourself with kindness and understanding. Self-compassion involves extending the same warmth and compassion to yourself as you would to a friend. Instead of being self-critical, learn to acknowledge your struggles and emotions without judgement.

Recognizing Your Inner Critic

Your inner critic, that nagging voice that tells you that you're not good enough, often exacerbates distress and related challenges. Take a moment to recognize when this voice emerges in various situations. By identifying these moments, you can start to challenge and reframe these negative thoughts.

Practising Self-Kindness and Understanding

When facing distress and related challenges, remind yourself that everyone has insecurities and moments of self-doubt. Treat yourself as you would a friend who's struggling. Replace self-criticism with self-encouragement and offer yourself words of kindness and support.

Embracing Imperfection

Perfectionism is a common trait among those facing distress and related challenges. Understand that nobody is perfect, and it's okay to make mistakes. Embrace imperfection as a natural part of the human experience. By letting go of the need to be flawless, you can alleviate the pressure you place on yourself.

It begins in the mind.



Shift Your Mindset

Letting Go of Unrealistic Expectations

Challenge the unrealistic expectations you set for yourself in various situations. Remember that nobody expects you to be flawless, and no one is scrutinizing your every move. Most people are more focused on their own experiences than on evaluating yours.

Building a Growth Mindset

A growth mindset is a belief that your abilities and intelligence can be developed over time through effort and learning. Embracing a growth mindset is a powerful tool for managing various forms of distress, addiction, lack of confidence, and anxiety.

Embracing Challenges as Opportunities

View interactions as opportunities for growth rather than sources of distress. Instead of fearing mistakes, see them as chances to learn and improve. Every interaction, even if it doesn't go perfectly, is a step forward on your journey to overcoming various challenges.

Learning and Growing from Setbacks

Setbacks are a natural part of any journey. Instead of dwelling on what went wrong, focus on what you can learn from each experience. By adopting this perspective, setbacks become valuable lessons that contribute to your personal growth, whether you're dealing with distress, addiction, lack of confidence, or anxiety.

Shifting your mindset takes time and practice, but it can lead to significant improvements in managing distress.

In the following chapters, we'll delve into practical strategies that build upon this foundation, helping you take actionable steps toward overcoming distress, addiction, lack of confidence, or anxiety and embracing positive change.

Remember, you have the power to reshape your thoughts and beliefs, and this transformation can lead to a more confident and empowered you.

SOLUTIONS & ACTION STEPS

In this chapter, we'll explore tangible strategies and actionable steps that you can implement to confront and manage distress, addiction, lack of confidence, or anxiety effectively.

These techniques are designed to empower you to gradually face your fears, challenge negative thought patterns, and build the skills necessary to thrive in various situations.

TAKE ACTION!

Gradual Exposure Techniques

Gradual exposure is a proven technique used in cognitive-behavioural therapy to desensitise yourself to distressing or anxiety-inducing situations. Here's how you can implement it:

Create a Hierarchy: List situations that trigger distress, anxiety, or discomfort, starting from the least anxiety-provoking to the most challenging.

Take Small Steps: Begin with the least anxiety-inducing situation and gradually work your way up the hierarchy. For instance, if speaking up in meetings is a challenge, start by sharing a brief comment.

Practice Repeatedly: Regular exposure to these situations helps reduce distress or anxiety over time. As you become more comfortable with one step, move on to the next.

An inspiring message or quote is also a great section-breaker. Write yours here.

TAKE ACTION!

Cognitive Restructuring

Cognitive restructuring involves identifying and challenging negative thought patterns associated with distress, addiction, lack of confidence, or anxiety. Here's how you can approach it:

Identify Negative Thoughts: Pay attention to the thoughts that arise when you're distressed, anxious, or facing situations that challenge your confidence. These could be self-critical statements or predictions of negative outcomes.

Question Their Validity: Ask yourself whether these thoughts are based on facts or assumptions. Challenge the evidence behind these thoughts.

