



MINDSET TRANSFORMATIONAL PROGRAM

A structured 9-week journey that blends Rapid Transformational Therapy (RTT), mindset coaching, and integration tools- created for those ready to move beyond limitation and into alignment.

This program is designed to help those who find themselves stuck in repetitive emotional cycles, unhealthy habits, and limiting thought patterns. Together, we will be working with the subconscious to uncover the roots of those patterns and make space for new ways of thinking, feeling, and being.

Over the course of nine weeks, we'll work through:

- 6 Sessions that include 4 RTT sessions;
- 4 Personalized recordings ;
- 2 Integrations & reflection sessions, where we will process and reflect on the insights between sessions.

A 9-Week Transformation Flow :

- **Week 1:** RTT- Root Work
- **Week 2:** Integration Week
- **Week 3:** Inner Child Work
- **Week 4:** Midpoint Review
- **Week 5:** Vision Alignment
- **Week 6:** Habits & Daily Action
- **Week 7:** Integration
- **Week 8:** "I AM" Identity Upgrade
- **Week 9:** Integration and Embodiment

