

Discover Your Freedom & Conquer Life!



JEFF D. COURTNEY,
CERTIFIED LIFE COACH

As a Life Coach certified through an ICF accredited program, I help people live happier and more fulfilling lives by providing them tools to empower their minds for the future.

JEFF'S SPECIALTIES

I have a passion for helping clients get out of their own way and finally end their self-sabotage. New awareness is just around the corner! If this is your area to improve upon, message me and let's talk!

<https://www.empoweredminds.net/self-sabotage/>

INTERNATIONAL COACH FEDERATION

The International Coaching Federation (ICF) is the leading global organization dedicated to advancing the coaching profession by setting high standards, providing independent certification, and building a worldwide network of trained coaching professionals. <https://coachfederation.org/about>

Do you lie in bed reminding yourself of all the things that you SHOULD have done that day? And for some reason you did not follow through? Inside your mind you justify not doing them, but constantly remind yourself of your failures and feel guilt, shame, or some other damaging emotion. This behavior goes on, day after day, and it changes and adapts to whatever your current situation happens to be!

Stop living life the hard way! Imagine what your life would be like if you did not have this constant negativity screaming at you! How specifically would your life be different?! Would you feel a sense of relief? Start believing in yourself? Finally feel empowered to do what life is calling you to do?!

I work with clients and help them gain tremendous self-awareness around their inner critic, learn to see themselves in a different way that makes them understand what is stopping them in the first place. Together we will unravel YOUR inner conflicts and teach you to let go of your personal anchors so that you have a greater potential to pursue whatever makes you happy in life!

After completing this 90-day program, you will:

- Gain insight to the root of the unwanted behavior while building a deeper relationship with yourself.
- Have greater control over your decision-making while making better choices along the way.
- Have greater internal awareness allowing you to gain new perspectives.
- Feel happier and more fulfilled giving you momentum to be who you want to be!
- Have new life skills to carry into your future to help you with any change you want to make!



To support you with your success, Empowered Minds will provide a starter package with a Workbook containing everything you need, plus we will include a copy of *The Untethered Soul* by Michael A. Singer. Unlimited support emails and text messages are also included at no additional cost!

Use this opportunity and contact me at jeff@empoweredminds.net and we can discuss your next steps. Visit www.empoweredminds.net for additional information.

Your Price:

\$1295