

Subject: “How EXACTLY will mastering my female cycle help?”

Hey [name],

I get asked that all the time.

“Eleshia, what the hell do my hormones have to do with growing or launching a highly successful business that allows me to live life on MY terms and make a difference in the world?”

Is that what you think too?

Just like me, you probably notice the changes in your energy levels, your productivity, your creativity and your brain power when it comes to those few days around the start of your period.

You struggle on through, dose yourself up with painkillers and then hold on tight until you feel ‘normal’ again. Even though it feels like a gazillion days away.

Yeah, it’s OK. You survive. Just about.

But you feel like you’re constantly trying to play catch up when it comes to your goals, targets and generally getting shit done.

Here’s the BIG NEWS! It doesn’t have to be like this. You can continue to be your awesome, ambitious and productive self, no matter what your hormones are up to.

That’s why I created this course.

I got so much awesome feedback from the podcast series I did a few months back on this very topic that I just had to package it up in an easy-to-understand, easy-to-implement format.

I promise it will transform your life AND your success as a female entrepreneur.

Sign up now. (*You only have until 20th July and there are only 15 spots so don't miss out!*)

Want me to tell you what you'll get out of it? I thought you'd never ask...

- You'll feel more in control of your body so you can work WITH IT, not against it
- You'll get clear on what you need to do in every phase of your cycle including eating, movement, self-care and business task list perspective so you can feel awesome all the time!
- You'll finally feel excited about having your period instead of dreading it.
- You'll feel confident about when your energy will be at its highest so you can make use of your time well.
- You'll know how to prepare throughout the month to ensure you stay healthy and productive.
- You'll enjoy spending more time with yourself.
- You'll know when to ask for help and what to prioritise.
- You'll feel confident about what you eat, how you move and the importance of taking care of yourself FIRST.

Take it from me- it ABSOLUTELY works!

Sign up now and you get access to the exclusive live round plus all the other goodies that will help you...

- Feel more in control of your body
- Get clear on what you need to do in every phase of your cycle including eating, movement, self-care and business task lists
- Finally feel excited about having your period instead of dreading it
- Feel confident about when your energy will be at its highest so you can make optimal use of your time
- Learn how to prepare throughout the month to ensure you stay healthy and productive
- Enjoy spending more time on yourself
- Know exactly when to ask for help and what to prioritise

Love,

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P.S. I'm getting tons of feedback for ladies who saw real benefits by implementing what I already shared in the podcast series and can't wait to start the course. They can't be wrong...