



-HAPPIER
HEALTHIER YOU
MASTERCLASS
WORKBOOK



Happier Healthier You Masterclass

February 5th, 2023



Session 1: 12-2pm EST

12:00pm
EST

3 Tips to Build Your Self-Esteem

**Presented by Lynda Owen Fraser,
Certified Accredited Professional Cognitive
Behavioural Therapy Practitioner, Master Life Coach**

1:00pm
EST

Embrace Menopause with Confidence

**Presented by Maura Mc Donnell,
Certified Nutrition & Lifestyle Coach,
Passionate Menopause Advocate**

2:00pm
EST

Visualization Activity

**Manifest Your Dreams Now!
Presented by Shivani Robinson**

2:30pm
EST

BREAK

Session 2: 3-5pm EST

3:00pm
EST

3 Simple Hacks to End Back Pain Fast!

**Presented by Navin Jetha,
Certified Accredited Health & Fitness Coach**

4:00pm
EST

3 Easy Steps to Having Your Best Day!

**Presented by Brenda Holder,
Certified Accredited EFT Practitioner & Life Coach**



Thank you for joining us for this exciting masterclass. All the presenters look forward to sharing and connecting with you. It will be a fun and interactive day with lots of hands-on tools to help support your health and happiness.

Remember to book your **FREE BREAKTHROUGH SESSION** with all of our presenters as a thank-you for signing up and participating in this great event.

We have included info on each of our presenters. We look forward to seeing you on **Sunday, February 5th.**

ENJOY!

First Presenter: Lynda Fraser

Topic: 3 Tips to Build Your Self -Esteem



Through Cognitive Behavioural Therapy, I will help you have a healthier life by learning to control many of your unwanted personal behaviours, such as anxiety, anger, stress, phobias, addictions, eating disorders, bereavement, PTSD, ADHD, OCD and other mental health issues. Through one-on-one sessions, we will look at your subconscious and unconscious thoughts and beliefs to discover your triggers and negative responses and turn them into positive outcomes.

As a Master Life and Career Coach, I will help you find the life you desire, build your professional skills, deal with procrastination, motivation, goal setting and more. Over 20+ years of experience in human resources and administrative management to help you grow professionally or find the career you love or deserve. Additionally, you will be given tips for a professional resume, interview training, optimized LinkedIn profile and more.

HERE'S THE LINK TO Schedule your FREE BREAKTHROUGH SESSION
<https://lynda-layne-consulting.square.site>



BUILD YOUR SELF-ESTEEM

WORKSHEET BY LYNDA FRASER

1. Begin your healing journey to happiness, improved self-confidence, and healthy relationships. What influences your self-esteem?

2. Reasons you are a perfectionist or people pleaser.

3. How many of you put yourself first? Are you insecure, overwhelmed, and not even able to love yourself?



NEVER GOOD ENOUGH WORKSHEET

4. Three tips to build your self-esteem, stop people pleasing and learn to say no!

Tip #1

Tip #2

Tip #3



NEVER GOOD ENOUGH WORKSHEET

If you knew you could be happy again, with self-confidence and more time for yourself to do what you wanted, eliminate that overwhelm, and be able to express exactly what you wanted with confidence, how

5.

would that make you feel?

6.

Your personal accomplishments are yours to validate and celebrate!
What past accomplishments did you celebrate?

Join my *Never Good Enough* group sessions or 1-on-1 sessions, a first step to getting the tools to help you understand where you are in your self-care journey.

As a Thank You, you can register for your FREE session to start the healing process. Go to my website and select Book Now, then select the complimentary session.

WWW.LYNDALAYNECONSULTING@GMAIL.COM

Second Presenter: Maura Mc Donnell

Topic: Embrace Menopause with Confidence



Nutrition & Lifestyle Coach, Founder of Living well with Maura and a passionate menopause advocate.

I support women struggling with menopausal symptoms to make better food and lifestyle choices so that in 90 days, they can easily eliminate symptoms, WITHOUT HRT, medications and expensive supplements.

Maura is a results-driven Nutrition and Lifestyle Coach. For so long, menopause has been seen as a 'sickness' that needed to be treated and never spoken about. My objective is to change that.

My menopause symptoms struggle and incredible weight gain led me to research menopause and develop a nutrition and lifestyle change program 'Marvellous Menopause. I wanted to have a better understanding of healthy aging as one transition to Menopause.

This took me on my journey of discovering how to eliminate menopausal symptoms by making nutrition and lifestyle changes. I am so pleased I've completed this research into this natural stage of life. As a result, I feel healthy, vibrant, and energetic without medication and expensive supplements.

HERE'S THE LINK TO Schedule your FREE BREAKTHROUGH SESSION
<https://calendly.com/livingwellwithmaura>

livingwellwithmaura@gmail.com

WHAT'S YOUR *health* SCORE?



Use this questionnaire to rate your current health, with 1 being you strongly disagree with the statement and 5 being you strongly agree. Indicate your rating by selecting the corresponding fields. Your final score is the sum total of each question's score (rating).

