

# Ways to Work with Amanda

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

DIY

1:1

Group

Book  
**Mom Mindset Mastery**

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

Virtual Coaching  
**1:1 Session**

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

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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