

CONFIDENT LEADERSHIP MASTERY



Transform Your Leadership Skills

Re-wire your stress patterns and habits to feel more energized, fulfilled, and achieve **REAL SUCCESS** in your relationships, home life and work.



This 3 month program (virtual or in person) is ideal for executives committed to life-long learning and personal growth with a desire to up-level their leadership. Designed to work on a holistic level, together, we question and transform patterns, beliefs and habits that are keeping you resisting a life you love, habits that are impacting your health, key relationships, energy and career. We begin with your Evolutionary Blueprint to maximize your gifts and propel you into your purpose, and turn up the dial of your consciousness, allowing you to hear and trust your inner wisdom with more confidence.

Whether you see yourself as a consciously living individual or feel that you are curious how to embody your greater potential, this program will support you right where you are.

- Transform emotional & physical pain into a vehicle for personal growth
- Masterfully empower others through communication
- Get clear on what you are tolerating & make changes that honor your values
- Be more confident, increase your personal energy & flow with life
- Face your fears and heal shame

Contact Sara today for more information or to schedule your time together!



Sara Regester
RN, BSN, NBC-HWC
Integrative Health
Coach, and Stress
Mastery Expert

Sara works with professionals to shift their view of stress and leverage it's energy to meet challenges. She is the creator of the *Turn Your Stress into Success Programs* and author of the ebook *How to Grow From Your Stress*.

www.Directions4Wellness.com

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