



IN THE ARENA

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

directed by Cara Bradley
Mental Fitness Coach, Author & Entrepreneur
- also facilitated by leading mentors

new program begins monthly

Are you:



Ready for personal transformation



Wellness-oriented & performance-driven



Seeking community and financial upside



Entrepreneurial driven (or want to be)



Details



- ✓ 4-Week Program (begins monthly)
- ✓ Weekly Group Sessions (recorded)
Tuesdays at Noon ET
- ✓ Self-directed assignments
- ✓ Check-ins with Mentor

Focus

LAUNCH - Call Topics

Week 1 - Get into Action

Week 2 - Stretch & Challenge

Week 3 - Identify Strengths & Doubts

Week 4 - Know Your Why

LEAP - Self-Directed Topics:

- Finding Your Niche
- Creating Your Niche Language Bank
- Having Real Conversations
- Sharing your message on Social Media



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
 - Accountability with Mentor support
 - OUTER Transformation
 - Strong why and clear niche market.
 - Overcoming fear, doubt, and sense of unworthiness.
 - SOCIAL Upside
 - Community of empowered women empowering women.
 - New opportunities to positively impact lives - adults, kids, and families.
 - FINANCIAL Upside
 - Hands-on daily experience in the mechanics of launching and building a business.
 - Money in the bank with a monthly goal of \$500 or more.



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 one-month supply of a gut-brain mental wellness protocol plus membership starting at \$129.

Next Step

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

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

