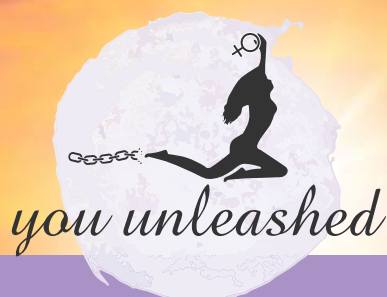




YOU UNLEASHED

THE COMPLETE SOLUTION TO RESOLVE HIDDEN
STRUGGLES WITH FOOD, YOUR EMOTIONS AND
THE FEAR OF NOT BEING GOOD ENOUGH.

**Find your voice and realise
your power so you can start
living feeling unleashed and
ready to show up, speak up
and stand out in your life.**



You Unleashed

**YOUR PERSONALISED
24-WEEK PROGRAMME
TO HELP YOU FULLY
UNLEASH YOURSELF
FROM STRUGGLES WITH
FOOD, YOUR EMOTIONS
AND THE FEAR OF NOT
BEING GOOD ENOUGH.**

ACKNOWLEDGE

AGENCY

AUTHENTICITY

AUDACITY

DAY 1

→ 24 WEEKS

**COGNITIVE
HYPNOTHERAPY**

**BRAIN-REWIRING
TECHNIQUES**

**PERSONALISED
HYPNOSIS
READINGS**

LIFE COACHING

**EMOTIONAL
RESILIENCE**

**VISION & PURPOSE
PLANNING**

**YOUR MIND
EDUCATION**

**MINDSET
DEVELOPMENT**

MOMENTUM TASKS

**PHYSICAL
SYMPTOM
MANAGEMENT**

GUT HEALTH COACHING

**DIET & SUPPLEMENT
ADVICE**



PERSONALISED BETWEEN-SESSION SUPPORT PROGRAMME

20 1:1's

16 X INTENSIVES

4 X BI-MONTHLY

**UNLEASHED 4 LIFE
MEMBERSHIP**

Monthly 1:1 momentum sessions

Access to membership community

Weekly live Q&A's

Email & Phone support any time

YOU UNLEASHED IS EXCLUSIVELY FOR WOMEN WHO ARE:

- Ambitious, driven and know that they want more for themselves and their life
- Living a stressful lifestyle professionally or personally, trying to do it all
- Feeling trapped by food and the way they look, but value their health and wellbeing
- Successful in many aspects of their life but inside they are fed up with struggling
- Confident on the outside but inside hold fear, self-doubt and low self-esteem
- Hiding their struggles and feel like they can't show who they really are

*Let me cut to
the chase...*

**UNTIL YOU RESOLVE
WHAT IS GOING ON
INSIDE YOU WILL NEVER
LIVE THE LIFE YOU WANT.**

THE STRUGGLES

1

Guilt, shame and isolation

Hiding your problems from people in your life. So, you find yourself living a lie and feeling like an imposter. If this happens for long enough it leads to deep feelings of loneliness and isolation.

2

Feeling out of control and overwhelmed

Living everyday feeling controlled by a highly critical negative inner voice constantly telling you, you are not good enough. As a result, you constantly worry, overthink and feel anxious. If this happens for long enough it leads to exhaustion and feeling defeated.

3

Low confidence and self-worth

You feel like you have to do more, achieve more and take on more responsibility. This slowly damages your confidence and belief that you are worthy and deserving of so much more. You feel stuck and trapped as your problems have become a part of who you are and a normal part of your day to day life.

**STRENGTH
COMES FROM
STRUGGLE.**

THE SOLUTION LOOKS LIKE THIS:

1

Resolve emotional blockages and build up your confidence and self-esteem to finally break free. Feel listened to and understood with zero judgement.

2

Learn practical tools and strategies so you are equipped with a huge toolbox which will help you to transform the way you talk to yourself and deal with what life throws at you. Resolve deep limiting beliefs so you realise your worth and what you have to offer the world. You will understand the way your mind works to give you more power than you ever thought was once possible.

3

Learn ways to start accepting and appreciating who you really are, begin to regulate your emotions from the inside and build a strong, internal control mindset to give you the happiness and success you desire. You will get your energy and motivation back so you can start taking real steps towards creating the life that sets your soul on fire!

**WHEN YOU
LEARN TO
SEE YOUR
STRUGGLES**

**AS OPPORTUNITIES TO BECOME STRONGER,
WISER, THEN YOUR THINKING SHIFTS FROM
"I CAN'T DO THIS" TO "I MUST DO THIS".**

What does this include?

1

ACKNOWLEDGE

TAKE FULL OWNERSHIP OF WHERE YOU ARE WHILST FEELING FULLY SUPPORTED, UNDERSTOOD AND REASSURED.

Includes:

- Introduction workshop and worksheet: 'Starting the shift'
- Deep dive first 90 min session
- Goal setting for the future.

Benefits:

1. Feel reassured, understood and fully supported from the get go
2. Feel ready to commit 100% and realise that you are your number one priority
3. Clarity on where you are, what you want and the steps you need to take to get there.

YOUR HEALTH AND HAPPINESS IS YOUR NUMBER ONE PRIORITY.

2

AGENCY

FEEL MOTIVATED AND EMPOWERED. YOU WILL REALISE YOU HAVE A MORE CHOICE AND INFLUENCE THAN YOU EVER THOUGHT WAS ONCE POSSIBLE.

Includes:

- Weekly 1:1 deep transformational work and brain rewiring sessions
- Educational tools to gain understanding of your mind
- Weekly momentum tasks to complete.