Replace with Balanced Thoughts: Replace negative thoughts with more balanced and rational alternatives. For instance, if you think everyone is judging you, replace it with the thought that some people might be indifferent or even supportive.

An inspiring message or quote is also a great section-breaker. Write yours here.

TAKE ACTION!

Mindfulness and Relaxation Techniques

Practising mindfulness can help you stay present in challenging situations and manage distress, addiction, lack of confidence, or anxiety effectively. Try these techniques:

Deep Breathing: Take slow, deep breaths to calm your nervous system during distressing moments.

Grounding Techniques: Focus on your senses, such as the feel of your feet on the ground or the sounds in your surroundings, to bring yourself into the present moment.

Meditation and Visualization: Regular mindfulness meditation can help you develop a sense of calm and control. Visualisation techniques can help you rehearse positive outcomes in challenging situations related to distress, addiction, lack of confidence, or anxiety.

An inspiring message or quote is also a great section-breaker. Write yours here.

TAKE ACTION!

Improving Social Skills

Enhancing your interpersonal skills is a fundamental aspect of managing distress, or anxiety. Here are some skills to focus on:

Active Listening: Pay close attention to what others are saying and respond thoughtfully. This helps you stay engaged and eases the pressure of being the sole focus of attention.

Asking Open-Ended Questions: Instead of yes-or-no questions, ask questions that encourage more in-depth conversations and show genuine interest.

Practising Assertiveness: Express your opinions and needs while respecting the opinions of others. This helps you establish boundaries and communicate effectively in situations related to distress, addiction, lack of confidence, or anxiety.

As you become more comfortable with these techniques, you'll be better equipped to handle various situations with confidence and poise.

In the upcoming chapter, we'll continue to build on these skills and explore ways to navigate specific scenarios successfully, addressing distress or anxiety.



NAVIGATING SOCIAL SITUATIONS

Now that you've learned practical strategies to manage distress, or anxiety, it's time to explore how to navigate various social situations with confidence.

In this chapter, we'll discuss overcoming avoidance behaviours, handling social challenges, and making and maintaining meaningful connections.

Navigating Social Situations

Overcoming Social Avoidance

Avoidance behaviours are a common coping mechanism for those facing distress, addiction, lack of confidence, or anxiety. However, these behaviours can perpetuate distress and hinder personal growth. Here's how to overcome avoidance:

- **Identify Avoidance Patterns:** Recognize situations you tend to avoid due to distress, addiction, lack of confidence, or anxiety. This could include various challenges like social events, networking opportunities, or public speaking.
- **Set Gradual Goals:** Apply gradual exposure techniques to systematically face avoided situations. Start with smaller, less intimidating scenarios and gradually work your way up.
- **Celebrate Progress:** Acknowledge and celebrate your achievements, no matter how small. Each step you take toward facing your challenges and achieving your goals is significant.

Handling Social Challenges

- **Coping with Uncomfortable Silences:** Silence is natural in conversations. Instead of panicking, embrace these moments as opportunities to gather your thoughts and maintain a calm presence.
- **Dealing with Criticism and Judgment:** Remember that everyone receives criticism, and not everyone's opinion holds equal weight. Focus on constructive feedback and use it as an opportunity to learn and grow, particularly in situations related to distress, addiction, lack of confidence, or anxiety.

It begins in the mind.



Navigating Social Situations

Making and Maintaining Connections

Building meaningful connections is essential for your well-being. Here's how to foster genuine relationships:

- **Building Authentic Relationships:** Focus on quality over quantity. Seek connections with individuals who share the same values and interests as you.
- **Active Listening:** Engage in conversations by actively listening to others. This not only builds rapport but also eases the pressure of feeling like the center of attention.
- **Finding Supportive Communities:** Join groups or communities that align with your interests. Shared activities and passions provide natural conversation starters, which can be beneficial for those dealing with distress.

