

Thriving Through Divorce

With
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Wellness & Life Coach

The Vibrant Life Method can help you:

- Heal from the emotional impact of divorce
- Build strength and resilience and reclaim your confidence
- Bust through limiting beliefs, self sabotage and negative thoughts holding you back
- Stop jealous and obsessive thoughts and respond to triggers in a healthy way
- Create peaceful interactions with your ex
- Manage stress and anxiety, increase energy, improve sleep
- Get out of overwhelm and feeling stuck
- Enhance self trust and self confidence, grow your self-esteem and self worth so you have a powerful foundation to be able to do anything
- Date with confidence and find an exciting fulfilling relationship
- Look and feel great and be the best version of yourself
- Love the next chapter of life and go from where you are to living the dream life that you want

Vibrant Life Private 1:1 Coaching includes:

* 1 private coaching session every other week where you will receive focused individual personal help, guidance, support and accountability in navigating your divorce and reaching your goals; a safe place to discuss everything. We will address your concerns and fears and identify barriers that may be standing in the way. We'll focus on your strengths, clarify your priorities and come up with strategies to help you overcome obstacles, deal with challenges, move past limiting beliefs and empower you to build strength and resilience, make the next chapter of your life fulfilling, meaningful and fun so that you can become the best version of you and achieve your goals for sustained success.

* Email support between sessions

* Access to The Body Harmony Method Wellness Course with lessons focusing on:

Stress & Anxiety Management

Learn how to manage and perceive stress in a healthier way. Stress is linked to most illness and plays a huge part in weight gain and weight loss resistance

Nutrition

Discover how to balance nutrition to reduce inflammation for optimal health and weight loss so your body is burning fat for energy without deprivation

Movement

Discover how to get your body moving safely and regularly in an efficient manner that works with your busy lifestyle and fitness level

Mindset

Learn how to shift your thought process and attitude around health, weight, life goals. A vital component for success in your health journey and life

Reduce Toxic Load

Learn how to eliminate and avoid toxins that are detrimental to your health including obesogens that disrupt metabolism and increase fat

Sleep

Discover how to get quality sleep. Inadequate sleep is linked to a vast number of health issues, disrupts your metabolism and increases obesity risk

Private 1:1 Coaching Investment: \$375 a month

>>> Click here to set up your monthly payment<<<



The Vibrant Life Power Group Program includes:

* 1 live virtual group coaching session twice a month where you will receive focused individual coaching in a small group setting. A segment of the session is devoted to you receiving personal help, guidance and support (Groups are small, 2 - 6 people)

* Recordings of all coaching sessions

* Access to The Body Harmony Method Wellness Course (see above)

Power Group Investment: \$197 a month

>>>Click here to set up your monthly payment<<<



Have questions or want more information?

Click here to schedule a complimentary consultation or visit:

<https://calendly.com/nontoxicsavvy>