

Reclaim & Rise

12 WEEK MENTORING PACKAGE

You feel stuck. But something inside you knows there's more. Somewhere inside, buried so deep you can barely feel it, voice whispers: *Is this it? Am I meant for something more? When did I stop feeling joy about my life? When did I lose who I am?*

You're not broken. You're just stuck – in roles you've outgrown, in a rhythm that no longer reflects you, in survival.

What You Really Want Is:

- To feel passion & purpose again
- To reclaim your peace & joy
- To wake up with energy & direction
- To feel the power of living intentionally
- To reconnect with the woman you truly are

The part of you that's buried? She's not gone. She's waiting to be reclaimed.

The 12 Week Mentoring Experience

This private, guided mentoring journey is designed for women who are ready to release their stress, restore their spark, reclaim their identity – not in theory, but in reality – with tools, support & deep human connection.

What You'll Walk Away With:

- A calmer nervous system & clearer mind
- New habits that restore your energy
- Powerful tools to make stress mastery a permanent lifestyle
- Reawakened sense of purpose & passion
- Anchor in peace & joy, no matter the pace
- Permission & tools to BE who you truly are

Incredible VALUE package inclusions:

- Wellness assessment (30 mins) - \$80
- Initial consultation (90 mins) - \$225
- 11 x weekly appointments (60 mins) - \$1,925
- Text and VM between appointments for the duration of your package (*T&C's) \$2,200
- Starter supplement Bundle (up to \$300 value) - \$300
- 2 x monthly supplement refill (up to \$150 value per month) - \$300
- 2 tickets to The Wellbeing Brunch - \$100
- Online course access - \$2,149
- Workbooks and resources - \$249

Total 12 weeks value: \$7,528 AUD

- Optional extra - Add a retreat package

Total 12 weeks value: \$10,768 AUD

Choose from packages to suit your needs and your budget:

Package	Value	Price	Save
12 Weeks Mentoring	\$8,149	\$3,300	\$4,849
Incl. 2-Night Retreat	\$10,178	\$4,655	\$5,523
Incl. 3-Night Retreat	\$10,768	\$4,995	\$5,773

I look forward to serving you in this space! xoxo

Kat Alex