



Life Longevity

NLP Life and Gut Health coach



NLP & Mental Reprogramming (Mind Mastery)

Goal: Increase emotional intelligence, stress resilience & peak performance

- ◆ Inner Pacing Technique
- ◆ Emotional Detox with Ho'oponopono
- ◆ Stress Release via NLP Anchoring
- ◆ Subconscious Belief Reprogramming
- ◆ Performance Alignment Sessions

✓ Outcomes: Improved focus, mental clarity, goal setting, and emotional stability



Gut Health for Energy & Immunity (Body Mastery)

Goal: Heal digestive health naturally for higher energy & fewer sick days

- ◆ The Gut-Brain Connection Explained
- ◆ Understanding Dysbiosis, SIBO & SIFO
- ◆ Personalized Lifestyle Mapping
- ◆ Homemade Probiotic & Natural Protocols
- ◆ The "4-Week Gut Reset Challenge"

✓ Outcomes: Reduced acidity, better digestion, immunity boost & natural vitality

Start Living life with goal of Longevity and Healthy life naturally

Our Corporate Offer

One-Day Onsite Workshop

5-Day Group Coaching (Online or Hybrid)

1-on-1 Executive Wellness Coaching

BOOK NOW

You have the power to empower your company via empowering employees.

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