Benefits:

1. Resolve any past emotional blockages keeping you stuck
2. The self-awareness of your mind to be able to influence your thoughts, feelings and behaviours from the inside
3. Feel powerful and in control as you have learnt practical tools and strategies to help you navigate through triggering situations.

YOU HAVE THE KNOWLEDGE, UNDERSTANDING AND SKILLS TO BE ABLE TO INFLUENCE YOUR MIND IN THE WAY YOU WANT.

3

AUTHENTICITY

KNOW THAT YOU ARE UNIQUE AND SO ARE THE TOOLS AND STRATEGIES YOU NEED TO REDISCOVER AND STRENGTHEN THE TRUE YOU.

Includes:

- Weekly 1:1 deep transformational work and brain rewiring sessions
- Self-discovery coaching sessions to strengthen your true self
- Weekly identity tasks to complete.

Benefits:

1. You are no longer your problems as you detach and de-identify from what has been holding you back
2. Take back control by learning that you can stand up to your problems and overpower them
3. Re-discover who you really are with the skills to build up your strength and self-worth.

YOUR TRUE SELF HAS A VOICE, IS STRONG AND KNOWS HER WORTH.

4

AUDACITY

HAVE THE CONSISTENT AND ONGOING SUPPORT YOU NEED TO BE BOLDER, BRAVER AND START TAKING RISKS IN ALL ASPECTS OF YOUR LIFE.

Includes:

- Health Coaching sessions to improve lifestyle choices
- 1:1 mentoring to challenge yourself around food/bad habits / relationships/body image
- Weekly vision tasks to complete.

Benefits:

1. Feel physically well with better gut health and more energy
2. Stronger relationships, better social life and attitudes around your appearance and achievements
3. Grow your ambition and build a vision for what you want for your life living as your true self.

TAKE RISKS, BE BOLD, BE BRAVE AND FEEL LIKE ANYTHING IS POSSIBLE.





YOU UNLEASHED PROMISES:

1

A complete solution to your problems

We will address the complete, big picture whilst focusing on you as an individual and giving you the tools to be able to deal with whatever life throws at you

2

Consistent and ongoing support both and out of sessions

I will be there if any triggering thoughts, feelings or situations arise between seeing each other, so you can experience the emotional freedom and happiness you have always wanted.

3

True understanding and no judgement

Having struggled with an Eating Disorder for 10 years, I know how challenging breaking free from food issues can be. I will always work with you from a place of zero judgement as I have been in your shoes. and understand the challenges you are facing.

AMY'S STORY:

"I WAS STUCK IN A DAILY CYCLE OF STRESS, OVERWHELM, WORKING FRANTICALLY, THAT EVERY NIGHT WAS THE SAME THING; COME HOME, COLLAPSE AND OVEREAT. I HATED MYSELF. I COULDN'T EVEN LOOK IN THE MIRROR. I HAVE LEARNT SO MUCH ABOUT MY MIND, MYSELF AND I NOW HAVE A HUGE TOOLBOX OF TOOLS TO USE TO HELP ME ACTUALLY START LIVING RATHER THAN JUST EXISTING. I HAVE MY SPARK BACK, I NOW WEAR DRESSES, I AM MORE RELAXED AROUND FOOD AND I HAVE EVEN STARTED DATING! THANK-YOU HANNAH!"

Are you ready to live unleashed?

FOR ME TO HELP YOU
ACHIEVE YOUR GOALS,
I ASK JUST THREE
THINGS FROM YOU:

1

Commitment

A readiness to go all in on the process of change with 100% commitment to yourself and the work we do together. This is your number one priority and you are willing to do whatever it takes.

2

Future-focused

Understand that to create permanent changes in your life, this cannot be achieved by a quick fix, hack or tip. You know this will take time, commitment and effort but the long-term results will be worth it.

3

Resilience

Let of the need to be perfect, realising that learning a whole new way of being means that mistakes will be made along the way. This is all part of the process and you will be supported and guided through the challenges you face.

*If you know you are hiding your true self,
struggling with food or the way you look and
battling with low self-worth and confidence, book
in your complimentary consultation today:*

bookme.name/Masteryourmind

Or email:

masteryourmind@mail.com

with the subject: **You Unleashed**

**IN THE MEANTIME, JOIN
MY PRIVATE FACEBOOK
COMMUNITY CALLED
WOMEN LIVING UNLEASHED**



Unlimited support, a community of like-minded women and weekly live therapy and coaching sessions covering all things around food, body image, confidence and lifestyle.



facebook.com/groups/Wunleashed



Hannah Boardman

FOOD & EMOTIONAL CHANGE EXPERT

Hannah is a Cognitive Hypnotherapist & Life Coach who works with driven, high value women to stop sabotaging their health, happiness and success through food, negative emotions and not feeling good enough.

Hannah, as a proud Eating disorder survivor knows how it feels to, on the outside, look like you have it all, but on the inside feel trapped, anxious and out of control. Every woman needs to know that they can have it all and reach the level of health, happiness and success they truly desire. Hannah knows that food and emotional struggles



are really just the symptoms of something much deeper. So, to fully and completely resolve these issues for good, it takes a complete solution addressing the whole picture, rather than the next quick fix.

Hannah has worked in both the mental health and corporate sectors for over 12 years, having trained as a Master of Cognitive Hypnotherapy, NLP and personal coaching with a background in psychology and sales.

A London girl, converted Sydney 'chick' now enjoys the relaxed life down under and making the most of all this unfamiliar sunshine!

-  @hani_living_unleashed
-  Women Living Unleashed
-  Hani Living Unleashed
-  Hannah Boardman
-  You Unleashed with Hannah

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