



The Wellness Program for Mums.

INSPIRATION | DIRECTION | LIBERATION





Welcome to a new you.
I am Helen Efstathiou, a contentment coach.
I help busy mums feel in control,
clear headed and more capable.

I am a contentment expert. I am a practising Kinesiologist, Aromatherapist, Life Coach, Traditional Chinese Medicine practitioner and lecturer at the Sydney Institute of Traditional Chinese Medicine and am currently studying my Masters of Counselling. I love helping busy mums feel more in control, regain a clear head and feel more capable. What I'm really passionate about is teaching you to feel more content and enjoy the life you deserve and live your true purpose.

What I have lived

With a family member very sick I had to learn to look after myself, because if I didn't I wouldn't have the strength to look after others in my family. I have been through ups and downs throughout my life and had to grow up fast and worked in family business and felt I lost my childhood. I lost my mum which made me look at life in a different perspective.

What I have learnt

Only you can make a change in your life to help yourself, blaming others is not going to make you feel better as it's a reflection of what you don't like about yourself.

We are here for a short time so make every minute count. We can't do everything ourselves so don't be afraid to ask for help, live in the moment, forget the past and look to the future. We all have a purpose and we deserve to see it through.

What I love

Life, people, family, me time, time with family and friends.

Have questions? Why not book an appointment to speak with me. [BOOK HERE](#)



This 12-week program will inspire busy and overwhelmed mums to gain back control and purpose. Allowing them to be content with themselves.

This program will help you to regain your power to be more:

- In control of your actions by shifting your awareness to your attention.
- Clear head by creating a sense of inner calmness and allowing you to connect.
- Capable by allowing you to make changes within your environment/lifestyle to feel inspired and liberated.
- Being in control and having a clear head allows us to be inspired.
- Having a clear head and feeling capable gives us a strong sense of direction.
- Feeling capable and having a sense of control gives us the feeling of liberation.

Control

In order for you to feel a sense of control we need to eliminate the old habits/routines/belief systems/sabotage programs that don't serve us anymore and alternate them with new programs to replace the old and assimilate the new and renew yourself.

Clear head

After we reprogram you with a new and generated way to think and take action I will teach you to reconnect yourself back to your inner self living in the now as most of us live in the past and get caught up in our drama story. Allowing yourself to connect to the inner you. You should be able to experience the calmness within and allow yourself to feel content.

Capable

When you are able to feel happy and content within, then you are able to learn to love yourself. As busy mums we share our love helping our family and most times we forget to love ourselves by giving us me time.

By allowing me to help you make some lifestyle alterations this will allow for liberation. Renew yourself now and inspire other woman to follow your footsteps.

Why this program is for you

Are you the type of busy mum that overthinks with constant mind chatter and wants to feel peace and calmness?

Are you the busy mum that feels anxious/depressed and wants to feel powerful and have a sense of direction?

Are you the busy mum that feels exhausted, in pain, wakes up between 3 to 5am, wakes up tired, headaches and bloating? With this program you will be guided on how to be energised and renew yourself.

THE 9 STEP PROGRAM

Eliminate

- Rid fear
- Rid sabotage programs
- Rid belief systems that do not serve

Alternate

- Incorporate new belief systems
- Work on new goals
- Learn tools to incorporate new goals (e.g. tapping, affirmations)

Assimilate

- Manifest
- Meditate
- Visualise (emotional freedom technique)

Connect

- Self love
- Heal from within
- Heal from without (physical pain, signs and symptoms)

Calm

- Breathing
- Awareness of body
- Awareness how environment can effect the whole body