Remember that progress takes time. Every effort you make to navigate various situations and address your challenges is a step toward personal growth.

As you apply the strategies in this chapter, you'll find yourself better equipped to face life's challenges and create meaningful connections.

In the following chapter, we'll delve into stepping out of your comfort zone, pushing boundaries, and embodying confidence to truly thrive in various settings while dealing with distress or anxiety.

It begins in the mind.

STEPPING OUT OF COMFORT ZONE

Now that you've gained insights into managing anxiety and navigating various situations, it's time to take your journey a step further.

In this chapter, we'll explore the transformative power of stepping out of your comfort zone, setting realistic goals, and embodying confidence in interpersonal interactions.

Out of the Comfort Zone

Setting Realistic Goals

Setting achievable goals is a crucial step in your journey to overcome challenges related to distress or anxiety. Here's how to approach goal-setting:

- **Break Goals into Smaller Steps:** Divide larger objectives into smaller, manageable steps. This makes the process less overwhelming and allows for consistent progress.
- **Identify Your Objectives:** Reflect on the specific areas you'd like to improve in your interactions related to distress, addiction, lack of confidence, or anxiety. These could include initiating conversations, attending gatherings, or expressing your opinions.

- **Celebrate Milestones:** Celebrate each accomplishment, no matter how small. Every step forward is evidence of your growth and determination in overcoming your challenges.

Pushing Your Boundaries

Pushing beyond your comfort zone is where true transformation occurs. Here's how to embrace challenges:

- **Trying New Activities and Experiences:** Explore new hobbies or activities that involve interactions with others. This provides opportunities to meet like-minded individuals and learn about yourself in the process.
- **Embracing the Unpredictable:** Understand that not everything will go as planned, and that's okay. Embracing uncertainty allows you to adapt to different situations related to distress, addiction, lack of confidence, or anxiety with resilience.

It begins in the mind.

Out of the Comfort Zone

Embodying Confidence

Confidence is a powerful tool for overcoming distress or anxiety. Here's how to cultivate and project confidence:

- **Using Body Language:** Your body language communicates a lot about your confidence level. Maintain good posture, make eye contact, and avoid crossing your arms to appear open and approachable.
- **The Power of Positive Affirmations:** Practise using positive affirmations to rewire your mindset in situations related to distress, addiction, lack of confidence, or anxiety. Repeat phrases like "I am capable," "I have value to offer," and "I am worthy of connection."
- **Visualizing Success:** Before facing any challenging situation, take a moment to visualize a successful outcome. Imagine yourself engaging in conversations with ease and connecting with others.



By stepping out of your comfort zone, setting realistic goals, and embodying confidence, you're embracing growth and transformation.

Remember that progress is not linear; it's about the journey, not just the destination. As you apply these principles to your interactions related to distress, addiction, lack of confidence, or anxiety, you'll find yourself gradually becoming more comfortable, empowered, and connected with others.

In the final chapter, we'll discuss creating a supportive lifestyle that nurtures your progress and sustains your newfound confidence in overcoming these challenges.

It begins in the mind.

CREATING A SUPPORTIVE LIFESTYLE

As you continue on your journey to overcome challenges related to addiction, lack of confidence, or anxiety, it's essential to create a lifestyle that supports your growth and well-being.

In this chapter, we'll explore the importance of seeking professional help, the role of diet and exercise, and the significance of building a strong social support system.

Out of the Comfort Zone

Seeking Professional Help

While this guide provides valuable strategies, seeking professional help can offer personalised guidance and support. Here's when you might consider therapy or counselling:

- **Persistent Challenges:** If distress, addiction, lack of confidence, or anxiety significantly impact your daily life and progress stalls, seeking professional help can provide specialised techniques and insights.
- **Cognitive-Behavioral Therapy (CBT):** CBT is particularly effective for addressing these challenges. A therapist can assist you in identifying thought patterns, challenging negative beliefs, and developing practical coping strategies.

