



*Ignite your
Power*

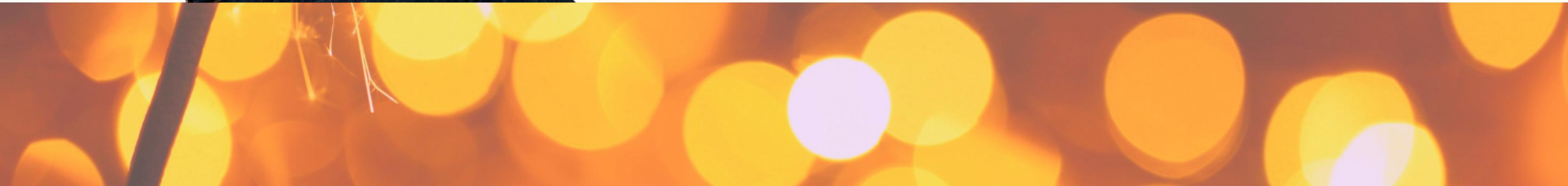
MORE LOVE, MORE MONEY, MORE YOU



You deserve a life of love, abundance, and fulfilment.

Ignite your Power is designed to take you from stuck in a rut, financially frustrated & looking after everyone's needs but your own; to ignited, excited and abundant.

it's your time & you are ready for more!



I believe... ...that every single one of us has the seed of a unique, impactful, and profitable, business within us.

That is because... Each and every one of us IS completely unique, and as such, has a unique gift to offer the world.

The trouble is... we can have a hard time imagining what's possible, when *we don't believe in our capacities.*

We think that, because we haven't seen certain things in our life ... Things like success, money, or love... That those things are not available to us. But I believe with every ounce of my being, that they absolutely are!

All we have to do, is change our beliefs.
And, **that** is what **this** program is all about.



find out more →

Sick of the same old patterns?

Did you know that 95% of our behaviour is dictated by the beliefs stored in our subconscious minds?

When these beliefs are not supportive of love, abundance and fulfilment, we stagnate, struggle and suffer unnecessarily.

Ignite your Power is different from other coaching programs, because it combines subconscious healing with inspired action.

We know that changing your behaviour is practically impossible, unless you change who you believe you are, first.



*Betty Cottam
Bertels*

The three elements to

ignite

01

**FIND THE ROOT
CAUSE & REWIRE
SUBCONSCIOUS
BELIEFS WITH RTT**

Three Rapid Transformation Therapy sessions, each one complete with a bespoke group hypnosis recording; designed to completely rewire your subconscious, literally reprogramming your mind to expect more of each of the three areas: love, money and success.

02

**CONSCIOUS
RECALIBRATION &
INSPIRED ACTION**

Ask Betty anything on your weekly group coaching calls, as participants each learn to incorporate these new beliefs into their daily lives. Inspire each other by detailing the shifts in your relationship dynamics, self care regimes, happiness, focus, money habits, clarity, health and life-direction.

03

COMMUNITY

Personal growth can be a lonely business when you are out there on your own. Going through the process with others provides you with a nurturing, safe support network ~ who have 100% got your back, cheering you on enthusiastically from the sidelines! Celebrate your wins together, and feel the support of the community as you grow.

*Betty Cottam
Bertels*



Month 1

I serve; I deserve

Instilling a healthy sense of worth, as the foundation on which your success is built.



Month 2

It's safe to be seen

Confidently speak your truth. Know your genius. Appreciate yourself, and others will too! Smile in the spotlight, knowing you are making a difference in this world.



Month 3

I am wealthy

Wire in an abundance mindset and begin to experience opportunity all around you. Instil good money habits, take inspired action, and watch the cash come flooding in!



Betty Cottam Bertels

Ignite your power is for anyone who is:

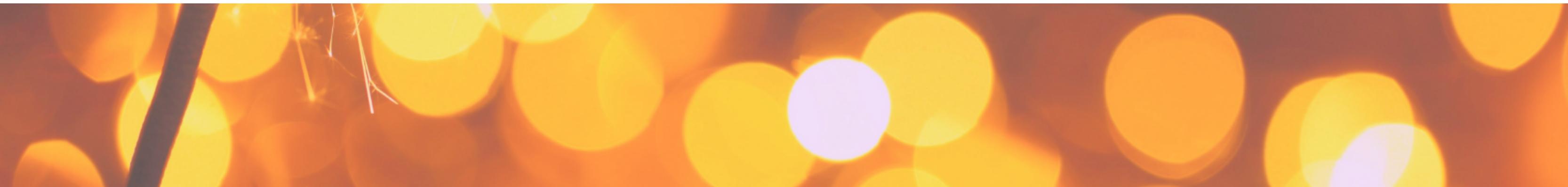
- 🔗 sick of feeling stagnant & stuck
- 🔗 tired of the tension caused by having little or no money
- 🔗 fed up with putting daily life and others' needs ahead of their dreams, wants and desires...