Tired most of the time
 1 2 3 4 5

Overweight
 1 2 3 4 5

Difficulty sleeping
 1 2 3 4 5

Low or depressed
 1 2 3 4 5

Prone to hormonal symptoms
 1 2 3 4 5

Suffering from poor memory
or concentration
 1 2 3 4 5

Very dry skin in need of
daily moisturisers
 1 2 3 4 5

Often feeling anxious or
stressed
 1 2 3 4 5

Prone to indigestion or bloating
after food
 1 2 3 4 5

Often constipated (you don't
go every day)
 1 2 3 4 5

WHAT'S YOUR *health* SCORE?

Target: 16 or less

WHAT'S YOUR energy & blood sugar SCORE?



Use this questionnaire to rate your current health, with 1 being you strongly disagree with the statement and 5 being you strongly agree. Indicate your rating by selecting the corresponding fields. Your final score is the sum total of each question's score (rating).

I often feel too tired to exercise

1 2 3 4 5

I often over-react to stress

1 2 3 4 5

I have less energy than I used to

1 2 3 4 5

I still feel tired 20 minutes after getting up

1 2 3 4 5

I need tea, coffee, a cigarette or something sweet to get me going in the morning

1 2 3 4 5

I often crave chocolate, sweet foods, bread, cereal or pasta

1 2 3 4 5

I often have energy slumps during the day or after meals

1 2 3 4 5

I often crave something sweet or coffee after meals

1 2 3 4 5

I often have mood swings or difficulty concentrating

1 2 3 4 5

I get dizzy or irritable if I go 4-6 hrs without food

1 2 3 4 5

I am gaining weight and /or finding it harder to lose weight

1 2 3 4 5

WHAT'S YOUR energy & blood sugar SCORE?

Target: 16 or less

livingwellwithmaura@gmail.com

Third Presenter: Shivani Robinson

Visualization Activity

Manifesting Your Dreams Now!



Shivani Robinson is a loving wife and mother of two young boys. She is passionate about creating authentic and meaningful connections with people. Shivani empowers people to overcome personal challenges to achieve their hopes and dreams. She creates a safe space, motivating individuals to invest in themselves and commit to “the inner work.”

In her recent role as a host and co-host of The 30-Day Miracle Challenge, Shivani facilitated engagement, connection, accountability and a sense of community for 60-plus participants from all over the globe. She has been practicing Kundalini Yoga and meditation since 2010 and is currently a student enrolled in an advanced Kundalini Yoga course -
a dream come true!

HERE'S THE LINK TO Schedule your FREE BREAKTHROUGH SESSION
<https://calendly.com/shivanirobinson/30min>

VISUALIZATION ACTIVITY DREAM HOLIDAY



You've won an all expenses paid trip for you and
3 other guests!

I am going to:



Who is coming with me:



How I will get there:



Why am I there:



Activities I will do:



Fourth Presenter: Navin Jetha

Topic: 3 Simple Hacks to End Back Pain Fast!



www.navinjetha.com
info@navinjetha.com

Navin Jetha teaches and inspires her students to incorporate simple yet powerful techniques to end back pain so that they can take charge of their life, reclaim their energy and live their life to the fullest. She's a health coach and teaches fitness and yoga to end back pain. Her warm personality, passion for health, experience, and compassion for people have helped many people end their back pain for life.

Navin's custom program trains professionals to learn simple and powerful techniques and to tap into the mind and the body's natural ability to end pain. Many of these simple techniques can be incorporated throughout the day while working at the office or at home. Navin believes that when professionals take charge of their health, their mind and body respond and create optimal health for them.

HERE'S THE LINK TO Schedule your FREE BREAKTHROUGH SESSION
<https://calendly.com/navin4life/back-pain-breakthrough-sessionh>



Statistics

- * 540 MILLION PEOPLE AROUND THE WORLD ARE AFFECTED BY _____ AT ANY ONE TIME.
- * 5% OF PEOPLE STRUGGLING WITH BACK PAIN WILL GO ON TO DEVELOP _____ BACK PAIN.
- * WOMEN OVER 30 AND PEOPLE WHO ARE CLASSED AS _____ ARE AT A GREATER RISK OF DEVELOPING BACK PAIN.
- * BACK PAIN IS ONE OF THE MOST COMMON REASONS FOR MISSING A DAY OF _____
- * NEARLY _____ IN 10 OFFICE WORKERS WILL EXPERIENCE BACK PAIN.

Hack #1: Strengthening Your Back Muscles



■ BACK PROBLEMS ARE CAUSED BY A WEAK _____

■ FULL _____ IN MY 6 MONTH PROGRAM

■ CORE SEQUENCE EXERCISE WHILE _____ OR _____

Hack #2: Stretching the Wrong Muscles



- WHEN YOU'RE IN PAIN, BODY SENDS CONFUSING _____
- AREA FEELING THE PAIN IS NOT THE AREA CAUSING _____
- RELEASE STRESS / TENSION FROM MUSCLES BEFORE _____

Hack #3: Staying Inactive to Avoid Back Pain

■ WHEN WE HAVE PAIN, WE _____

■ PROLONGED REST = _____ AND

■ FINDINGS - REST IS NOT AN _____

■ STAY ACTIVE = FASTER

RETURN TO _____



Fifth Presenter: Brenda Holder

Topic: 3 Easy Steps to Having Your Best Day!