The Role of Diet and Exercise

Your physical health can influence your mental well-being.

Consider these factors in maintaining a balanced lifestyle:

- **Nutrition:** A balanced diet rich in nutrients can positively impact your mood and energy levels. Limiting caffeine and sugar intake may help reduce anxiety symptoms.
- **Exercise:** Regular physical activity releases endorphins, which can improve mood and reduce anxiety. Even a short walk or yoga session can have a positive impact on your mental well-being.

Building a Strong Social Support System

Having a support system can make a significant difference in managing anxiety, addiction, distress. Here's how to nurture your relationships:

It begins in the mind.

Out of the Comfort Zone

- **Family and Friends:** Open up to loved ones about your journey. Their understanding and encouragement can provide a sense of belonging and emotional support as you navigate challenges.

- **Positive Influences:** Surround yourself with people who uplift and inspire you. Positive relationships can boost your confidence and contribute to your overall well-being.
- **Support Groups and Communities:** Joining support groups or online communities focused on addressing these challenges can connect you with others who share similar experiences. Sharing stories and insights can foster a sense of camaraderie and provide valuable support.

Remember that progress takes time, and it's okay to ask for help along the way.

It begins in the mind.

CONGRATS! YOU'VE REACHED THE END CONCLUSION

Your journey to overcoming challenges related to distress, addiction, lack of confidence, or anxiety is a testament to your strength and determination. You've learned strategies to manage these issues, navigate various situations, and foster confidence.

By continuing to apply these insights and embracing a supportive lifestyle, you're empowering yourself to live a life free from the constraints of these challenges.

As you move forward, remember that progress is a continuous process, and every step you take is a step toward a more confident and connected future.

ACTION STEP PLANNER

Step 1: Define Your Goals	List specific social situations that trigger anxiety. Set achievable goals for each situation (e.g., initiating a conversation, attending a gathering).
Step 2: Gradual Exposure	List specific social situations that trigger anxiety. Set achievable goals for each situation (e.g., initiating a conversation, attending a gathering).
Step 3: Progress Tracking	List specific social situations that trigger anxiety. Set achievable goals for each situation (e.g., initiating a conversation, attending a gathering). Use a timeline to track your progress over weeks or months.
Step 4: Reflection and Adjustment	Periodically review your progress and assess what's working. Adjust your goals and exposures based on your experiences.

YES/ NO

SOCIAL CHALLENGE CHECKLIST

AS YOU READ EACH QUESTION, SIMPLY TICK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE WITH THE STATEMENT.

01	START A CONVERSATION WITH A STRANGER	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	SHARE AN OPINION IN A GROUP DISCUSSION	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	ATTEND A SOCIAL EVENT OR GATHERING	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	GIVE A COMPLIMENT TO SOMEONE	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	MAKE EYE CONTACT AND SMILE AT A PASSERBY	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	INTRODUCE YOURSELF TO SOMEONE NEW	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	PARTICIPATE IN A GROUP ACTIVITY OR GAME	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	ASK A QUESTION DURING A PRESENTATION OR MEETING	YES <input type="checkbox"/>	NO <input type="checkbox"/>

YES/ NO

SOCIAL CHALLENGE CHECKLIST

AS YOU READ EACH QUESTION, SIMPLY TICK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE WITH THE STATEMENT.

09	SHARE A PERSONAL EXPERIENCE IN A CONVERSATION	YES <input type="checkbox"/>	NO <input type="checkbox"/>
10	EXPRESS GRATITUDE TO A FRIEND OR COLLEAGUE	YES <input type="checkbox"/>	NO <input type="checkbox"/>
11	INITIATE A GROUP CONVERSATION	YES <input type="checkbox"/>	NO <input type="checkbox"/>
12	ENGAGE IN SMALL TALK	YES <input type="checkbox"/>	NO <input type="checkbox"/>
13	ATTEND A SOCIAL EVENT ALONE	YES <input type="checkbox"/>	NO <input type="checkbox"/>
14	ATTEND A MEETUP OR WORKSHOP	YES <input type="checkbox"/>	NO <input type="checkbox"/>
15	GIVE A SHORT PRESENTATION OR SPEECH	YES <input type="checkbox"/>	NO <input type="checkbox"/>
16	SHARE A CREATIVE PROJECT	YES <input type="checkbox"/>	NO <input type="checkbox"/>

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DEEP BREATHING

Deep breathing is a powerful technique to calm your nervous system and reduce distress.

