6 WEEK NOURISH JOURNEY

RELEASE ● RETHINK ● REBUILD

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NOURISH JOURNEY

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IS THIS FOR YOU?

YOU MAY SEE YOURSELF IN SOME OF THESE STATEMENTS...

- Food is on my mind more than I'd like.
- I feel stuck in a cycle of dieting, guilt, and starting over.
- I eat for reasons other than physical hunger.
- I label foods as "good" or "bad."
- I feel frustrated that I know what to do but struggle to do it.
- I wish I could trust myself around food.
- I'm tired of restrictions.
- I'm tired of fighting myself every day.
- I'm ready for a different approach - one built on understanding, not willpower.
- I WANT PEACE.

My Story

For years, I believed I simply needed more willpower.

I thought food was the problem.

After decades of dieting, emotional eating, and feeling like I was constantly failing, I realized I didn’t need another food plan - I needed a new relationship with food and with myself.

The Nourish Journey is the program I wish I had years ago.

In the Nourish Journey, I guide women through releasing old stories, rethinking their relationship with food, and rebuilding trust in themselves.

The result isn't just healthier habits or weight loss.

It's peace.

It's self-trust.

It's finally feeling like you're on your own side.

WHAT YOU'LL LEARN

OVER SIX WEEKS WE'LL WORK THROUGH THREE PHASES

RELEASE

LET GO OF OLD FOOD RULES, DIET BELIEFS, AND STORIES THAT ARE KEEPING YOU STUCK.
YOU'LL BEGIN TO UNDERSTAND WHY CHANGE FEELS HARD AND HOW TO CREATE A NEW PATH THAT ACTUALLY FITS YOUR LIFE.

RETHINK

EXPLORE WHERE YOUR BELIEFS ABOUT FOOD, WEIGHT, AND YOUR BODY CAME FROM. WE'LL UNCOVER FAMILY FOOD MESSAGES, DIET CULTURE INFLUENCES, FOOD GUILT & SHAME,, THE STORIES YOU'VE BEEN TELLING YOUSELF, AND THE LANGUAGE THAT KEEPS YOU STUCK.

REBUILD

LEARN HOW TO TRUST YOURSELF AGAIN. WE'LL FOCUS ON: PHYSICAL VS. EMOTIONAL HUNGER. FEEL FIRST, FEED IF NEEDED, BUILDING AWARENESS AROUND CRAVINGS, CREATING SUSTAINABLE HABITS, FINDING BALANCE WITHOUT PERFECTION, AND MOVING FORWARD WITH CONFIDENCE.

WHAT'S INCLUDED

6 WEEKLY LIVE GROUP COACHING SESSIONS
A supportive space to learn, reflect, share, and grow alongside other women on a similar journey.

THE COMPLETE NOURISH JOURNEY WORKBOOK
A guided packet filled with weekly exercises, reflections, worksheets, and Heart Work to help you apply what you're learning in real life.

WEEKLY HEART WORK
Simple but meaningful practices designed to build awareness, challenge old patterns, and create lasting change between sessions.

MID-WEEK CHECK-INS
Gentle accountability and encouragement to help you stay connected to your goals and continue moving forward throughout the week.

PRACTICAL TOOLS & RESOURCES
Framework, exercises, and mindset tools that help you better understand your relationship with food and yourself.

WEEKLY ACTION STEPS
Small, realistic steps that fit into your life and help you build confidence one week at a time.

A SUPPORTIVE COMMUNITY
A judgment-free environment where you can connect with women who understand the challenges you're facing.

BONUS: 2-WEEK REGROUP & REFLECTION SESSION
Two weeks after the program ends, we'll come back together to celebrate wins, work through challenges, reconnect with your goals, and create a plan for moving forward.

A FRAMEWORK YOU CAN USE LONG AFTER THE PROGRAM ENDS
The goal isn't another temporary fix - it's helping you develop skills and awareness that support you for years to come.

Ready to change your experience with food?

Join us for the July Nourish Journey.

A 6-week guided experience to help you release old stories, rethink limiting beliefs, and rebuild trust in yourself.

Because lasting change begins with understanding, not more willpower.

July 17 – August 21

🕐 Fridays during the lunch hour via Zoom

💰 **Summer Enrollment: $197** (Regularly $497)

Because you deserve more than another diet. You deserve peace.

PRIORITIZE YOU *Feel True*

Ready to learn more? I'd love to connect.

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