

U

UNDERSTAND THE MAGNITUDE OF YOUR PLATFORM

As a leader, your influence has a profound impact and ripple effect on others. Elevate yourself, invest in yourself, surround yourself with like minded people to expand your potential with purpose and passion. Who you are, is who you attract. Be intentional, dream big, know your why and the sky is the limit. [IP assessment](#)

P

PRESENCE

What do you want others to know about you before you speak a word? Are you emulating what you want others to follow? Make your first impression and interactions be memorable and lasting in person and online.

[10 Tips To Elevate Your Online Presence](#)

S

SIGNATURE STYLE AND PERSONAL BRAND

As we evolve, our wardrobe must evolve and communicate in an authentic way who we are with ease and grace. In order to attract more of what we desire, (i.e. heightened success, high end clients, more money, new partner) our personal brand must be aligned with our values, lifestyle and highest intentions. [Always Brand Ready](#)

C

COMMUNICATING WITH CONFIDENCE

Having confidence is key to success. Understanding yourself from the inside out will allow you to show up in your power fully. Practicing daily rituals, affirming self talk, selfcare and exercise are essential to feeling good. To look your best, know your body shape, have a signature style that aligns with you and your goals. You can amplify your confidence, make shopping and dressing easy and to save money. [Learn more.](#)

A

ATTACK THE CLOSET- CLEAR THE CLUTTER

Holding on to clothing that no longer represent your best self, can keep you from showing up in a powerful confident manner. My "7 Steps to Declutter Your Closet" system will allow you to release what no longer serves you, and organize your wardrobe in a way that makes getting dressed in 5 minutes, a reality.

[Download 7 Steps to Declutter here.](#)

L

LEVERAGE YOUR LEADERSHIP LANGUAGE

Understand your own behavioral communication style, being able to read other quickly and knowing how to adjust the way you convey information and ideas so that others grasp it, is the job of being an effective leader and productive team member. Your relationships will be enhanced in a profound way! [Learn more.](#)

E

EVALUATE & EVOLVE

Using the Power of The Pause, we take time to assess where you are and where you want to be. Are you living your best life with intention and passion? Who do you need to become to take yourself and your business to the next level? [Explore the Power of the Pause Retreats here](#)