

# The H.E.R. Program

A Modern Approach to Achieve Healthy Eating Recovery from Food & Eating Issues.

**The H.E.R. Program is a 12 week intensive immersion online group coaching program designed to empower YOU with:**

- Educational trainings and materials
- Powerful tools for transformation
- Advanced self-help techniques
- On-going support and accountability
- Experiential learning and group healing
- Connection to other women going through similar wellness journeys

Facilitated by Sarah Speers, MFT

- Alternative Energy Worker
- Holistic Health Coach
- Recovered from Bulimia



**Sarah: you've truly changed my life! Before your session I was hurting so deeply and in just TWO MONTHS of sessions...**

**I not only stopped spitting up my food... I healed the very impulse and pain where it all began.**

**How can I begin to thank you?!?**

**Anyone that's looking for deeper healing and help from food issues, Sarah 🙌 is 🙌 it. Period.**

**You're a light worker ⚡️ ✨ 🙏**

## **SO THAT YOU CAN...**

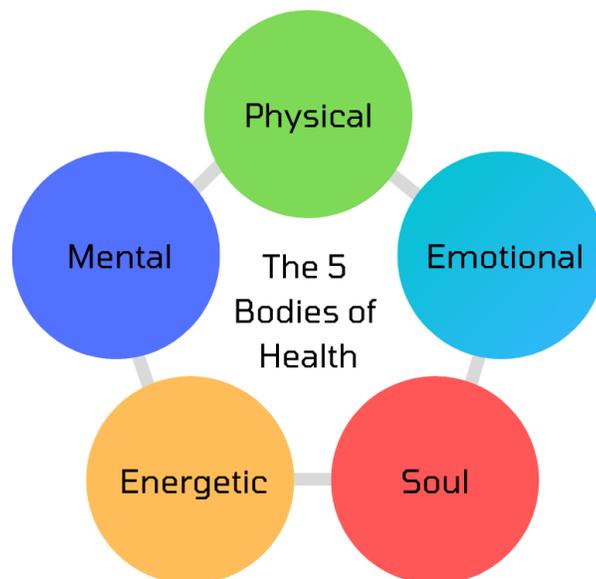
- Understand the psychology of what is underlying your struggles with food, eating and your body.
- Gain greater self awareness and acceptance.
- Find food freedom and peace of mind so you can feel like a normal eater.
- Become a more mindful, empowered eater in tune with your body's needs.
- Break unhealthy habits, reprogram your mind, release repressed emotions and rebalance your body's energy system.
- Live a healthier more harmonious life aligned with your truest self and hearts desires.

**"I can honestly say that I've felt the most capable of handling my cravings, binging, anxiety, depression and emotions within the last few months since starting your Monday night classes. You are absolutely amazing!" Brit**

# Approach

The H.E.R. Program offers a modern and holistic approach to self-healing that addresses *The 5 Bodies of Health* underlying your eating, weight and body issues.

The program fuses alternative energy healing modalities with more traditional approaches to support you in overcoming the mental and emotional obstacles that may be interfering with your ability to make healthy food and lifestyle choices, and feel your best!



# Program Format

This is a 12 week group coaching program with up to 8 participants at a time. Groups are kept intentionally small to create an intimate, safe space for every woman to feel seen, heard, connected and supported. Everyone on the call will have the opportunity to ask questions and receive individualized coaching support from me.

The program follows a LEARN, DO and INTEGRATE format, which is designed so you can experience optimal benefits.

## LEARN Training Calls

*Awareness* is the first step in being able to empower yourself to make informed choices and intentional changes. During these calls, I will teach you 10 years worth of training and education that I learned from my personal and professional experiences so you too can understand the psychology of your mind, body and emotions and how they all interconnect to affect your relationship with food, eating and your body.

## DO Experiential Calls

Once you understand the underlying *why* about your current struggle, then it's time to *do* something about it. During these calls, I will utilize a variety of alternative modalities and experiential activities to help you experience internal shifts related to your mindset, core beliefs, emotional blocks, self image and more. This includes learning and doing a variety of Emotional Freedom Techniques (EFT), Reiki, mindfulness-based activities and meditation.

## INTEGRATION

Each week I will give you guided audio meditations, tapping scripts, worksheets, journal prompts and tasks to integrate what you've learned into your daily life. It is through continued application and practice of the concepts and tools learned that you will experience the greatest benefits and most noticeable shifts with regards to your eating habits, mindset and overall sense of well-being.

# What's Included

- 12 group coaching calls (90-120 min)
- Guided meditations
- Guided tapping audio and scripts
- Activity worksheets & handouts
- Weekly journal prompts
- Private Facebook Group
- Facebook Live Q&A's

**"I am blessed to have met you! You have helped me more than any words could ever express. My life has changed for the better, due to your insightful work. I have a grip on my eating. No unhealthy behaviors, very little overeating and no drinking."**

# Plus These Bonuses



## **BONUS 1: Essential Skills Training Call**

Intensive training on meditation and Emotional Freedom Techniques (EFT)

## **BONUS 2: Guided Breathing Audio**

Use this short guided breathing audio when you need to pause before reacting or find a way to effectively calm your brain and body and enter a state of relaxation.

## **BONUS 3: Guided Mindful Eating Audios**

Two audio files- one for eating meals and one for eating snacks.

## **BONUS 4: Exclusive Interview with Naturopathic Doctor**

This exclusive interview is with a naturopathic doctor who shares about factors to consider to heal your physical body while working on healing the mental and emotional factors affecting your health habits and well-being.

## **BONUS 5: Live Call With A Registered Dietician**

There will be a live call where you can ask all of your nutrition questions to get clarity on what, when and how much you should be eating to regulate blood sugar, properly nourish your body and feel your best physically, mentally and emotionally.

