

Live Better

The Ledbetter Transformation Method™

A 12 Week Program

What's included

- Full 12 week custom program built out for the client
- Workbook & Gift Box
- 1:1 Coaching Weekly
- Daily check ins & support (office hours)
- Customized tasks & focus homework
- Cultivated playlists
- Training and exercises for home care
- Goal setting and strategies sessions
- Identifying barriers and learning release
- Mindset & Behavior modification
- Safe trauma processing & emotion programs
- Healthy stress management tools
- Vision & emotion work, Belief encoding
- Toxin identification & low-tox living tools
- Healthy Recipes and support

Somatic sessions in the full 12 week method included:

- 6 full 2 hour Breathwork sessions
- 2 virtual mini breathwork sessions (great for learning to create safe space at home or traveling, integration, go deeper on your own)
- 2 mental emotional subconscious release exercises with deep visualizations (MER)
- 1 full integration sessions (light breathwork, sound bath, orbital massage and aromatherapy)

Ledbetter transformations