- Inhale slowly through your nose for a count of four, filling your lungs.
- Hold your breath for a count of four.
- Exhale slowly through your mouth for a count of six, releasing tension.
- Repeat this process several times until you feel a sense of calm, especially when dealing with distress, addiction, lack of confidence, or anxiety.

GROUNDING

Deep breathing is a powerful technique to calm your nervous system and reduce distress.

- Name 5 things you can see around you
- Identify 4 things you can touch or feel.
- Acknowledge 3 things you can hear.
- Notice 2 things you can smell.
- Recognize 1 thing you can taste or focus on your breath.

POSITIVE SELF-TALK

Your inner dialogue significantly impacts your anxiety levels. Replace negative thoughts with positive affirmations to shift your mindset:

- "I am capable of handling social situations."
- "I am valued and worthy of connection."
- "I am learning and growing through every interaction."

MINDFUL OBSERVATION

Engage your senses to ground yourself in the present moment:

- Observe your surroundings, paying attention to colors, shapes, and textures.
- Notice the temperature of the air, the sensations on your skin, and any sounds around you.
- Engage your sense of smell and taste by taking a deep breath or savoring a drink.

NAME IT TO TAME IT

Labelling your emotions can help reduce their intensity.

- Name the Emotion: Identify the specific emotion you're experiencing.
- Acknowledge Sensations: Notice any physical sensations associated with this emotion, such as a racing heart or tense muscles.
- Breathe into It: Inhale deeply, directing your breath toward the area of physical discomfort.
- Release and Accept: As you exhale, release tension and mentally accept the emotion without resistance, particularly when dealing with distress, addiction, lack of confidence, or anxiety.

VISUALIZATION

Use visualisation to mentally prepare for challenging situations and reduce distress or anxiety:

- Close your eyes and visualise yourself entering the situation with confidence.
- Envision successful interactions, positive responses, and a sense of calm.
- Concentrate on your body's relaxed posture and your composed demeanour, particularly when dealing with distress, addiction, lack of confidence, or anxiety.

ABOUT THE AUTHOR



Corinne, long time Entrepreneur and Real Estate Investor, began a new Journey with monumental passion, purpose and determination. One of Corinne's missions is to help Entrepreneurs and Professional women, like herself, evaluate the obstacles and challenges they have been encountering with addictive behaviors, negative mindset changes, and lack of achievement in their careers. Providing a safe space, she allows her client to gain insight and discover their own solutions and ideas for change with action.

Corinne, now a Certified Recovery Coach and Life Fulfillment Specialist is based in Tampa, Florida.

Her personal approach brings clarity, direction, and positive support for her clients with experience and understanding, and empathy. Corinne helps clients live their best life, by filling the gap between where they are now, and where they want to be. By identifying where growth is desired, setting goals and objectives, and holding accountability, clients will reach their highest goals and dreams.

Corinne offers personalized private coaching support, a variety of private and/or group classes in her online community, and promotes community networking within members to support one another with love, sharing strength, hope and courage.

"We all have a light within us..."

Through Corinne's support and coaching, you will gain insight and begin making changes to live life to the fullest with Peace, Happiness and Freedom. Corinne is trained in helping people find themselves, find direction in recovery, and find true happiness in all aspects of their lives. She helps her clients reach each milestone, one at a time. With an ultimate end goal of accomplishment, happiness and success.

"I can change the world with my smile. Let's smile together...😊"