



## Tuesday Tap – To support lasting lifestyle change

*Weekly e-mails to hold you accountable one small step at a time*

Do you know that your life is out of balance? You should eat better, exercise more, get quality sleep and reduce your stress, but you are not sure how? Do you know what to do but struggle to find the time and motivation to take the actions you know will lead to a more fulfilling life? I can help.

### *Introducing Tuesday Tap*

Tuesday Tap is a weekly e-mail series that is designed to be like a gentle tap on the shoulder to check in on your progress. It asks: what you did for the week, what you plan for the upcoming week and anything you need help with. It takes only 10 minutes to read and respond.

Tuesday Tap begins with a 1-hour consultation. We look at where you are, where you want to be, what's worked and what could work better. Then we design a plan to get you there. Each week you select activities that move you toward your goals. Most people commit to actions they can complete in under an hour.

Tuesday Tap creates a reliable structure to keep you on track and develop new habits that support your goals.

### *What's included*

- A 60 minute brainstorming session to identify where you are, what's important and where you want to go
- Weekly accountability e-mails
- Quick tips, tools and inspiration to keep you going and improve your progress
- When you need a bit more help, we provide a short explanation or links to blog posts, articles, videos
- 3 bi-monthly, 30-minute, live strategy update calls

### *Is this for you?*

- Are you are ready to invest yourself?
- Are you committed to making changes?
- Are you self-motivated but like having someone hold you accountable or be there for quick questions?
- Are you are ready to make a 6-month commitment?

If you answered yes to these questions, then this program is for you. A 6-month subscription is \$360 or payable in (2) \$200 payments. Three month extensions are available for \$150 each.

### *About me*

I am a certified wellness coach, a life coach trained by the Coaches Training Institute, life-long health and wellness advocate, cook, artist, gardener, golfer, skier, hiker, photographer, marketer, and voracious learner.

As a lifelong cook and recent graduate of the RouxBe cooking school, I can demystify the process of cooking and help you to make delicious meals. Additionally, I have an array of books, blogs, articles, checklists and podcasts for a deeper dive into various topics.

I am also regularly inspired by my funny furry friends and the silly things I come upon during my daily walks.



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