

The 7-Week Program for Women Includes:



Foundations Weekend 'Breakthrough to an Empowered YOU!' (2-day workshop)

Discover the owner's manual to your mind so you can literally be the driver of your own life to experience more happiness, confidence, purpose, wellbeing, emotional fitness, and a greater sense of self. Learn lifelong strategies to help you be present, be true and be YOU.



Loving Food for Food and Loving Your Body (1-day workshop)

Finally, the real facts on food, mood, gut health, weight management and the science behind it all! Discover the four eating profiles to give you an entirely new perspective on food to have AND maintain healthy and non-restrictive eating habits. You will also learn the keys to loving your body and having positive body image - right now!



Behaviour Dynamics (1-day workshop)

EVERYTHING is about behaviour dynamics...yours and everybody else's. Learn why you do what you do and don't do what you don't do. The more you learn about your own innate and often unconscious behavioural patterns, the more you will also understand the complexities, nuances, and uniqueness of other people's.



Magical Relationships (1-day workshop)

Discover the 3 keys as to why and how we repeat patterns that hold us back from feeling loved and being open and loving. This workshop will help you have a magical relationship your partner or a future partner. It will also help you understand what is important to you and how to meet your needs in all your relationships including friends and family. If you have a partner, we encourage you to bring them along.



The Best Year Yet (1-day workshop)

You'll discover how to make this your best year yet. You'll create your own realistic and purposeful vision and design a plan of action to achieve and manifest it. Get ready to fire up your life by loving and empowering the most important person in your life - YOU!



Behavioural Analysis Report

Are you ready for some powerful 'A-HA' moments? You will receive an in-depth, 22-page report revealing your personality profile and preferred behavioural style. This report gives you an immediate snapshot insight into who you REALLY are including your strengths, challenges, motivators and demotivators.



Weekly Online Webinars - to keep you motivated and accountable!

These live online sessions are filled with insights and strategies to speed up the results you want for you and your life. Some of the deep dive content includes the ART of mindfulness, boosting your natural happy chemicals, loving the voice inside your head, and understanding and valuing your feelings - all of them.



ART Private Facebook Group

Motivation, support, and connection with Catie and your team to keep the encouragement, results, growth, and change happening every day.