Content

- Fix relationship
- Purpose
- Take action: what is your WHY

Love

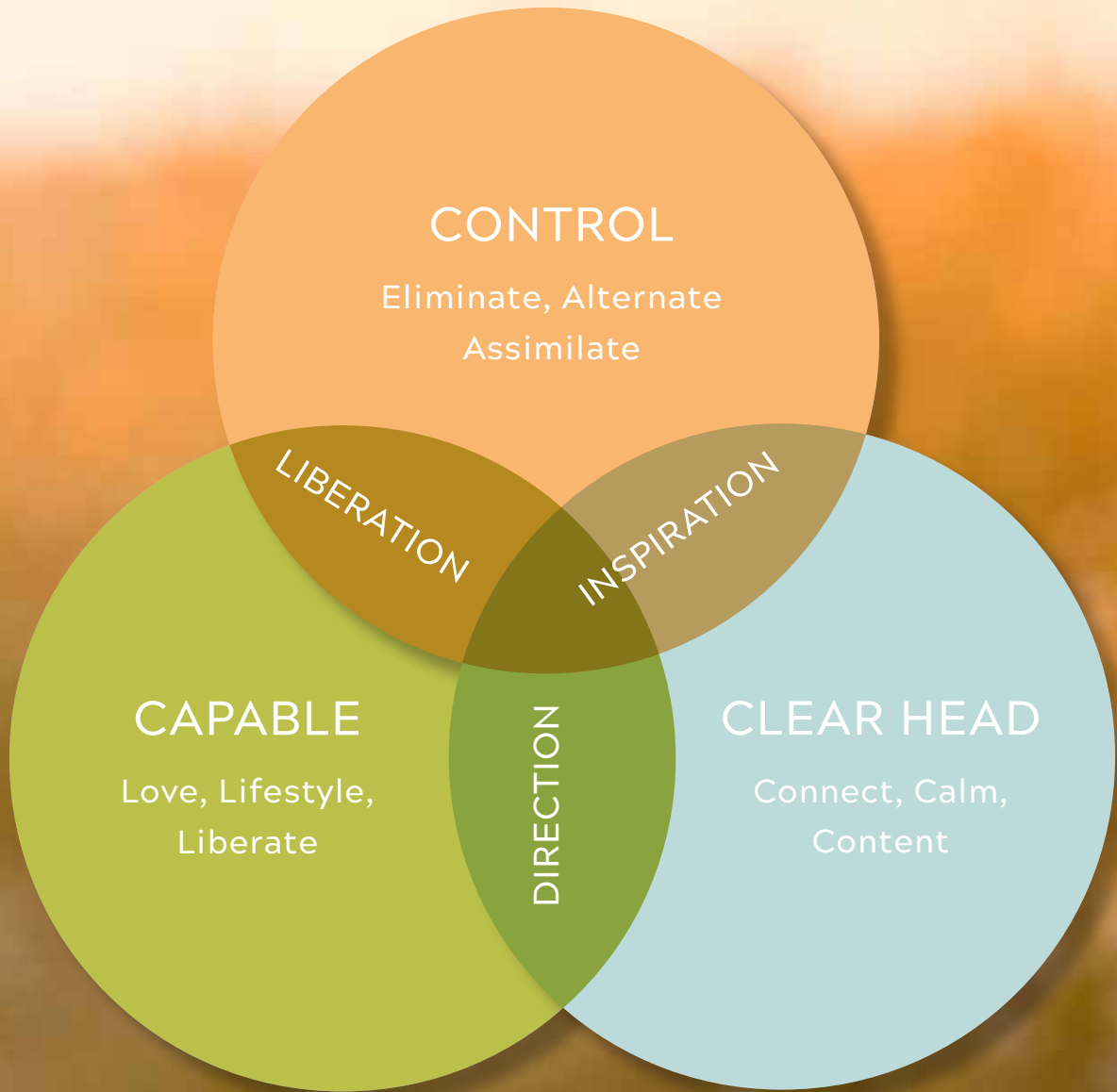
- Gratitude
- Self love
- External love

Lifestyle

- Balance time
- Balance work
- Balance play time

Liberate

- Take ownership of the new "ME"
- Take action, eliminate toxicity
- Live it, breath it, enjoy it.



THE WHAT MODEL

What will we do?

