



IN THE ARENA

next program starts April 4, 2022

8-week mastermind for women
focused on accelerated
transformation through daily action

directed by

Cara Bradley

Mental Fitness Coach, Author & Business Builder

- also facilitated by leading mentors

Are you:

?

Entrepreneurial driven (or want to be)

?

Wellness-oriented & performance-driven

?

Seeking challenge and financial upside

?

Ready for transformation



Details



- ✓ 8-Week Program
- ✓ Weekly Group Sessions (recorded)
Mondays - Noon or 5:00pm ET
- ✓ Weekly Mini-Trainings (recorded)
Fridays - Noon ET
- ✓ Daily Check-in with Buddy

Outcomes



- The intention of this program is accelerated transformation through daily action, immediate feedback and support.
- Anticipated outcomes include:
 - INNER Transformation
 - Consistent daily self-care practices.
 - Improved mental fitness including more energy, clarity, motivation and better sleep, stress resiliency, focus and mood.
 - OUTER Transformation
 - Strong why, directed purpose and clear niche market.
 - Working towards changing limiting beliefs and overcoming fear, doubt, and sense of unworthiness.
 - SOCIAL/FINANCIAL Upside
 - Community of empowered women empowering women.
 - New opportunities to positively impact lives - adults, kids, and families.
 - Hands-on daily experience in the mechanics of launching and building a business.
 - Money in the bank with a goal of \$1,000 or more.

Schedule & Focus



PART 1 – LAUNCH

Week 1 – Get into Action

Week 2 – Stretch & Challenge

Week 3 – Identify Strengths & Doubts

Week 4 – Know Your Why

PART 2 – LEAN IN

Week 5 – Find Your Niche

Week 6 – Create Language Bank

Week 7 – Have Real Conversations

Week 8 – Leap or Replay

Cost



- The vehicle for transformation and daily action is your risk-free partnership with Amare Global – the leader in the fast-growing market for natural mental health and mental fitness solutions.
- Purchase two-months supply of a gut-brain mental wellness protocol plus membership starting at \$200

Next Step

Schedule a call to learn if this is the right fit for you.

Learn more about In The Arena and Amare Global –
<https://www.carabradley.net/in-the-arena/>