



My Gift to You - Get Acquainted Consultation

Hello there,

If your anything like me, you want to get to know the person you are considering to work with? I know for me, its important that I like the person and trust the person otherwise it is unlikely I will get what I need. Many people who choose to work with me feel the same way. That is why I am gifting you a Get Acquainted Consultation by phone. This is your chance ask questions how I can assist you and find out if you like me. I promise I will take the time to ask good quality questions to ensure I understand your needs.

There is absolutely no obligation to go any further unless you feel it is right for you. This way, you will have the information to make the right choice for you (without a financial investment). All you need to do is contact me to set up a time for your "Get Acquainted" phone call. I look forward to getting to know you soon.

With Love Anna

"My husband had worked with Anna and thought she could help me with my high levels of anxiety. I felt comfortable with Anna straight away. She has a way of having you trust yourself on a deep level. I am at peace and ease in my life even in the challenging times". Angela, Business Owner, Australia.

Discovery Session

Everyone has struggles or problems that seem impossible to resolve at some point in life. Often it is on the back of changing circumstances.

*The Discovery session offers a fresh perspective to view the story that creates the stress and struggle.

*The Discovery Process has 8 questions of enquiry that focus on where you are in life right now, what are you struggling with, how you perceive others input, your greatest joys (and frustrations) and what would you like to be different.

*This is your opportunity to be heard and valued without judgment. It also allows you to gain clarity on the direction to focus your attention for better health and wellbeing.

At the conclusion of the session, you will have a better understanding how to take care of yourself holistically and in a loving and conscious way.

"The consultation I had with Anna was outstanding. With her knowledge and her innate intuition, she brought a clarity and confirmation to my understanding of my direction. She showed me where my greatest challenge was and how to find the balance for a more fulfilling life. I will be eternally grateful to Anna for her wisdom and understanding". B.Knight, Author and Healer, Australia

Find out more with Anna

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The mini course of enhances awareness

The Mini Course is an introduction to The enhances awareness program. Students of The Mini Course become familiar with the eap four part formula that creates balance / imbalance mentally, physically, emotionally and spiritually.

*Students complete the eap consciousness profile.

This is an unique measurable tool developed with 60 statements of consciousness related to (mental, physical, emotional, spiritual) wellbeing.

- *Identify what areas are out of balance.

- *Choose a priority from the eap consciousness profile that you believe requires your attention for better health and wellbeing.

- *Create strategies that nurture and nourish your wellbeing.

- *Choose how to make these strategies sustainable.

- *The mini course empowers you to take care of yourself and to love yourself back in a conscious way.

The mini course is held over four mentoring sessions. At the completion of the mini course, students will have a defining measure of their awareness (balance and imbalance) and strategies required to manage sustainable practices of self care and love.

Check-in Passport

Book your consultations when you need them.

It can be one of the most challenging exercises to maintain awareness and new ways of being once a consultation or program has been completed.

- *The Check-in Passport gives you the option to book pre-paid mentoring sessions (15 minutes, 30 minutes, 60 minutes) with Anna when you need them and you choose the topic for discussion. Check-in gives you the encouragement and understanding to continue to evolve and live your truth.

- *In each session you practice authentic listening and how to maintain strategies for wellbeing especially in times of challenge. The sessions put the focus back on you which is the most powerful place to build your strong nurturing foundation and live your full potential.

"Anna is my friend and mentor I go to when I am stuck in my old story and forget my values. Anna gives me plenty of time to find my own answers and feel empowered. I am in service to others and it is important to look after my wellness mentally, physically, emotionally and spiritually". Anna, Holistic Health Practitioner, Germany

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The enhances awareness program (eap)

This program is for people that want to take a deeper dive to know thy self intimately. We have found that people who participate in this program are determined to make significant changes in their life. They have reached a crossroads and don't know how to move forward. The indecision and lack of "knowing how" is taking its toll on their wellbeing. It is common for people to have invested time and money to make change but nothing they tried is sustainable. Something is missing and it is soul-destroying.

Consistently we find people struggle with understanding relationships, purpose, career or vocation, work life balance, self empowerment. This leads to problems in communication, confidence, self-expression, health and wellbeing and feeling fulfilled in life.

The Enhances Awareness Program (EAP) has the capacity to radically change your life. It is a systemised approach to guided listening that is simple in its design but dynamic in its impact. The proven EAP formula guides the participant through ten steps to self-select values (priorities) that reflect their true essence and this makes change sustainable. EAP is a journey of one on one mentoring over six months. Participants follow a content rich workbook and dialogue with a personal mentor on a weekly or fortnightly basis. Unique to this work is the inclusion of FK Bowen. Choosing to engage in life with increased awareness offers many benefits. Our clients

consistently report experiencing the following four benefits: Clarity (of values that matter), Happiness (life is more meaningful and fulfilling), Freedom (from the old stories), Wellness (expanded wellbeing).

"Before I did EAP, I felt stuck - trapped almost in my life of helping others. Although I was in service, I felt I had lost myself somewhere on the way. After EAP, the reality of my daily life didn't change but my perception did. I began to allow myself more space and see a new reality and feel how I could create balance in how I chose to spend my time ensuring my inner needs were being met. Anna was wonderful to work with, she has the perfect qualities of empathy, support and strength (and big doses of loving kindness). EAP provides you with a strong balanced framework to holistic self care". Anneke, Health Practitioner, New Zealand.

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Program/Service	Fee	OM Fees	
Get Acquainted Consultation	My gift to you	My gift to you	
Discovery Consultation	\$135	\$85	1 hour phone/Skype
A Mini Course of EAP 	\$540	\$340	5 mentoring hours Download workbook and templates
Check-in Passport	\$150	\$85	Pre-paid Consultations, 60 minutes total. Choose your timeframe.
The enhances awareness program 	\$2500	\$1995	1 to 1 mentoring, high content workbook

Payment Plans are available, please discuss with Anna.