



IN THE ARENA

INNER PATH

4-week mentoring group to
build Unshakeable Confidence
& Consistent Daily Practices
for Mental Fitness

Led by Mental Fitness Coaches Cara Bradley & Kacy Panfil



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 30- min Group Sessions (recorded) Wednesdays at Noon ET
- ✓ Self-Directed videos and assignments
- ✓ Check-ins with accountability buddy

Focus – INNER PATH

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 - **CONSISTENCY** - Discover how to set a Consistency Action to "move the needle" on a big, bold goal.



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 energy, motivation, focus, sleep, mood and more
 - Accountability with Swim Buddy
 - 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



Option 1 – Purchase an Amare gut-brain protocol of \$139 or more (Amare Global – the leader in the fast-growing market for natural mental wellness solutions). To register, reach out to the person who shared the ARENA or email hello@carabradley.net

Option 2 – Purchase IN THE ARENA monthly mentoring for \$99 – [click here.](#)