

The Empowered Woman

Stop binge eating in 12 weeks and finally see the results of your hard work in the gym.

JOIN HERE NOW

You've tried every diet, every meal plan, every "I'll just be stricter this time."
And yet, every weekend the same thing happens:

- You binge.
- You feel ashamed.
- You promise yourself Monday will be different.

This isn't about discipline. It's not about willpower. It's about breaking the binge cycle at the root.

That's exactly what I help you do inside *The Empowered Woman* — a 12-week coaching program designed to help fitness girls stop binge eating, regulate their nervous systems, and still hit their body composition goals.

Here's what's included:

- Fortnightly 1:1 calls during the first 4 weeks to fast-track your progress and help you stop binging quickly (opportunity to add more if needed free of charge)
- Monthly 1:1 calls after week 4 to keep you accountable and supported
- Weekly group call for ongoing coaching and community support
- 1:1 WhatsApp support 3x per week (Monday, Wednesday, Friday minimum)
- 24/7 support inside the private group chat
- Education Portal with 80+ training videos & workbooks covering binge eating recovery, nervous system regulation, manifestation, empowered eating and much more.

The Program Breakdown (12 Weeks)

Phase 1: Stop the Binge Now (Weeks 1–4)

- Learn the tools to stop binge episodes within the first month
- Regulate your nervous system so urges no longer feel uncontrollable
- Understand why binge eating happens and how to respond differently

Phase 2: Root & Rewire (Weeks 5–8)

- Identify your actual triggers — the stories, beliefs, and conditioning that keep you stuck
- Rewire your brain and body's patterns so food stops being your main coping mechanism
- Break free from the all-or-nothing mindset

Phase 3: Empowered Eating & Lasting Change (Weeks 9–12)

- Build self-trust around all foods without restriction
- Learn how to eat in a way that aligns with your body composition goals
- Cement long-term changes so you never fall back into the binge-restrict cycle again

Investment

\$129 per week (normally \$250/week – save \$121 per week if you sign up within the next 48h)

Only 2 spots left this week. Enrollment closes Sunday at 5pm or when spots are filled.

Who This Is For

This is for the woman who:

- Smashes it in the gym during the week but sabotages her progress every weekend with binges
 - Feels like an imposter because she “looks fit” but secretly struggles with food
 - Struggles with anxiety, overthinking, *or* ADHD that makes food her main source of comfort
 - Wants to stop wasting years stuck in the cycle and finally feel free
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Who This Is Not For

This is not for anyone who:

- Wants another diet plan or macro split
 - Isn't ready to show up and do the inner work
 - Wants an “overnight fix” without committing to change
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Client Wins

- Amy stopped bingeing in 6 weeks and can now eat pizza with her friends without spiraling
- Jen quit the binge-restrict cycle she was stuck in with her nutrition coach, started working with TEW — and finally started losing weight sustainably
- Sara hasn't binged in over 3 months and says she feels calmer, happier, and more confident than ever

Quick answers to common questions:

"Will this work for me?"

If you're willing to put in the work, to trust the program and follow the Binge Breaker Blueprint, then yes, it will work for you. I've so far never had anyone fail the program, and if you haven't stopped bingeing after 12 weeks, I will give you your money back.

"I've been burned by programs before - how is this different?"

I don't just send you videos to watch or tell you to journal your thoughts, I'm with you every step of the way. I combine my unique 10+ year journey of struggling with BED, my 7+ years of coaching women all over the world, and the knowledge I've gained from studying CBT, ACT, and nervous system regulation (somatic therapy). *This is the program that works, even for the woman who feels like she's "tried it all before".*

"How much time do I need?"

Plan for 10 min/day per week. That is enough time to watch 1–2 modules, communicate with me via WhatsApp, and stay updated in the group chat.

"What time are the weekly calls?"

Group calls are every Wednesday at 7pm QLD time / 10am London time OR 4pm QLD/7am LDN, and they are recorded if you can't make it.

Your Next Step

If you could do this alone, you would have by now. Don't waste another year stuck in the same cycle.

[JOIN HERE](#)

Or

[BOOK IN A FREE DISCOVERY CALL WITH ME](#)