



worrier to warrior

with Keri Gavin



The worrier to warrior is a 6 week program is designed to guide you through your own self mastery with the tools of human psychology, universal principles, habits of success and intuitive support to access the greatest version of yourself by transforming your inner world from a worrier to a warrior attitude.

This program is designed to help you stop worrying about the things you can't control and start acting like a warrior for the things you can. In this container we will work together to get crystal clear clarity of what you actually want for your life, (yes, specifically!) as well as how to craft your greatest vision, cultivate habits that are essential to get there, understand how to navigate your success and setbacks for sustainable growth and most importantly how to enjoy the journey of creating your dreams!

This program is for the woman who:

- *feels frustrated like she's 'missing' something or that she needs to learn more
- *has a big heart and desire to help others and make an impact in the world
- *is a high performer and can be a perfectionist at times
- *is a Creative and wants to use her gifts with the world
- *has had some success - typically a business for at least a year but her income and client flow is inconsistent
- *is feeling the push and pull of juggling family and business and sometimes feels like it is an either/or thing (either successful family or successful business)
- *feels like she's tried all the things but her business is still inconsistent with income and clients.
- *has invested in coaches and programs but feels like the strategies just aren't converting
- *may have had her business for many years but is on the brink of burnout
- *spirituality is a part of her practice or has a desire to increase it
- *wonders if she is really cut out for this



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The program itself is based on my T.I.D.E.S framework that I teach my high level 1:1 clients to navigate the waters of success...

This 6 week program structure includes:

Week 1: TRUTH TELLING
OFFICE HOURS/ Q&A CALL

Week 2: IMAGINATION
OFFICE HOURS/ Q&A CALL

Week 3: DECISION
OFFICE HOURS/ Q&A CALL

Week 4: EXPANSION
OFFICE HOURS/ Q&A CALL

Week 5: SUCCESS
OFFICE HOURS/ Q&A CALL

Week 6: PULLING IT ALL TOGETHER
Celebration and Reflection



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what you should know:

This work is transformational and needs to assimilate, My feeling is less is more -
- I have sifted through 15 years of my own learning and personal development journey and shifted the most potent information... I don't think 'more content' is always better.. I think potent content is better! That's why there is office hours so there is real time support as my group is integrating!

potential results of the program are:

- *Creating more income and impact by being who you really are
- *Discovering what you really want in your life and business
- *Creating a life and business you love and receiving the income that allows you to feel free
- *Letting go of saying yes to the wrong things
- *Understanding Universal Principles so that you can co-create with real results.
- *Reprogram the subconscious and cultivate a toolbox of skills so that you can increase confidence, clients and income
- *Releasing stories, limiting beliefs and outdated belief systems that keep you feeling less than and not good enough
- *Creating a mindset that sets you up to win and achieve anything you desire
- *Trust yourself and your intuition so you know what is right for you
- *Knowing your impact in the world and charging accordingly

Are you ready? Let's do this! Click here to transform from *worrier* to *warrior* with me!



I believe in you.

~keri

