



IN THE ARENA

4-week mastermind for women
focused on community &
cross-training for MENTAL FITNESS

NEXT PROGRAM STARTS JULY 12

directed by Cara Bradley
Mental Fitness Coach & Author
- and facilitated by experienced mentors



Are you:



Ready for personal transformation



Seeking more energy, motivation & mental clarity



Looking for an empowering community



Excited to raise your game



Details



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

Focus

Week 1 - ACTION - Learn how to jumpstart your growth and stay accountable with INNER actions

Week 2 - STRETCH - Challenge yourself to spend "time under tension" by committing to daily STRETCH actions.

Week 3 - NAME - Spark shift by naming your limiting beliefs, obstacles, fears and identifying your strengths.

Week 4 - WHY - Know your purpose. "She who has a Why can endure any How." - Nietzsche



Outcomes



- The intention of this program is to accelerate your transformation through daily action, lively discussions and group support.
- Anticipated outcomes include:
 - Consistent daily self-care practices
 - Improved mental fitness
 - Accountability with Mentor support
 - A stronger sense of purpose and WHY
 - Overcoming some fear, doubt, and limiting beliefs.
 - Greater confidence in personal strengths
 - Community of empowered women
 - New opportunities to positively impact lives

Cost



- Purchase one-month risk free supply of an Amare gut-brain mental wellness protocol starting at \$129. (as customer or wellness partner)
- Amare Global – the leader in the fast-growing market for natural mental health and mental fitness solutions.

To register, reach out to the person who invited you in the ARENA or email hello@carabradley.net