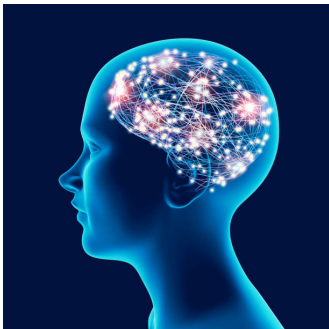


## Summary

The MPowHER 6-week 1:1 coaching sessions utilise the techniques used in Neuro Transformation Therapy™. This technique is the science of how to change the way you communicate with yourself and with other people utilising the five senses:

- Visual - Auditory - Kinesthetic - Olfactory - Gustatory.

Transformation Therapy will provide you with the ability to create lasting changes for individuals by using the power of your subconscious mind. It will change the way you communicate with yourself to influence your thoughts, feelings and behaviours to help produce the results that you aspire to achieve in life.



## Contact & Bookings



0418 64 6389



<https://www.transformingpositivevibes.com.au>



[support@transformingpositivevibes.com.au](mailto:support@transformingpositivevibes.com.au)



Initial FREE Session



## Online Coaching Support Program



6-Week Coaching Support



Transforming Positive Vibes

<https://www.transformingpositivevibes.com.au>

# Introducing MpowHER™

*This 6-week online mindset transformation program will level up your leadership skills to your maximum capacity!*

This 6-week Empowerment Transformation program is tailored for Female Executives or professionals who are ready to take the next step to transform their lives. You will enhance your leadership skills and have a voice that will be heard and respected by your team, colleagues and within your industry. You will have the skills to influence others and motivate them to achieve positive outcomes. You will have the ability to rise above any pitfalls that set you back, causing self-doubt and take aligned action in both your work and personal life with an inner knowing and unshakable self-confidence.

This is for you if you experience the following:

- Struggle to motivate yourself and others
- Difficulty delegating tasks due to lack of trust
- Struggling to set and maintain SMART goals
- Constantly focusing on past Mistakes
- Struggling to set and maintain boundaries
- Poor time management skills
- Always people-pleasing and never putting yourself first
- Struggle to take aligned action every day

Don't waste precious time like I did searching for answers! I have now cracked the code to show you exactly how to conquer any self-doubt and unleash the powerhouse leader within by using the "MpowHER™" Method.

I dive deep into learning what is at the cutting edge of human behaviour, mindset, human transformation, and change. I utilise not only past training and work experience but also my lived experience in becoming a successful leader. This unique women's program is tailored to your individual needs because our blueprint is never the same. I provide a SAFE space where you are accepted, feel welcome and can truly express yourself. You will be able to open up and feel empowered to share your story, feeling absolutely free from judgment.

Some of the benefits you will receive include:

- Develop an inner confidence
- Clear out roadblocks and negative thoughts
- Become driven and inspired to take coordinated action in your work, and personal life
- Explore any past obstacles that may be holding you back
- Learn techniques to influence and gain respect within your workplace and industry
- Understand and respect your inner child
- Set and maintain boundaries lovingly  
Build self-trust within yourself and others
- Make empowering choices and decisions
- Ability to self-actualise and release the true leader within (Inner Conflicts)

The "MpowHER™" Method is the process I've used myself to achieve massive success within my career and business. This method helped me to overcome obstacles such as grief and trauma, rise above mental health diagnosis labels, strive to become happy and free, have a stronger mindset to be absolutely confident and live life on my terms.