

# Thank You

Hello - I'm so thrilled you're keen to know more about our brand new course!  
Thank you.

**Now, before we dive in, I wonder if any of these sound familiar?**

- You start every new year feeling sluggish, bloated, low on energy and disappointed in yourself?
- You promise yourself every December you won't overindulge, but quickly fall off the wagon?
- Maybe you lose control of healthy habits, pile on the pounds, stop looking after yourself and avoid looking in the mirror?
- But above all... you desperately want things to be different.

**You'd LOVE to smash into 2023 POSITIVE, POWERFUL, CONFIDENT and IN CONTROL - but you don't know how to make it happen (or think it's even possible).**

If those resonate....you're in the right place AND...you're not alone.

## Let's be honest...

Times feel tough right now. The days are cold, short and dark (for us in the Northern Hemisphere anyway!), our routine gets out of whack and all the bad news we hear makes it difficult to maintain a positive outlook.

So I'm going to get real with you for a moment...

Having worked with and coached hundreds of people, James and I know what it takes for people to be successful, happy and healthy - for the long term. And we know why people continue to fail.

The truth is - failure begins in our mind. It makes up excuses as to why we aren't good enough. It makes up reasons why it won't work, why it's not the right time, why you can't afford it, why there might be another way, even though you've never found it.

It's so convincing - you end up believing it.

So first and foremost - our mission for 21 Days, beginning December 5th, is to eradicate that from your life, so you can REALLY level up - not just physically, but with a strong, powerful vision for 2023.

Which is why we've named this...

## ***Vision + Vitality***

...An incredibly supportive 'container' - where TOGETHER we'll not only keep you on track over the festive period, but ensure you fully focus on what you want to be, do and have in 2023.

# Kick Start 2023!

## **We get tired...**

...of watching GOOD people fall victim to their own lives and circumstances. So this is 100% designed to help you take back control.

Please understand though - this is NOT a weight loss plan. You absolutely will lose weight (and gain vitality!) as a bi product of joining us, but this is for the person who is ready to take their life to the next level. Who is ready to get clear on what they want and play BIGGER.

If you want to feel fired up and unstoppable - we've got you.

If you want to rise - and finally put goals into motion - we've got you.

This programme will address what's been holding you back, preventing you from taking action and kept you sticking to a plan.

You'll leave us with a much deeper understanding of yourself, what drives you and how to be successful in ANYTHING you wish to pursue.

***This is THE kickstart for an extraordinary 2023 and beyond.***

# The Holidays

## **Why is it the MOST IMPORTANT TIME to take action during the holidays?**

Because it allows you to see that there's never truly a valid excuse for failing to take care of your physical and mental health. When you have the support, confidence and roadmap to look after yourself when it's more challenging, you'll feel empowered knowing you can do it at ANY time of the year.

Without this programme, all the old habits, negative thinking and stagnation will consume you and keep you down...

Also - everyone is always busy. That never, ever changes. We can see it for the excuse it is and take the decision to course correct right now.

Plus - we're going to show you how to have the BEST holiday season you've ever had...where you don't feel like you're missing out on anything, but actually gaining a whole lot of self trust, self belief and self confidence...as well as a lighter, fitter, healthier body.

# 21 Days

## **So - what can I accomplish in 21 days?**

- A total system reboot!
- You'll wake up on the 1st January 2023 more fired up and excited for the future than ever before. You'll have clarity on what you want and how to get it.
- You'll understand what's held you back and how to let go of what's no longer working for you.
- You'll have a strategy and toolkit to move forward on your goals, with an expert roadmap on how to achieve them
- You'll regain control of your thinking, your habits and your health.
- You'll lose weight (average participants lose between 4-8lbs), get stronger, sleep better and handle stress in a more balanced way.
- ...you will know that you've FINALLY got this - because if you can do this during the holiday season, you can do this ANYTIME. You can plan for trips away, work events, weddings, parties from here forward, with the confidence that you know how to do it...

# What do I get?

## What's included in the programme?

- 3 live expert mentoring sessions with us (one a week) - where we'll walk you through the processes of acknowledging where you feel stuck, reigniting your passion and purpose, setting your vision, creating a robust plan, removing self sabotage and roadblocks, programming a winning mindset, and kick-starting (and maintaining) momentum.
- Downloadable workbooks to accompany each session that will guide you through the processes, step by step.
- 3 on the spot group coaching sessions (one a week) for you to bring your Qs, concerns and challenges and we'll work through them together. As we know - a lack of accountability is often the reason we fail.
- A toolkit for your mind, body and soul that you can return to again and again to keep you focussed, disciplined and...most of all - loving the process.
- Scheduled workouts you can do at home with no equipment (you can switch them around if you wish) - plus they're designed for every level.
- Nutrition coaching to empower you with the no nonsense knowledge you need for long term success. There is no specific diet plan to follow because telling is not the same as learning.
- Daily habit practices that embed new behaviours and reprogramme the mind.

- Affirmation and meditation audios to install new beliefs, downloadable workbooks and a private Facebook Community.
- A bonus group check in call at the end of January to touch base with progress.
- Bonus sessions with experts you wouldn't normally get access to.

*All materials will be held in an online portal. The calls will happen via Zoom, be recorded and uploaded to the online portal.*

## **Can my friend join?**

Yes! In fact, we will credit you £150 of your programme fee per referral.

\* Referrals may not already be part of our Programmes

## **When does it start?**

We officially start on December 5th. You will have all the materials you need by Friday 2nd December so you can fully prepare.

Your registration must be received no later than 9pm on Monday, November 28th.



# What's the investment?

The programme is £699 and can be split into two payments of £350.

You'll maintain access to ALL materials for 3 months.

With regards to the access you'll get to us and our expertise - it's unlike anything we've run before. So if you've wanted to join our main signature programme - The Midlife Method, but not been able to commit to the eight weeks - or the financial investment, this is your chance to work with us.

## **I'm ready to level up - how do I join you?**

Follow [THIS LINK](#) and we'll be in touch straight away to welcome you to Vision + Vitality.

I can't wait to see your name come through and spend December with you...

Much love,

Claire xx

PS if you have any questions you can check them out at the bottom of this page - [GO HERE](#)