

# THE BRAND-NEW **TRUE YOU**

## OUR ENERGIZING SIGNATURE PROGRAM





## WEEK 1:

# MINDSET UPGRADE & LETTING GO OF WHAT'S NOT YOURS

- HOW THE CONSCIOUS & SUBCONSCIOUSNESS WORK
- AN INTO INTO YOUR NERVOUS SYSTEM
- UNDERSTANDING THE ROOT CAUSE OF YOUR CHALLENGE
- ELIMINATING THE BLOCK OUT OF YOUR SYSTEM
- BUILDING "HEALTHIER" THINKING, BEHAVIOR & HABIT(S)



## WEEK 2:

# YOUR **YOUNIQUE** WAY OF BEING

- YOUR ENERGY TYPE & PERSONAL “USER MANUAL”
- CLARITY: YOUR PURPOSE, GIFTS, CHALLENGES & INTUITION
- ALIGNED PERFORMANCE OPTIMIZATION: STOP DOING THIS
- 11 TYPE-FOCUSED LIFE HACKS & REMINDERS
- 33+ DEEP QUESTIONS, WHICH OPEN DOORS IN YOUR MIND



## WEEK 3:

# TOOLS TO STAY LOYAL TO YOUR TRUE SELF

- **GETTING THE BASICS RIGHT: YOUR ROUTINES & ECOSYSTEM**
- **ERADICATING MAJOR STRESS SOURCES**
- **SIMPLE YET EFFECTIVE MINDFULNESS TECHNIQUES**
- **HOW TO FIND INSPIRATION & AWE IN EVERYDAY LIFE**
- **THE ART OF THE INNER DIALOGUE**



## WEEK 4:

# HOW TO GROW & EVOLVE CONSCIOUSLY

- YOUR NEW, HOLISTIC DEFINITION OF SUCCESS
- THE TRUTH ABOUT THE GROWTH PROCESS
- DEFINING NEW AREAS OF PERSONAL GROWTH
- ADVENTURES, NEW EXPERIENCES & PLAYFULNESS
- SELF-CARE, ENERGY BALANCING & GROUNDING PRACTICES



## WEEK 5:

# REPOSITIONING & LINKEDIN PROFILE OPTIMIZATION

- **PROFILE SHARPENING: THE NEW BUSINESS YOU**
- **A FRESH NEW LOOK – EXTERNAL REBRANDING ASPECTS**
- **PREPARING FOR YOUR PROFESSIONAL PHOTOSHOOT**
- **BLIND SPOTS OF YOUR CURRENT LINKEDIN PROFILE**
- **TURN YOUR LINKEDIN PROFILE INTO A LANDING PAGE**





## WEEK 6:

# STORYTELLING & CONTENT CREATION ON LINKEDIN

- HOW TO TELL EDUTAINING, POWERFUL STORIES
- YOUR STORY AS AN INTERVIEW & COLLAB MAGNET
- IDENTIFYING YOUR DREAM CLIENT
- ALGORITHM SECRETS & LEAD-GENERATING CONTENT
- TEMPLATES TO TRACK, PLAN & IMPROVE YOUR POSTS



**ALL THIS AND  
MUCH MORE!**





**FEELING EXCITED? OR DO YOU  
WANT MORE DETAILS?**

**IN EITHER CASE, SEND ME A DM &  
LET'S TAKE IT FROM THERE.**



**[WWW.DRNATALIAWIECHOWSKI.COM](http://WWW.DRNATALIAWIECHOWSKI.COM)**