

SILENCING YOUR SABOTEURS

A POSITIVE INTELLIGENCE PROGRAM FOR WOMEN LEADERS

WHAT DO ALL OF MY CLIENTS HAVE IN COMMON?

I specialize in working with women leaders- corporate executives, small business owners, solopreneurs. Amazing, talented, driven women. And yet, they all have a common problem.

They get in their own way. Their self-doubt speaks louder than their courage and wisdom.

THIS OBSTACLE HAS MANY NAMES: IMPOSTER SYNDROME, HARSH INNER CRITIC, SABOTEUR

It's the negative voice inside your head that sits in constant judgement of yourself, others, and circumstances. She tells you not to speak up, not to take risks, not to live authentically and with a sense of ease.



THE POSITIVE INTELLIGENCE PROGRAM IS A POWERFUL, HIGHLY EFFECTIVE FRAMEWORK...

for learning how to manage the saboteurs that stand in the way of living our best lives. We do this by:

- Understanding how your mind actually operates and why sometimes it's your best friend and other times your worst enemy.
- Developing mental habits that give you an edge in stressful business and personal relationships.
- Strengthening the mental muscles needed for long-term success.



THE RESULTS?

- **DECREASED STRESS**
- **IMPROVED WELLNESS**
- **BETTER RELATIONSHIPS**
- **MORE ENJOYABLE PARENTING**
- **GREATER CAREER SUCCESS**

THIS SIX-WEEK GROUP PROGRAM IS A COMMITMENT TO:

- 15 minutes per day of app-guided, individual mental fitness work
- One hour per week of independent learning through on-demand videos
- One hour per week in a small group coaching session, led by me

THIS IS A COMMITMENT WORTH MAKING TO YOURSELF

The results I've seen personally and for my clients are deeply impactful and have the potential to change the quality of your life.

