

Inspired
L I F E S T Y L E S

WITH DONNA

The Goal: Achieving and Maintaining Your Healthiest Weight

Donna's Coaching Delivers

Support

Solutions

Inspiration

For every lifestyle and weight-related challenge

Personalized Lifestyle Design for Your Unique Lifestyle



Hi, I'm Donna Mitchell

It feels great to easily maintain at my healthy weight today, 35 years after dropping nearly 90 extra pounds.

My purpose and passion are found in guiding, educating, coaching, and inspiring you on your journey to your best weight.

I promise - no strict lists of forbidden foods or boot-camp-style exercise.

Others Share Why They Choose Coaching with Donna

- *She's been there, and understands being overweight!*
- *Donna is the success story. She not only lost weight, she has stayed at her goal for years.*
- *I know she understands emotional overeating, binging, and my low self-esteem.*
- *Donna is very knowledgeable and motivational, and presents things in a way that helps me get on track and overcome my challenges.*
- *She is a compassionate listener and guarantees confidentiality of what you share.*
- *She gets why I want to eat chocolate rather than an apple!*

Accountability – says Michelle

- *I need Donna to look over my food journals; knowing she will help me stay in control.*
- *Knowing I will be talking to Donna in our weekly on-line sessions keeps me on track to do my best.*
- *Sometimes I want to skip the session; however, I push through and always feel positive and motivated to continue by being accountable and keeping my appointment.*

Imagine

**Tightening Your
Belt A Few Notches**



**Sliding Into
Smaller Sizes**



**Lowering Blood
Pressure, Improving
Cholesterol and Sugar
Levels**



Imagine and Feel How it Feels
to Achieve Your Desired Weight
and
Maintain With Ease
For the Rest of Your Life!

**(Never having to go through the process of
reducing weight again!)**

You can with my proven methodology, secrets from my own personal success story, and extensive, life-long professional career inspiring, training, and coaching in healthy living and weight management.

I am not offering you a program.

You are the program!

Donna

Change Your Perspective on Food



Develop Your Own Personal Lifestyle Plan

Lifestyle Improvement is The Most Effective & Successful Method of Weight Reduction

*Donna works with
you - where you
are...*

*and takes you to
where you want to be!*

Step by Step

Elements of Donna's Methodology

- Inspiration and Motivation as Foundations
- The Basics of Organization & Nutrition
- Behaviour (Habit) Change & Improvement
- Self-Awareness, Mindfulness, & Mental Well Being
- Emotional Healing & Balance, E.F.T. Training
- Physical Intelligence – Befriending Your Body
- Reducing the Stress-Response Loop
- Inner Transformation to Your New Identity -
“You without the extra weight”

What Your Coaching Package Includes

- **A Free 15-Minute Introductory Chat with Donna**
- **Weekly Coaching Sessions (1 hr)**
- **Inspirational & Motivational Materials *for Your Unique Needs & Challenges***
- **Educational Videos & Power Point Presentations**
- **Booster Emails & Food Journal Analysis**
- **Mindfulness Training: Mindful Eating, Mindful Being**
- **Inclusion in Donna's Private Facebook Group: Fresh Start**

.....a trusted place to confide and share.....

Success Requires Commitment

I know how easy it is to give up. I quit and restarted many times on the journey down the scale.

*We easily become disappointed with ourselves, thinking we **should have** done better or we **should have** achieved more.*

Let's reprogram your mind for success by learning how to let go of self-sabotaging thoughts and words – like should.

Donna

Everybody Starts with *Fresh Start*, The Basics. It includes:

- Fundamental Organization in *The Food Department*
- Success Principles
- Environmental Control
- Smart Shopping, Meal Planning & Meal Preparation
- Eating Out & Social Events
- Managing Nighttime Snacking
- Success on Weekends
- Controlling Sugar and Carbohydrate Cravings

...and more

Followed by: *Moving Forwarding*

- Elements of Transformational Change
 - Success Principles
 - Overcoming Self-Limiting Beliefs
 - Reprogramming Inner Dialogue to Positivity
 - Building Memory for Success
 - Managing a Plateau
 - Getting Off the Emotional Roller-Coaster
 - Setting Healthy Boundaries
- ...and more

How to Work with Donna

Private Coaching (On-Line or In Person)

At-Work Corporate Programs

Church/School & Community

Wellness Programs

Couples & Family Lifestyle Programs

Special Event On-Line Webinars

Ask Yourself: *What will I be doing at my ideal weight? How does it feel to be there?*



Contact Donna Today for a Free
15-Minute Introductory Chat

To see if we are a fit.



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L I F E S T Y L E S
WITH DONNA

**Donna Mitchell, Lifestyle Consultant and Coach,
Certified Canfield Trainer, Speaker, Writer, Yoga & Mindfulness
Instructor, Water Conditioning Therapist In The Burdenko
Method, Entrepreneur, Adventurer**

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