

# CREATE 6 WEEKS



**You're ready to start your journey of self-improvement and personal development is important to you.**



## CREATE 6-WEEK PROGRAM

We will work together mindfully through the  
CREATE PROGRAM

Learning to start **RECONNECTING** to yourself  
**AWAKEN** some **SLEEPING DREAMS**,  
becoming more of what you want, finding more **self-confidence**  
bringing In more **HAPPINESS** within yourself

One-on-one, fortnightly Coaching sessions bring your individual needs to the surface and work through them.

You are making the commitment to building a healthier mind, body and soul, knowing that It's your time now.

You are committed to self-care and sleep to re-energise your life and give back to you.

Remove and strip back some past limitations on yourself and learn to set boundaries. Start to focus on removing the negative effects in your life.

Stepping through and learning how to believe in your self-worth.

Planning and prioritising so you can be more organised in life.

Make some plans and goals for now and what you want your future to be.

Helping to focus on good vibrations and language patterns.

Start the creative dreaming process of what your life can and will be.

# CREATE PROGRAM

Videos or workbooks on how to start on...

Journalling, Meditation, Gratitude, Savouring and Loving-kindness.

Bringing In more HAPPINESS within yourself.

Ideas for creating a vision board, see and feel what you want to awaken within you.

Joining, I'M ALL WOMAN Facebook group with other women. The aim is to build a group of women that enjoy lifting each other up and sharing hopes and dreams.

Through these processes, you will notice a shift in your mindset.

It will create more confidence and belief in yourself.

The internal happiness within you will have grown, no longer just looking for external things to bring happiness.

You will know you are good enough and always have been.

You will feel more energised, have more time for the things you love in life and believe you can have the life you always wanted.

## Create 6-week Program

Fortnightly One-on-One Coaching	\$300
Fortnightly check-in by Call or Text	\$150
Workbooks, Videos, Emails & Additional support	\$150
Total	\$600

Direct debit in full today only \$550

or weekly direct debits of \$100

# Testimonials

Tammy has helped me unlock my hidden potentials. I have so many good qualities. Anxiety will not be my primary director anymore. During the few months, I spent with Tammy, I have found her to be very professional and genuine. Tammy had a calm voice and a caring nature. That was beneficial as I do not really connect and get triggered by loud “over the top individuals”. I felt Tammy virtually held my hand during some of my sessions. Especially where I was emotional. Tammy held a safe and non-judgement platform. Tammy has guided and helped me understand the following pieces - redirected my negative thoughts. Getting me to see me look at my old core beliefs about myself. -Looking and exploring my possibilities. -Getting me to reflect on what I have achieved. Help me understand I can write a new Story.-Learnt that I deflect a lot helped correct language. -I learnt how to be kinder to myself. -Most of all I learnt how to speak and change my old language. I can now speak a new language that serves me with more positive talk.

WOW ... It's empowering for me to begin to feel like I am more than my past.

Tammy, thank you for walking beside me and helping me reinvent my thoughts. You have given me a new light lens to look through. I am a stronger woman from our coaching time together. Blessings **Michelle**



Before I started coaching with Tammy, I was full of emotional turmoil. I had just ended a four year long toxic relationship and found myself unable to deal with how I was feeling in a healthy manner. I was hesitant about starting coaching but decided it couldn't hurt to try it out. Tammy's service as a coach helped me immensely as I am now the current manager at my job and pursuing my bachelor's degree at University, if I hadn't had sessions with Tammy I would not have had the confidence that I have now to pursue these goals. My favourite thing about coaching is that they provide you the opportunity to work through where you're struggling and find solutions that work for you. And to anyone thinking about getting a coach, I highly recommend it as without the coaching I received from Tammy, I feel as though I would not have progressed as far in life as I have now.

I highly recommend Tammy as a coach for anyone looking for one and I will use her services in the future if I find myself needing them again! **Caitlin**



loved your thought-provoking PDF. Actually, until just now I had already forgotten about it - I easily slip back into unhealthy habits and thought patterns. This is something I need to work on. Our session really highlighted that. Healthy self-talk is vital and unhealthy self-talk is so damaging.

loved the sessions. think you are great at what you do, you are an amazing listener, and so importantly, you are great at responding and highlighting a totally different standpoint/views that I often hadn't thought of, and I think you are going to impact positively in so many peoples' lives! I am looking forward to more sessions with you. I came away from the session feeling so much better about myself and the world and people around me. **Tina**





Looking forward to  
connecting with you soon.

**[BOOK IN WITH TAMMY@  
CALENDLY.COM/TAMMY-HUXTABLE1](https://calendly.com/tammy-huxtable1)**

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