

*our forte* ✨

# FROM BURNT OUT TO BALANCED

Helping ambitious achievers release the chaos so they can create a successful and sustainable life that they have the time to enjoy!





# WHAT IF...

What if you could have a thriving business AND experience healthy relationships, time freedom and harmony in your life ..... would it be worth slowing down so you could see the bigger picture with clarity?

# WHAT IF...

## 1 YOU HAD MORE THAN ENOUGH TIME ?

To grow your business  
To connect with your loved ones  
To take care of your wellbeing  
For adventures and rest

## 2 YOU FELT HEALTHY IN YOUR BODY?

Your physical, mental and emotional body?  
  
You sleep well, have energy to move your body, have clarity and focus.

## 3 YOU TRUSTED YOURSELF

To make the best decisions for you, your business, your clients, your family, your goals.

What if you stopped doubting and questioning your every move?

**WITHOUT BURNING OUT ALONG THE WAY**

# HERE'S THE PROBLEM

You've been so conditioned to just "do do do" you didn't even realize when you climbed on that hamster wheel. You've been so used to being the "fixer" the one who has it all together that you have shelved your needs for everyone else's. You've attached your value to achieving and doing things "perfect" and now you are handcuffed by self doubt and fear of failure.

**IT DOESN'T HAVE TO BE THIS WAY!**

You don't have boundaries to protect your priorities, time and energy

You are not prioritizing your self care, your sleep, your health - you are running on fumes

Your to do list is keeping you overwhelmed, out of time, running late and in a state of chaos

You are on the road to burning out - that's time away from work, your clients, \$\$ and a long road to physical, mental, financial and emotional recovery

# HI I'M ASHLEE...

And I'm on a mission to support busy high achievers, business owners and entrepreneurs in reaching their goals without sacrificing all their joy, time, energy, and freedom along the way.

I want to help you get the life you want, right now and I know from personal experience, that when we are living our lives in the past or too far in the future we are not present or aligned with what is important now.

I've witnessed so many people spending their lives on the hamster wheel just going through the motions and ultimately burning out, feeling frustrated, resenting their situations, losing their excitement for life all because they think this is just the way it is. I hear people saying "yes", when they know they don't have the time or energy for more. They do this at home, work, and even in their social lives.

I use my training as a Certified Life Inventory Assessment Coach and Certified Trauma-Informed Breathwork Facilitator as primary tools to support my clients in their personal and emotional growth and I'm so proud of the amazing results they get !

**+ THE BONUS IS...THAT THESE RESULTS LAST!**





# WHO I WORK WITH

Ambitious achievers who tend to consider themselves “Type A” personalities, and the person people go to for support/help.

Driven, goal oriented business owners who are pulled in a million directions, who are invested in their business growth but don't want to miss out on their lives.

People who are used to working hard, feel the stress of that hard work and don't know how to slow down and take care of themselves while still achieving results

# WHY I'M DIFFERENT

- I help you create time to make this work and program a priority for your overall business success and wellbeing
- I believe balance is more like harmony rather than a 50/50 split.... this allows for more flexibility and less guilt
- I'm about creating a life that FEELS good - not one that just LOOKS good
- I combine my somatic breathwork training with my years of project management training to deliver a program that creates effective, lasting results both on the inside and outside
- I believe investing in yourself is an important action towards affecting internal change, motivating yourself to show up AND committing to the work.
- I also believe the cost of staying in the same spot is more than investing in change

# HOW IT WORKS

When you sign up to work with me, we'll start off with a one-on-one meeting to talk about your goals and where you're currently at in the process.

From there, we will develop a customized plan to move you through the following steps:

1

## FOCUS FIRST FRAMEWORK

Gain clarity on your highest priorities so you know where to focus your time & energy to move the dial on your life.

2

## TIME MASTERY

Become an expert at managing your calendar - giving you control over your time, allowing you to minimize overwhelm while maximizing productivity.

3

## CONFIDENT BOUNDARY BLUEPRINT

Set boundaries with confidence so you don't get distracted by others, stay committed and present in your work life harmony.

4

## SELF CARE COMMITMENT

Creating habits for your self-care that become non-negotiable so you don't burnout and learn to thrive.

5

## EMBRACE, EMPOWER TRUST (EET METHOD)

Developing deep self trust So you can stop doubting and questioning your every move and experience more joy in your life and business.



# FROM BURNT OUT TO BALANCED

From Burnt out to Balanced is a 6 month, high touch coaching program that gives you 1-on-1 support to help you achieve the tools to thrive in your business and create a life you have time to enjoy with the people you love. This program combines ACTION with MINDSET work to deliver lasting results.

## YOU WILL RECEIVE

- Training modules
- 2 x Life Inventory Assessments
- Custom Road Map for your priorities / goals
- 3x Monthly 1-on-1 coaching & breathwork calls
- Daily support via Voxer - troubleshooting & accountability
- Action-oriented worksheets, journal prompts & templates
- BONUS: 6 month access to Power of Breathwork Group

# WANT TO WORK TOGETHER?

Click the button below to book a Discovery Call with me. On the call, I'll get to know you, ask some questions about your journey, and learn about your goals.

At the end of our call, 1 of 2 things will happen: You'll either be a perfect fit, and I will extend an invitation to work with me as one of my clients.

Or, if it's not a good fit, that's totally okay too. There won't be any hard feelings and NO obligations on your part – I will suggest something else you can do to achieve your goals, and point you in the right direction.

## LET'S DO THIS!

*our forte* \*



[BOOK A DISCOVERY CALL](#)