And who is ready to:

- 💡 become the master of their own destiny
- 💡 take wholehearted responsibility for their lives
- 💡 do whatever it takes to create more love, money and fulfilment



...for the benefit of all beings



66 Betty says:

"I have long dreamt of creating supportive communities, as I feel like this is a piece often missing from our modern lives. So I'm super excited to be stepping into this role of nurturing wholehearted community, and providing each other with a network of support to hold us as we transform TOGETHER.

*This first edition of Ignite... will be a BETA run, which means that the price will be **exceptionally** low for all the juicy value that will be on offer. Let me be very clear about this: this will not happen again at this price.*

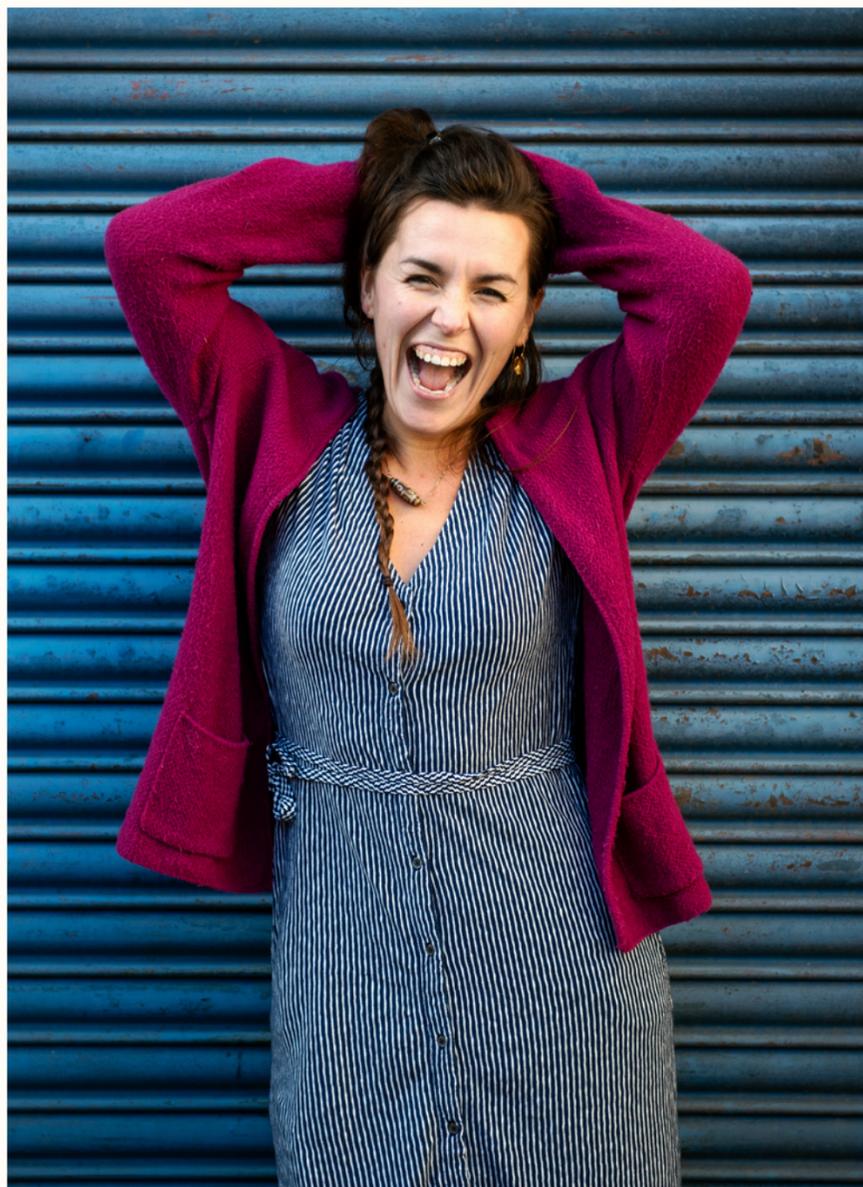
I am consciously keeping the numbers in this first run LOW, so that I can provide the maximum support for participants... In the future, I envisage reaching hundreds with this course...

How exciting to be part of the first cohort - you'll be helping me shape it!"

