

Mini Mentoring

WITH JODIE HARVALA



Does this
sound like
you?

- My head just keeps telling me the wrong message!
- I don't trust anyone or anything much less myself
- How can I tell if its spirit or if its my own voice
- I never see the signs
- I am always anxious- ALWAYS
- I need some help
- Can someone just tell me what to do
- I can feel big changes coming!

If this is you then it may be time to take a time out and step off the playground of life and learn a few key tools on how to not only manage your own energy but also how to walk in the world in a little bit different way so that you may actually ENJOY life and find those happy moments you have been searching for.

LIFE IS MEANT TO BE LIVED- NOT TOLERATED.

The clients that choose to work with me one on one start to see results immediately. Why? Because they are putting direct intention into themselves. How often do we take any specific time to actually work on ourselves. Work within ourselves. Learn where we get stuck and then get the tools to create change within us?

One on one work has always been my go to when I am ready for a big change or shift in my life. If you are ready and your spirit is calling then its time to commit and create those changes you keep feeling are coming.

THIS PACKAGE INCLUDES:

6 30-minute calls a week or every other week- you choose
Spirit lead homework after each call
Action items each week will be posted in our shared document
Investment: \$600 (Payment plans available)



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Let's go make some magic!