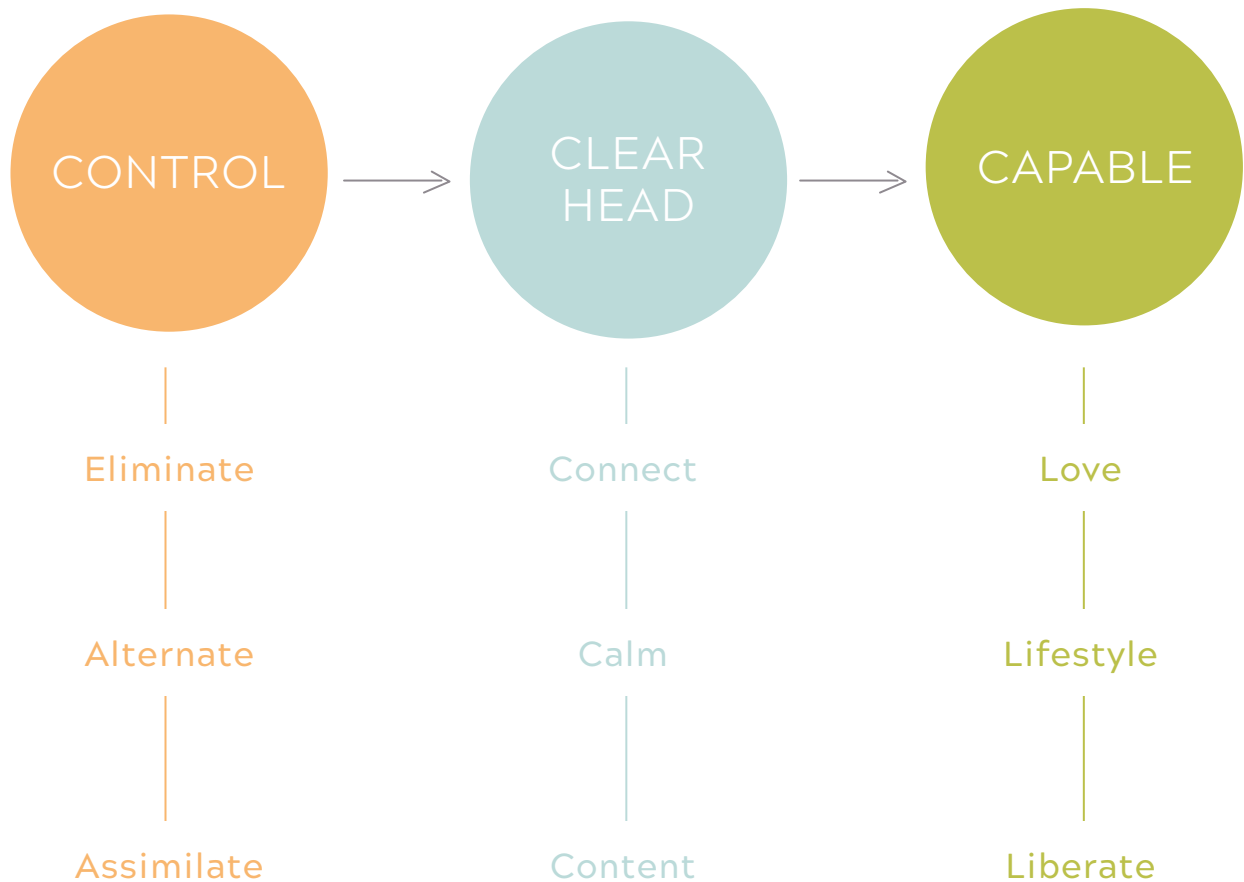
What you will eliminate/change/add?

What will be beneficial?

