

NEW!

60-DAY/6-SESSION MINDSET BOOT CAMPS

Personalized (In-Person or Virtual)

Strengthen and Condition Your Mindset
to Gain the Results You Want
at Work and in Life!

GET YOUR 60-DAY/6-SESSION PERSONALIZED (IN-PERSON OR VIRTUAL) MINDSET BOOT CAMP, PLUS:

- Unlimited text/email communication throughout the boot camp
- 4 additional quarterly sustainability sessions

ALL for ONLY \$1,495



(1)

90-minute Dream
and Design Session

- Define Expectations
- Identify Desired Outcomes
- Set Specific Goals
- Design Game Plan



(4)

60-minute Believe
and Build Sessions

- Life Coaching
- Hypnosis
- Combo Life Coaching/
Hypnosis
- Homework Workouts



(1)

90-minute Success and
Sustainability Session

- Review Results & Outcomes
- Celebrate Successes
Achieved
- Define Sustainability Goals
- Design Quarterly
Sustainability Game Plan



(4)

30-minute Success
Follow up Sessions
(Quarterly, up to 1 year)

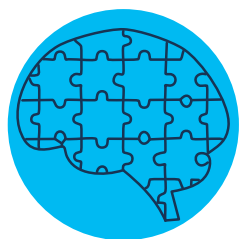
- Continued accountability
- Support and success

Contact New Perspectives for Life TODAY to Book Your Personalized Mindset Boot Camp!

404-229-4993

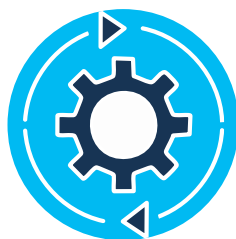
amy@newperspectivesforlife.com

CHOOSE THE MINDSET BOOT CAMP THAT'S RIGHT FOR YOU



Mindset Mastery

The Mindset Mastery Boot Camp will help you take charge of your thoughts, beliefs and attitudes about yourself and/or the world around you! As you master your mindset, you will move away from negative self-messaging, overthinking and anxiety, and move toward positivity, inner confidence, and mental toughness! Whether personally, professionally, academically or athletically, we will work together to gain real results as you strengthen your mindset, your performance and your productivity in order to achieve success!



Breaking Bad Habits

The Breaking Bad Habits Boot Camp will help you drop bad habits that have been keeping you from your best self! As you break those bad habits, you will rediscover your ability to step away from behaviors that hold you back and move toward behaviors that enhance your life! Whether it relates to your physical health, your financial health, your nutritional health or something else, we will work together to gain real results as you break the power of the bad habit and build your personal power to achieve what you desire!



Building Boundaries

The Building Boundaries Boot Camp will help you establish and stick to healthy personal boundaries that are needed for healthy relationships at work and in life! As you work on building healthy boundaries, you will gain a renewed sense of self-confidence in your interactions with others! Whether it relates to relationships with your children, your partner, your friends or your professional colleagues, we will work together to gain real results as you build personal boundaries that enhance and protect your value and your worth!

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Amy Head

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Marietta, GA 30068

LCSW (Licensed Clinical Social Worker)

CCH (Certified Clinical Hypnotherapist)

Certified Civil Mediator/Registered Neutral for the state of GA

Certified Mindfulness Informed Professional (CMIP)

ACE (American Council on Exercise) Group Fitness Instructor