

Transform your life 

Love yourself, love your life!



Transform your life

Group coaching program

Stop chasing Mr. Right! Become an empowered single woman, create a life you love, and own your worth so you effortlessly attract a soulmate who treats you like the gift you are!

If you are an amazing woman, but keep attracting unhealthy relationships, it can be very discouraging. Not only do you long to find a high-quality partner, but you also doubt yourself and fear making the same mistakes again.

The way to end this struggle is to step into your power as a single woman. Once you truly appreciate your priceless value and become confident in who you are, you will know without a doubt that you deserve to have what you want. And that will make you an irresistible magnet for your soulmate!

This is why I created the **Transform Your Life** group coaching program.

In this step-by-step online program, you will discover how to:

- ✿ Leave your past patterns, challenges and fears behind.
- ✿ Design an exciting vision for the life, career and relationship you want.
- ✿ Take action to create a life that's fun and fulfilling.
- ✿ Feel confident in your ability to attract a great partner.
- ✿ Develop limitless beliefs that you can have whatever you want!

Through online training, live interactive group coaching, and empowering exercises, the **Transform Your Life** program teaches you how to go from feeling cynical about life and love to feeling great about who you are and your ability to find your ideal partner (when the time is right for you).

*Stop settling for unfulfilling relationships. It's time to fall in love with you,
build a life you truly love, and attract a partner who adores you!*





What you'll learn...

In **Transform Your Life**, you'll learn how to:

1. **Break FREE from your past** – You won't attract a high-quality partner if you're being held back by negative feelings, unhealthy relationship patterns, and limiting beliefs. I'll help you heal your heart, discover what needs to change, and create a happy ending to your love life's story!
2. **Get CLEAR about what you want** – We'll do some powerful self-discovery exercises to help you paint a clear picture of the life, career and relationship you want. Then you'll develop an action plan for your ideal life, and create limitless beliefs so you know without a doubt you can achieve anything!
3. **Become FEARLESS in life and love** – Through fun and empowering exercises, you'll tap into your strengths, learn how to be more assertive, and become so confident that nothing — no guy, no dream — is out of your reach!

Key benefits of this program...

✓ *Create a life you love*

- ✿ Discover your life's purpose
- ✿ Design your life around your interests and passions
- ✿ Learn how to thrive as a single woman!

✓ *Become more assertive*

- ✿ Act true to your values and goals
- ✿ Ask for what you need
- ✿ Get treated the way you deserve

✓ *Develop real confidence*

- ✿ Become passionate and alive
- ✿ Rediscover who you are and what you have to offer
- ✿ Become irresistible to your dream partner!



What members are saying...



“The Transform Your Life program was a real game changer for me in both my personal and professional life. Not only did Karen’s program help me shed many limiting beliefs that were holding me back, she gave us tools to use going forward to help us continue on our journeys! Almost a year later, I am in an amazing relationship with a wonderful man who I never dreamed I would connect with, and have finally built up the courage to start my own business. Thank you Karen!”

—Wendy Mason, fitness and nutrition coach, 4 The Health Of It



“Just a quick note to let you know that not only did I get a job I love this year, but I recently achieved another major life goal—I bought a beautiful home with a treed, quiet backyard in a lovely neighbourhood, 5 minute’s walk to Gatineau Park. I believe these major achievements happened because of the work you had me do on goal setting and getting clear. Can’t thank you enough!! I love knowing what I want out of life and going for it!! Not directionless anymore!!”

—Jenny Kaser, curriculum designer, Joule (a Canadian Medical Association company)



“I can honestly say I have grown into a confident, empowered, full-of-life, and motivated woman. Karen’s insightful and patient guidance not only contributed to my success, but in many ways was the catalyst I needed to transform my darkness to light. I have healed many wounds, gained an incredible amount of confidence, and fallen in love with myself. With Karen’s coaching, I have seen major improvements in my work life, home life and overall happiness. I would recommend Karen’s courses and coaching to everyone in search of transformation!”

—Deanna Wilson, naval logistics officer, CFB Borden



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