



Fly Higher

A three-month program

With
Camilla Hoitenga

Fly higher - and go deeper! - to get focused on what YOU really want and how to achieve it! Here's how it works:

SETTING GOALS and WAYS TO ACHIEVE THEM

- Together we identify and develop the roadmap of specific actions for your goals.

PERSONAL SUPPORT:

- Weekly 1:1 calls 12 x 45- 60 minutes for progress updates, accountability, and identifying next steps
- Unlimited texting access (WhatsApp, Telegram, Signal, etc.)
- Community support in a private FB group — contribute to and feed off the energy of like-minded travelers

TOOLS for TRAINING YOUR MINDSET & INCREASING YOUR FOCUS

- Techniques for regulating the nervous system
- Tips and tools for effectively improving your health & energy
- Self-help methods such as journaling & meditation
- Science-based mind/body practices for increasing your well-being and helping you stay centered

BENEFITS

- Increased skill level
- Increased ease in productivity
- And therefore more free time!
- Satisfaction from your increased control of how your life unfolds!

BONUSES:

- Introduction to key books in my library
- Access to my relevant connections & contacts

Interested? Let's talk!

First session's on me, no strings attached - book a time or contact me via my website

HOITENGA.COM