

## WELCOME TO MY TABLE!

If you're here, I want you to know that you hold the key that unlocks all the most wonderful things life has to offer.

#### MORE PEACE

No more struggling quietly with guilt, worry, or shame as you strive to choose between what you're told is right, and what you know in your heart is true.

#### TRUE FREEDOM

No more wrestling against the chains of "woulds," "shoulds," and other peoples' expectations of you.

Son deserve it all!

#### REAL LOVE

No more living under guard and key. Let your heart on your sleeve become the signature of your effective, authentic leadershin

- LNBODY YOUR SELECE PLAND

WORKSHOP

PROGRAM

### to get it.

Leaning on over fifteen years of experience, I've drawn the map that will guide you from wherever you are on your essence journey, all the way to the end...

Or, should I say, the true beginning; the place where your true potential and the life you were born to live really begins.

I've made it easier than ever to peel back the layers and get to the core of who you really are, so you can plant, bloom, and flourish in your greatest potential simply, quickly, authentically.

### All you have to do to get started is answer one important question...

# EMBODY YOUR ssence?

There is no way I could exaggerate how much I wish I'd known to ask that question when I began my own essence journey.

I was on the verge of giving up.

On the outside, I had the perfect family. I was healthy and had a good job.

But I was empty inside.

I knew I wasn't living up to my potential. As perfect as it seemed, as much as I thought I had all the "things" I was supposed to have gotten by that point in life, I was not happy with my life.

Eventually, I realized I had given up on my dreams and settled for a "normal life." I had given up on my dreams for so long that I forgot what they were.

I didn't even know what I wanted or who I really was.

I kept trying to be perfect: the perfect mom, the perfect teacher, the perfect leader in my job.

But I just felt like I couldn't measure up. I was exhausted; always felt I was too much or too little of everything, worried constantly about what others were thinking of me and was filled with self-doubt.

I also wondered where was the fun and adventure in life?

The passion?

EMBODY YOUR

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The freedom?

My life was "normal." And I was sick of it.

I invested tens of thousands of hours and hundreds of thousands of dollars seeking fulfillment and growth. But something was always missing.

So, I began to wonder if maybe this is just all there is.

Eventually, I realized that nothing was missing - it was hidden.

My essence was hidden deep beneath the layers of "woulds," and "shoulds," and compromises I'd made over a lifetime. I knew I had to dig deep through those layers to recover myself.

And that's what I did.

That's when I realized that my life calling is to show you how to live so fully in your essence that it becomes your personal brand.

### Do you really need a personal brand?

The short answer is yes, absolutely!

As a matter of fact, you already have a personal brand. Everyone does.

Your brand is what people notice about you before you ever say a word. It's what people think of when they think about you. It's how they describe you when you're not in the room. It's what they remember about you long after you've gone.

So, the question isn't whether or not you need a personal brand. It's about where you want that brand to come from.

Do you want to be filed away on a shelf as just another one of everyone else?

Or do you want to occupy a category all your own by embodying your essence so fully that it becomes your personal brand?

Because that, my friend, is where the magic happens.

### When I say magic, I mean YOU!

"Magic" is really the best way to describe what happens when you live, love, and lead from your essence.

Ssence Brand

WORKSHOP PROGRAM

And I would know.

### I'M CHRISTINA



Mother

Musician

### Mentor

Just like you, I'm a woman of many talents wearing many hats.

For most of my life, I believed these parts of myself – motherhood, music, mentorship – had to be separate, even hidden from each other.

Just like you.

Now, after years of introspection and guiding others to their own true power, I know that each of the roles we play are part of a greater whole, and our power and true potential comes from bringing these pieces together with courage and intention.

In life, love, and leadership, it's time for you to embody your essence.



YOU ARE UNIQUE

YOUR ARE NEEDED

YOU ARE WORTHY

And I know that when you fully embody your essence, you will have the power and confidence to lead from your heart – and that is exactly what the world needs right now.

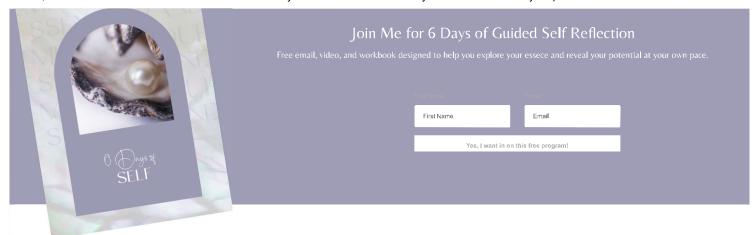
# It will never be easier to start embodying your essence than it is right now!

Here are two ways to get started...

EMBODY YOUR

WORKSHOP

PROGRAM



### JOIN ME LIVE!

TUESDAY, FEBUARY 15 5:00PM MST (ZOOM) Full Name \*

Full Name

### HOW TO LIVE YOUR ESSENCE

Are you trying too hard to stand out; hiding your essence to fit in?
Whatever it is that's keeping you from fully embodying your essence,
we'll discover, label, and take control of it together.

# ASK QUESTIONS, GET GUIDANCE

The best way to make sure you're on the right track is to get feedback and answers right away. When you join me live on Tuesday, January 25th, you'll have the opportunity to get guidance from me directly.

