



www.nicolasalter.com

Welcome to your purpose-driven life!

Right now you may be at a pivotal point in your life, yearning to go to the next step and make a change you know deep down you want to make and break free of tired old worn out thinking, reboot and take your life to the next level.

Change Your Story

This (re)Define Yourself private mentoring experience is for those who know they want more in their lives and their work, and who have woken up to the fact that making a difference through their creative expression, no matter what that is, will make them feel fulfilled.

The good news is that expanding your unique gifts to reach those who match your skills also brings success and even prosperity doing and being what you love!

Finding the courage, the confidence and momentum to do this requires a partner who can collaborate, support, guide and mentor you to success who has also had her share of challenges, experiences and transformations to ensure **a compassionate, motivational and very focused partnership with commitment and accountability** to help you achieve your goal and make a return on your investment.

Spark and Connect

It takes time to become who you truly are, but working together and revealing your purpose, reprogramming old limiting beliefs that sabotage you, rewiring and rebooting your system with new purposeful and profound techniques to ignite long term changes to live the life you life with purpose.

What's included in the mentoring experience that not only builds on self-awareness but also task orientated goals using well proven neurolinguistic techniques and time honored methods for self-transformation.

The entire experience can be done on Skype or Face Time, or in person for the first Phase. Further details will be emailed to you.

Phase 1. - 2 hrs - The Breakthrough Package

- **Craft 'Your Unique Brilliance' - Who are You?**

Your (re)Define Yourself and Manifest Your Goals program will kick off with an intensive two hour session to craft your personal mission statement to reveal your unique essence and personal identity to help you move forward in your life with clarity and purpose.

Phase 2. - 6 hrs - One Day Private (re)Define and Manifestation Retreat (can also be split into three 2 hr classes)

This relaxing yet focused six hour day brings a profound opportunity for you to move forward with your Unique Brilliance essence to:

- create inspired goals
- understand the 5 key motivators for success
- walk-through exercises that will shift you from sabotaging belief systems about your self replaced with clearer, cleaner refined more expanded beliefs plus much more.

Phase 3. - The Diving Into The World Package – 2 hours twice a month for three months or sooner, depending on your time frame.

EMPOWER & MOMENTUM

Taking your newly revealed brilliance and inspired goals into the world may take some vision, adventure, tenacity and questions about your next best steps. As you continue working with Nicola you will discover even more powerful techniques and guidance to help you connect your personal identity with what you want to manifest, following amazingly simple and effective methods for continuing your success in the world and birthing your goal into reality.

This package takes into account any fears that may be lurking around preventing you from keeping momentum to manifest your goals and keep to your truth, it also discusses regulating your mind through mindfulness techniques, letting go of lesser pleasures for the sake of greater

ones, concentrating awareness, learning to surround yourself with positive people and why, the importance of not minding , and much more. All of these tools support you in manifesting your goal.

- Monthly Accountability Declarations and Weekly Reflections - to keep you focused and on the fast track to defining your true self, purpose and manifesting your goals.
- Priority Email Access for Quick Questions, Feedback, Support and Additional Accountability - if you have a burning question that really just cannot wait, you are welcome to email me. Monday through to Thursday I will respond normally within 48 hours, and if it is quite an extensive question too long for an email response, we will schedule it as part of your next guidance session.
- Handouts Emailed One Day Prior to Your Mentoring Session - handouts for you to complete along with homework assignments are emailed prior to each assignment.

Additional Bonuses when you sign up for the entire mentoring experience:

- **Bonus 45 minute catch up and reflection session**
- **Free copy of my book, Hot Water for Tea, my inspired collection of tea remedies and aromatic elixirs I have created for my clients during the last 20 years, packed with formulations and remedies to support your health and well-being to keep your spirit, body and mind in good health.**

What is your investment?

This mentoring experience supports and brings to life your purpose in a powerful and very personalized way and requires me to be at my very best to help you reach where you want to be. With this dedication and commitment to you I still keep your investment competitive compared to other mentors who charge substantial figures and don't personalize or tailor their programs to an individual's needs.

I have watched many of my clients attend many conferences and transformational workshops and come away with very little useful information. Many of my clients share that they had no idea, even with the information I gave them, how much time and attention they would receive from me and are very happy with their results.

Nicola Salter

Love your life and live your purpose!

Next Steps

To schedule your free 20 minute visioning call to discuss your challenges and goals or complete the visioning call form at <http://www.nicolasalter.com/free-20-minute-consultation.html> and email to me today and I will arrange a time to call you.

Clients Speak

*Wow !I just have to tell you **that I've never felt so sure and good of my work and life purpose!** I feel so excited and expanded and energized. Thank you!*

E Korman

*"Nicola introduced her (re)Define Yourself program to our Board of Directors. We decided that the neurolinguistic and holistic tools she was using would be appropriate for helping both the vets and their wives, as she said, to deprogram old belief patterns and pain and reprogram new neural pathways in the brain to eliminate flashbacks from war, but also to reconnect to forgotten parts of themselves to help them move forward with new careers and a direction in life. **We are witnessing some profound changes and are happy with the results**".*

Brian Hillard, Executive Director and Lead Facilitator of Crusades 22, a holistic after care program to aid American veterans, First Responders and their Spouses.

*"I chose the (re)Define program because i wanted a change, and I was struggling in choosing something I love and have passion about... **I believe in this program 100%, it has helped me figure out a way to make a change in something I love to do** - travel, write and take photos all in a nutshell ..."*

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