

VIP BREAKTHROUGH

When you're constantly juggling work, family, responsibilities, and more, your future can begin to look identical to your past, with the same challenges and struggles showing up day in and day out. Plodding through life feeling like something is missing, hitting a brick wall personally or professionally, and leaving your biggest dreams unfulfilled is frustrating and stifling. In my VIP Breakthrough, all I need is one day: one day to uncover what's missing in your life; one day to eliminate unwanted negative feelings and limiting beliefs holding you back from success in all areas of your life; one day to propel you into a more desirable future so you can *rise up and live well* – both personally and professionally.



What can a breakthrough do for me?

This super-charged, intensive 1-day program was built for people who want to make powerful changes quickly. Whether you want to address stress, career development, health, self-doubt, self-confidence, anxiety or emotional stress, motivation, inner-balance, or all of that and more, this session will help you peel back the layers, get to the underlying root of your challenges, and shift your mindset to take control of your life – and your success.

How does it work?

- **Customized Guidance and Tools:** Just like you, your VIP Breakthrough Session will be unique! We'll start with a series of questions designed to reveal underlying issues holding you back from success and happiness. From there, we'll form a comprehensive list of behaviors, thoughts, and feelings you'd like to address. Then we get to work eliminating and shifting what's on your list, while providing you with resources, tools, and new perspectives along the way. During this process, you'll become very aware of why these challenges are a part of your life as you experience unlimited breakthroughs and gain new clarity.
- **Proven Methodologies:** Through Neuro-Linguistic Programming (NLP) and Create Your Own Future (otherwise known as Time Line Therapy), we'll tap into the parts of your unconscious mind that store emotion, memories, and habits. By doing so, we are able to align your conscious and unconscious thought patterns and begin working towards the goals that will help you rise up and live well!
- **Ongoing Support:** After your Breakthrough session, we'll reconnect to talk about how you're feeling and where you're headed next. I'll answer any questions you have and give you resources and recommendations for the next step on your journey.

A busy life doesn't have to be an unfulfilled one. This strategically designed session will rapidly provide quantum leaps in your thinking, give you a renewed sense of congruency and empowerment, and allow you take control of your future immediately. Are you ready to experience your breakthrough? Contact me at kelli@riseupandlivewellness.com to get started today!

riseupandlivewellness.com

