

Ways to Work with Amanda

Mindset tools to release the mental load
and create the life you desire.

DIY



Book

Mom Mindset Mastery



- Release guilt & overwhelm
- Shift subconscious patterns
- Reclaim confidence & calm
- Create a life you love

1:1



Virtual Coaching

1:1 Session



- Personalized Support
- Break through mental blocks
- Gain clarity & direction
- Feel lighter & focused

Group



Shared Momentum

Monthly Mindset Resets



- Quick science-backed lessons
- Visualization experience
- Release limiting beliefs
- Restore calm & alignment

Course

Mindset Mastery



- Bite-size mindset lessons
- Powerful Recodes
- Shift beliefs at the root
- Apply tools immediately

3 Month Program

Elite Mindset Mastery



- Deep personal transformation
- 12 Private sessions & support
- Integrate change sustainably
- Create a life you love

10 Week Program

VIP Mindset Mastery



- Live group coaching support
- Transformational course
- Private 1:1 session
- Growth-focused community

Questions or not sure where to start?
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