



Fly Higher

With
Camilla Hoitenga

The three-month premium program

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.)

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 and confidence
- Increased ease in productivity
- And therefore more free time!
- Overall general satisfaction in how your life is unfolding!

BONUSES:

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

€2000

or 3 x €700

Interested? Let's talk! – Book a time or contact me via my website

HOITENGA.COM