



# IN THE ARENA

## *-THE IMPACT PATH*

4-week mastermind for women  
to build confidence and capacity to launch  
and grow your mental wellness business

directed by Cara Bradley and Colleen Sullivan  
- and facilitated by experienced mentors



### Are you:



Entrepreneurial driven (or want to be)



Seeking seeking change, challenge and another  
source of income



Want to learn how to launch and build a  
business



Looking for opportunities to positively  
impact lives



# Details



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

## Focus - IMPACT PATH

Week 1 - ACTION - Learn how to jumpstart your business by consciously Connecting, Sharing and Engaging.

Week 2 - REACH OUT - Making authentic connections isn't hard when you have simple reach out language.

Week 3 - NAME YOUR NICHE - You'll get clear about your WHO—your niche! This is the foundation of marketing anything!

Week 4 - CLOSE WITH CONFIDENCE- Simple systems build confidence and commitment which helps tremendously to grow your business.



# Outcomes



- The intention of this program is to accelerate your transformation through daily action, lively discussions and group support.
- Anticipated outcomes include:
  - 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 \$5,000 or more.

# Cost



- Commit to purchasing a monthly supply of Amare gut-brain mental wellness protocols of at least \$129.  
(as 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](mailto:hello@carabradley.net)