”



*Betty Cottam
Bertels*



What's included:

EACH of the three months of the program will contain:

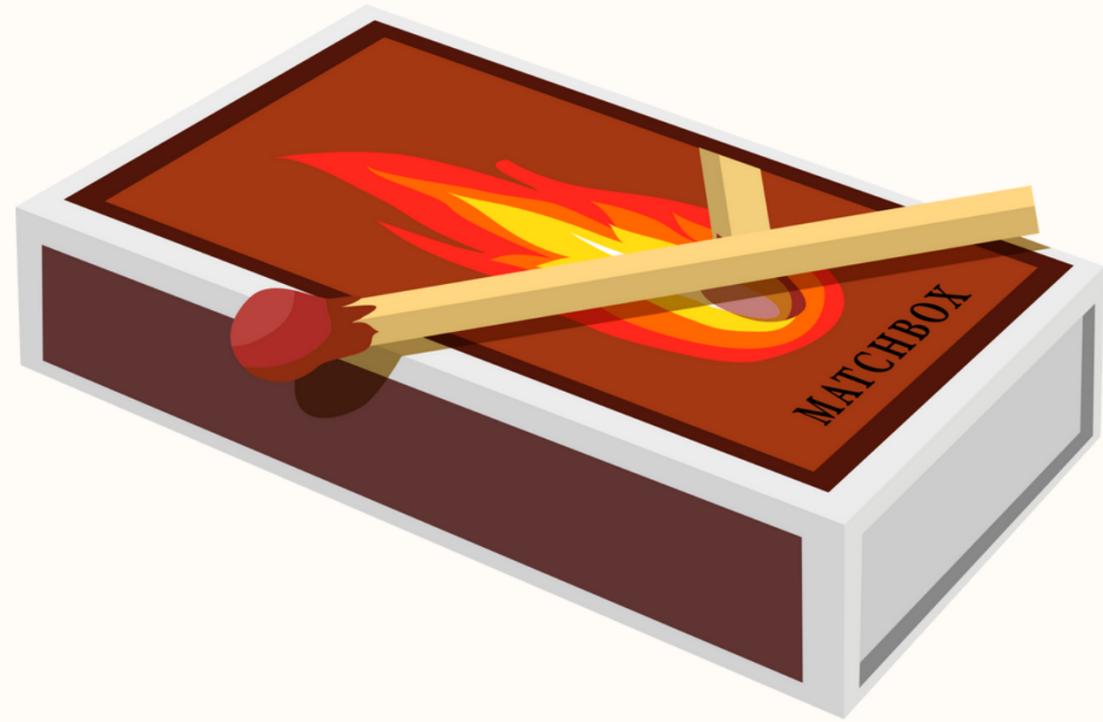
- **1 x Group RTT Session (x3 total)**
- **3 x Group Coaching Calls (x9 total)**
- **1 x Transformation Hypnosis Recording (Bespoke to support the group's needs each month, x3 total)**

In addition as part of this co-created, very first run of IYP you will receive:

- **Weekly content on the course platform: training videos, worksheets, and other resources**
- **Access to our private Facebook members group for bonus trainings and the support of my awesome community**

VALUE OF PROGRAM: £1,350

ONE-TIME-ONLY BETA PRICE: £333!



Let's do this, baby!

Click the link to apply

...and make today the first day of
the rest of your life.

(Future you will thank you!)

I'M READY TO IGNITE!

*to your success!
Betty xx*

what clients are saying:

"Since the RTT & Coaching with Betty, my work has really picked up - I am getting more clients and more qigong students!"

-Tasha

"Since completing the course my life has improved so much. Its not so much that the problems I had have gone away but just more that my mindset and self-awareness is so much more improved, the biggest transformation though is not worrying what others think and to really stay true to myself and say no to people, rather than just people pleasing. The belief that I am enough just as I am is now so engrained in me I really feel positive for my future and have the courage to trust my own judgement and respect my own needs and right to follow the things that make me happy."

- Vicki

It struck me that for most of my life, I have been telling myself that what I am and what I do is in some way not good enough. Betty has been so supportive and positive. She has helped me refocus my life. I can now see that many of the things that were making me anxious or stressed are in fact opportunities that I can feel excited about, and I have the power to choose whether or not to make them part of my life. It has enabled me to reconsider my professional life and think about exciting new possibilities."

- Elsa

"I know that life is going to take the most amazing change of direction now, which... I am so excited for!"

-Izi

"Betty has helped go from a man on the edge to someone with a firm foundation beneath him. One session was all it took, I sleep better, have regained my centre and overall have a much more positive attitude, both outwards and inwards. Betty goes about her work with warmth, generosity and humour. I cannot thank her enough."

-Martin



About Betty

A qualified Rapid Transformational Therapist, personally trained by Marisa Peer, she specialises in empowering a new generation of soul-led leaders to reach the impact and success they were born for.

She is an expert in the art of developing happiness; by installing rock-solid self-worth, authenticity & self-belief; and completely leaving behind all tendencies towards self-doubt/imposter syndrome, scarcity mindset, and people-pleasing.

Through her studies of psychology, human behaviour, and Buddhist texts; Betty has dedicated her adult life to attempting to understand the human mind, and the myriad of ways we obfuscate our natural, sparkling, enlightened selves.

