

# Your new ME in 12 weeks



## We Empower Women

Your path to a fulfilled,  
healthy and happy life!

✉ [info@holistic-growth.de](mailto:info@holistic-growth.de)

🌐 [www.holistic-growth.de](http://www.holistic-growth.de)

☎ +27 081 770 2112

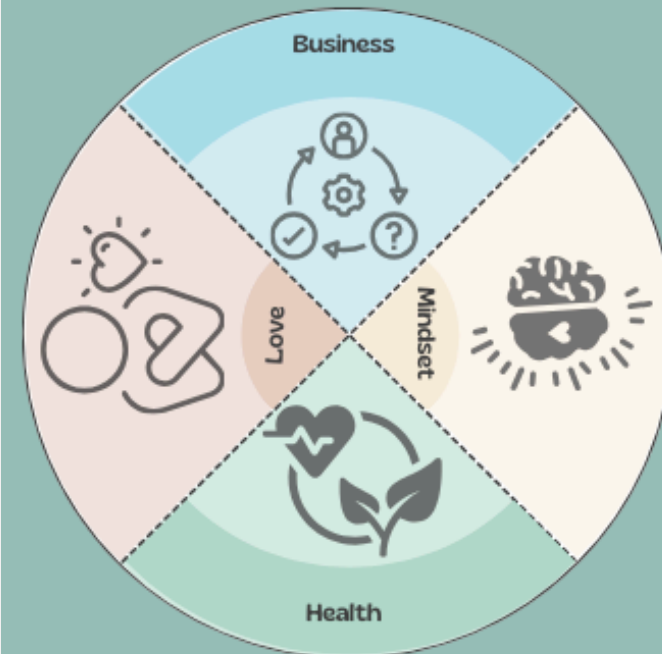
## THE AIM OF OUR HOLISTIC 12-WEEK PROGRAM



In these 12 weeks, we get to know you and your issues.

We shed light on all facets of your life. We pick you up where you are with your issues.

We will bring your most important issues to the surface and prioritize them together.



## READY FOR YOUR VITAMIN HAPPY?

- ? Do you feel stressed, overwhelmed or unhappy?
- ? Do you lack energy and motivation?
- ? Are you looking for a healthier lifestyle but don't know where to start?
- ? Are you trapped in a hamster wheel and want to finally break out?

# PROCEDURE

12 weeks, 1 session per week.

In the 12 weeks we go through all 4 pillars: Mindset, health, love and business.

Together we decide which topics to focus on.



GO  
SOMEWHERE,  
EXPLORE  
THINGS  
YOU HAVEN'T  
KNOWN



## WHAT IS YOUR ADDED VALUE



### Holistic support

We accompany you in all areas of life.



### Solutions that are easy to implement

We make complex things understandable and accessible



### Individual solutions

We tailor our concepts to you - every person is different



### All in one

We make your everyday life easier and strengthen you

## WHAT WILL WE ACHIEVE IN THE 12 WEEKS?

You know your issues and how you can resolve them.

You know how all your issues are connected.

## WHAT HAPPENS AFTER 12 WEEKS?

If you wish, we can accompany you as a strong partner on your path to success.

SCAN ME