THE RENEW YOU JOURNEY

PAIN - YOU NOW

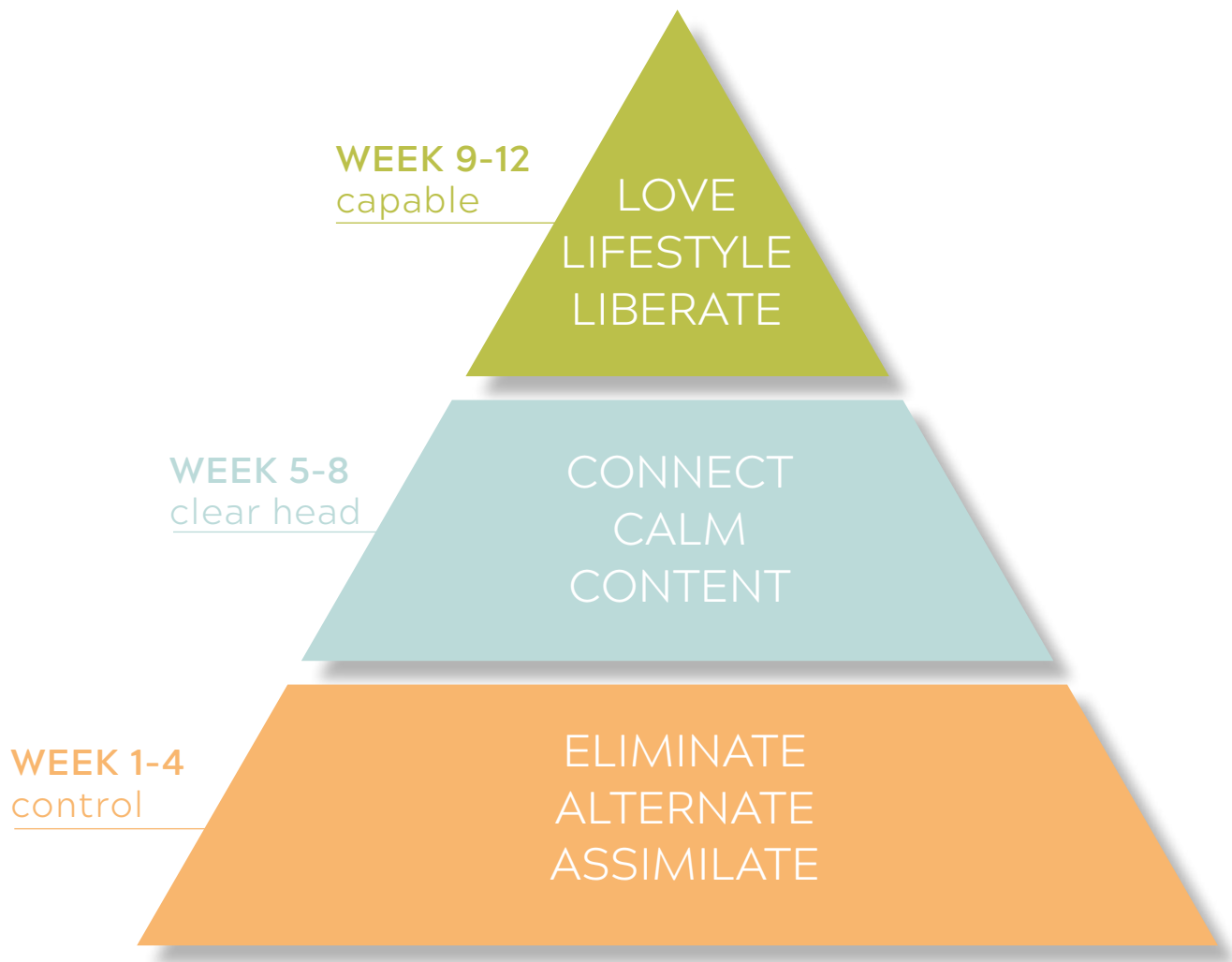
1. Overthinking 2. Anxious 3. Exhausted



PLEASURE - RENEW YOU

1. Peace & calm 2. Powerful & direct 3. Energised & renewed

renew you



THE HOW MODEL

How will we do it?

How the following steps will Renew You?

How you will feel balanced physically,
mentally and emotionally.

THE RENEW YOU TRANSFORMATION JOURNEY

CONTENT

Find why, balance time, gratitude,
take ownership of the new you, zen

**ENERGETIC/
RENEWED**

Learn self love, heal from within to out,
find purpose, relationships,
awareness of environment.

**POWER/
DIRECTION**

Eliminate fear, sabotage & belief
systems, new goals, manifestation

PEACE/CALM

Self talk - ego,
can't sleep, constant thoughts

OVERTHINKING

Awake between 2-4am
bloating, heavy legs, headaches, pain

ANXIOUS

Feeling tired,
Feeling overwhelmed

EXHAUSTED

OVERWHELMED

THE WELLNESS PROGRAM FOR MUMS

	STANDARD	PLUS
No. of Modules	33	33
Videos	✓	✓
Worksheets	✓	✓
Course portal access	✓	✓
Access to facebook group	✓	✓
Personal tapping technique	✓	✓
Meditation x3	✓	✓
Email me anytime	X	✓
One-on-one calls	X	✓
Box of Essential Goodies	X	✓

Your Investment

\$299
Standard

\$1997
Plus

The following program add-ons are available after enrolling into one of the above:

- + Scheduled one-on-one calls with Helen
- + Treatment appointment with Helen (Telehealth)
- + Treatment appointment with Helen (In Clinic)
- + Box of essential goodies

The box of goodies will be included in the PLUS program and will contain the following items:

- 3 x Essential Oils
- 3 x Bush Flower essences
- Crystals
- Smudge Stick



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