

Tab 1



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## **SELF-TRUST RESET**

### **A 6-Week Private Coaching Experience**

For the woman who is done second-guessing herself and ready to follow through without guilt or overthinking.

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#### **Is This You?**

- You know what you want...  
but you don't follow through.
- You make a decision...  
then question it afterward.
- You say yes...  
when something in you wanted to say no.
- You spend more time thinking about what to do  
than actually doing it.
- And it's exhausting.
- Not because you don't care...  
but because you care so much that you don't trust yourself to get it wrong.

#### **What Changes When You Trust Yourself**

- This is what begins to shift:
- You make decisions and move forward without spiraling.
- You say no clearly, without guilt sitting in your chest afterward.
- You stop replaying conversations and start standing behind what you said.
- You follow through on what matters to you instead of abandoning it halfway through.
- You feel steady. Clear. Grounded in your own choices.

#### **What This Is**

This is not another place to talk about what's not working.

This is where we change it.

Self-Trust Reset is a six-week private coaching experience where we take what is keeping you stuck and shift it in real time.

Not someday. Not when you feel more ready. Now.



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- Together, we will:
- Identify the belief underneath your patterns
- Interrupt the overthinking loop in the moment
- Practice boundaries in your real life
- Take action with support so you don't fall back into old habits

This is how self-trust is built.  
Not by thinking more.  
By doing differently.

### ***What You'll Receive***

- *6 private 1:1 coaching sessions (45–60 minutes)*
- *Personalized support between sessions*
- *Practical tools, scripts, and guidance tailored to you*

## **Investment**

**\$997**

**Spots Available: 10**

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### **Before You Decide**

You don't need to feel completely ready.

You don't need to have this all figured out.

But you do need to be honest with yourself.

If nothing changes, you already know where this leads.

More second-guessing.

More overthinking.

More waiting.

If you are ready to do this differently, this is where that starts.



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## What Happens Next

Once you sign up:

1. You'll receive a confirmation email
2. You'll schedule your Kickoff Call
3. We begin immediately

You won't be left wondering what to do next.

You'll be supported from the start.

## Final Thought

You don't build self-trust by waiting until you feel certain.

You build it by choosing yourself... and following through.

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