She is wholehearted, joyful and kind... but god-damn pig-headed in her quest for self-improvement. Her own, and yours too!

In her former years, Betty was an ardent adventurer. She spent years travelling around the world; by kayak, bicycle, motorbike and foot; living hand-to-mouth in ice-cold caravans and collapsing (!) canvas. As a result, she is pretty resilient, as you can imagine.

She will stop at nothing to be the best she can be, and gently encourages the same of the awesome people she works with, by closely guiding them to identify and smash through their limiting beliefs. Lovingly and gently 'holding a mirror' for them; allowing each one to identify what's holding him or her back, and allowing them to reach new levels of abundance, impact, and happiness; & spreading that joy like wildfire!



*Betty Cottam
Bertels*

What is RTT?

RTT stands for Rapid Transformational Therapy. It is a unique practice which embraces many of the positive aspects of hypnosis and hypnotherapy.

Through RTT, a client is guided, in a deeply relaxed hypnotic state, back to scenes from earlier life, in which those limiting beliefs took hold. In this relaxed state, they can clearly see the connections between the past experiences, the beliefs that took root, and the patterns of behaviour, or blocks that they are working with in the present.

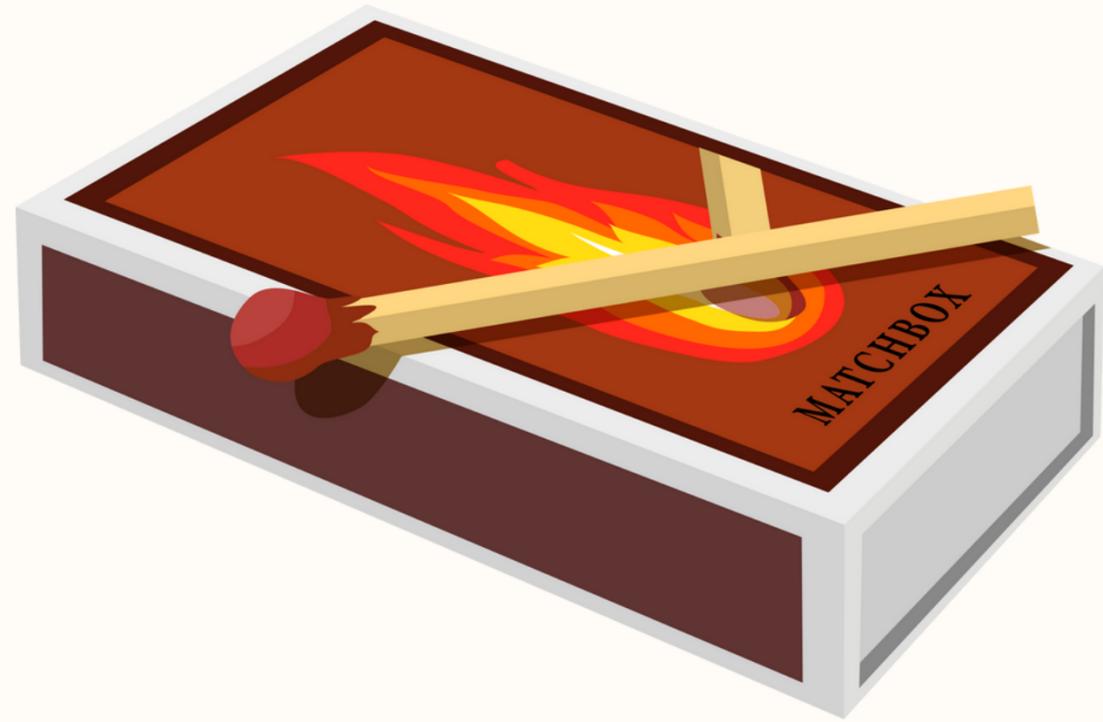
In this hypnotic state, the client heals the inner child, dialogues with any blocks that they might face, and gives themselves the love and praise that they might have spent their whole life waiting for, and much more.

After the RTT session, participants receive a bespoke and professional hypnotic recording, which I personally set to binaural beats for an expansive and submersive experience, in which the subconscious mind is -literally- re-programmed to hold new ~more empowering~ beliefs... I'm talking 'bout some kick-ass, powerful beliefs here! Ones that support, and make familiar, the growth that your heart so deeply yearns for.

And the best part about this? It can all happen whilst you sleep :-)



Betty Cottam
Bertels



Let's do this, baby!

Click the link to apply

...and make today the first day of
the rest of your life.

(Future you will thank you!)

I'M READY TO IGNITE!

*to your success!
Betty xx*



"We can't change the world by playing small.
Our happiness as individuals ripples out and
impacts everyone, and everything everywhere.
By choosing to prioritise happiness and
fulfilment, you are helping to make the world a
better place.
I want to thank you for that."

Betty Cottam Bertels
bettycottambertels.com