I support women struggling with unexplained health issues, anxious feelings, overwhelm and stress to reclaim their energy to live healthier and happier lives.

I understand this way of life because I dealt with unexplained health issues which affected me physically and mentally. I didn't realize what was happening or how to stop it. I did not see the signs I was putting myself through until my body shut down. Yes, my body physically shut down, and it was terrifying as a mother of two young boys.

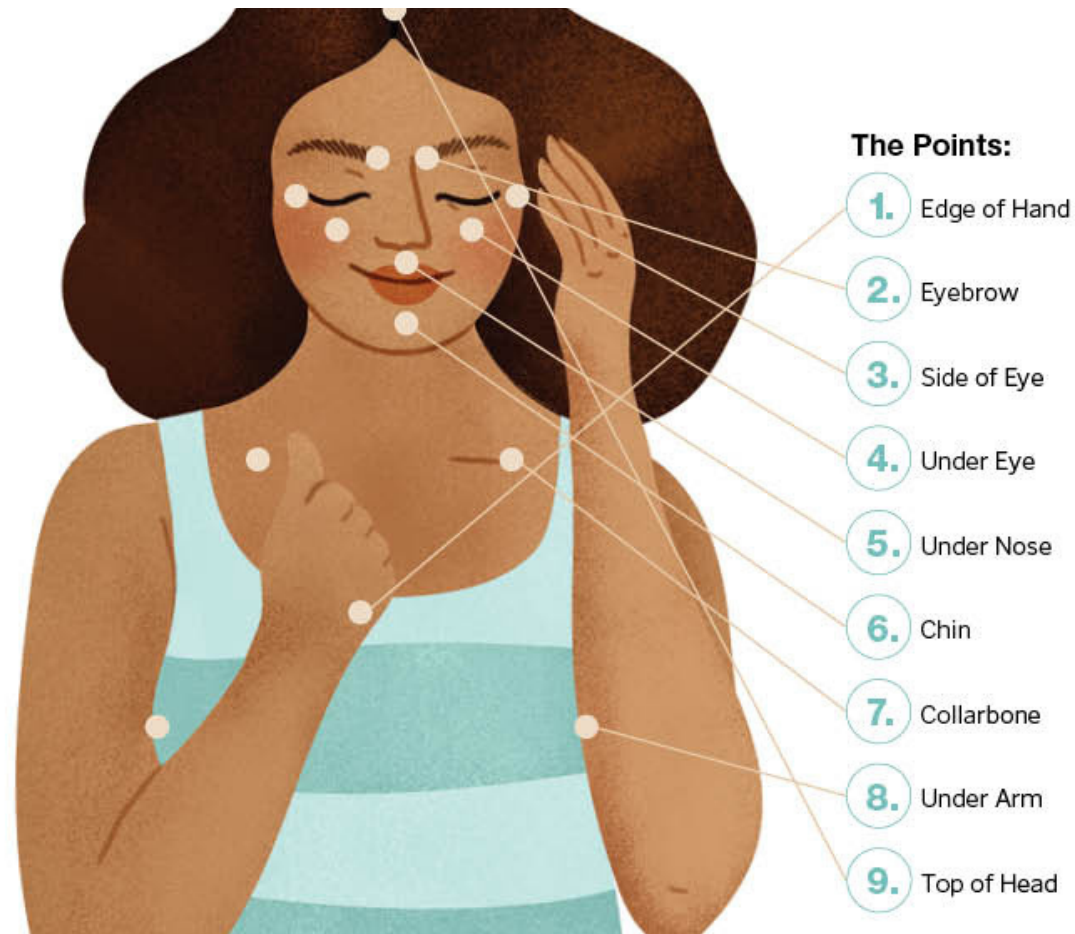
I am very grateful that I have learned some valuable tools that have allowed me to regain my health and happiness and live a fulfilling life!

I am here to share that we can regain our power by supporting our emotional health. I am here to offer my support and guidance that will gently guide you on your journey of self-discovery and learn how to support your mind and body safely. As women, we can walk this path together to regain our well-being and live healthier and happier lives. I'm looking forward to talking with you.

HERE'S THE LINK TO Schedule your FREE BREAKTHROUGH SESSION

<https://calendly.com/coachbrenda-161967>

How To Do Tapping?



Choose a number between 1-10 on the intensity of how you are feeling in this moment.

less intensity



0 1 2 3 4 5 6 7 8 9 10

more intensity

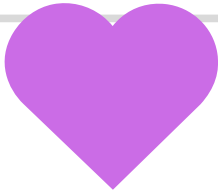


What is the feeling _____

How do you feel after tapping _____

How to Set Intentions?

Where are you putting your energy?

Love to do 	Need to do