

EMPOWERING | SIMPLE | CONNECTION

Simple Shifts Mentoring

an invitation



sheIQlife

Empowering **Simple** Connection



Are you ready to take a few simple steps to make sure you're doing the things that are aligned with who you are?

Steps that make life easier so your life suddenly becomes effortless?

Steps that help you make sure you're doing the things that are aligned with who you are, replacing the time and energy you have been putting into trying to be someone or something else with more rewarding ways of living and being.

Steps that show you how to minimise the impact of FOMO and YOLO on your life - which means you consciously choose the things you love doing rather than spending your life doing the things others tell you that you **should** be doing.

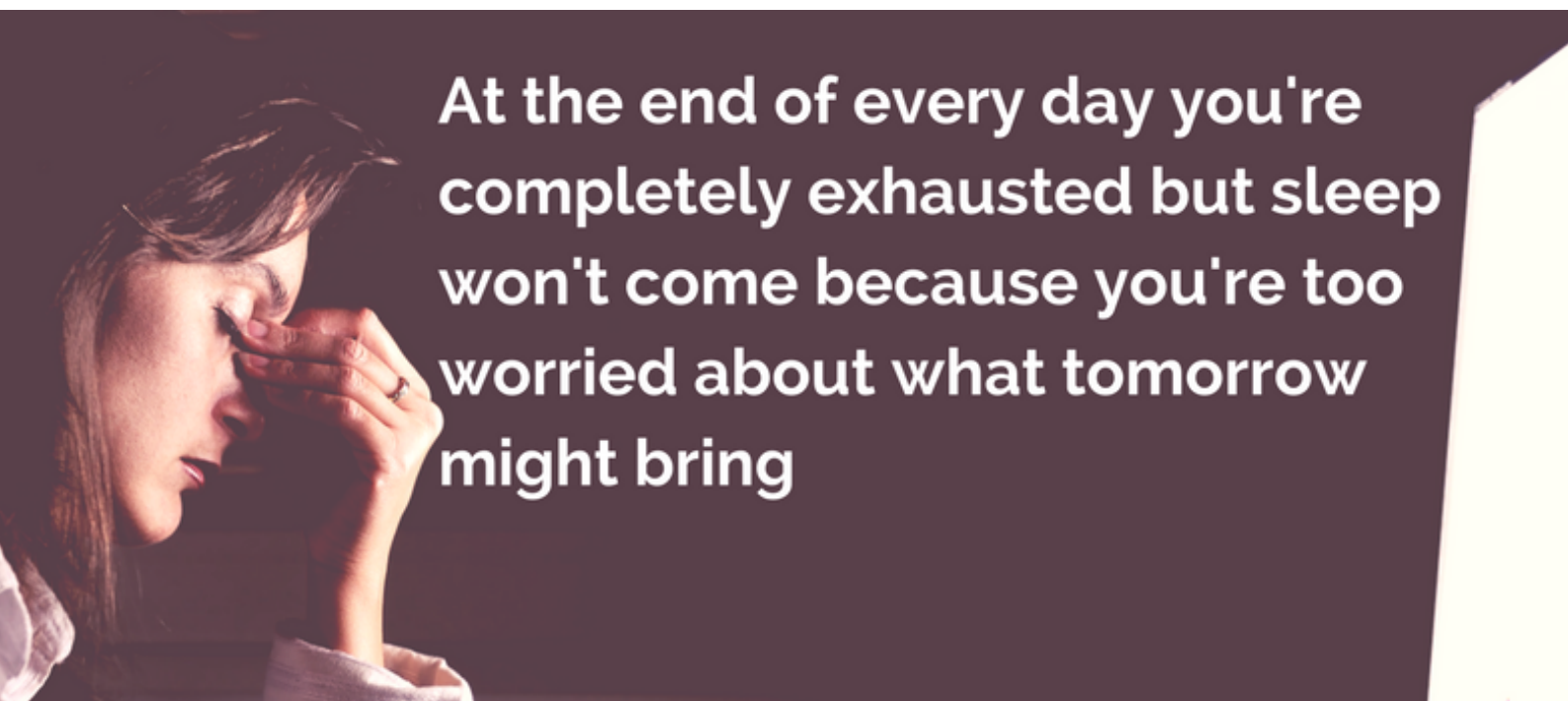
Steps that deepen your understanding of yourself and therefore enhance your ability to implement new learning easily into your life.



You probably feel a little lost - like you don't know where you should turn for your answers.

You're so busy delivering on the work, home, friend, social and relationship fronts that there isn't any time to spend working through what you need to be OK. You're exhausted and your life is a mix of:

- judgement and opinion from others on what you should and shouldn't be doing ... and how you should and shouldn't be doing it;
- never having enough hours in the day to deliver everything you've promised to everyone around you;
- panic that you will let someone down;
- being overwhelmed and having your life out of control;
- despair that you'll never get to where you need to be and that you'll stagnate your life and your career;
- desperately wanting things to be different; AND
- beating yourself up by being your own harshest critic because it seems like you're constantly failing.



Don't stress!

The first thing to understand is that you're not alone - a high percentage of the Western population live their lives in exactly the same way. You've jumped on the drive and migration to success without even knowing it.

Experience the strength that empowering simple connection can bring into your life.

It's time to unlock the door that is keeping you from your life and for you to walk on through!

The simple shifts mentoring program is about stepping into YOUR life so that you can align your values with the things you do every day. Doing this allows you to bring your life into flow and experience an ease and effortlessness that you'll absolutely love!

It's a 6 month intensive (in only the best way intensive!) experience.

You get to know yourself - really know yourself.

You'll reconnect with who you are and easily learn to find the things that make your world magic.

It all starts with understanding your values and then learning to ask yourself some simple questions that will help you to align your life around them. When you know what your values are you're able to self-direct your life in a way that you've never done before.

What are some of the benefits?

- **Create** a conscious life that supports everything you want to achieve.
- **Understand** your unique needs and work out how to give them to yourself every day.
- **Support** your energy and provide it with fuel every day so you never have to exhausted again.
- **Gain** the opportunity to experience transformation that can completely change your life.
- **Guidance** to understand stress, it's true impact in your life and how to significantly reduce it's effect on you.
- **Define** your values and use them to create a life that allows you to walk on YOUR path.
- **Move** from feeling like everything is too hard to clearly seeing the steps ahead to get you where you want to go.
- **Step** out of bed everyday with enthusiasm and energy so that you can jump into everything the day offers you.

Introducing Bronwen Sciortino

THE BENEFITS FOR YOU ARE WIDE AND VARIED

Without doubt, whether you realise it or not, the underlying benefit for you is what ultimately happens when you're immersed in an environment of genuine accountability and support. There's a deep focus, motivation and drive to achieve what you desire as a business person — and that is a beautiful and inspiring experience to be a part of.

Bronwen Sciortino, International Author and Simplicity Expert, is the developer of the 'Keep It Super Simple' (KISS) framework — a range of simple principles designed to help people focus inwardly in order to make changes that enable them to lead less complex and more rewarding lives.

An inspirational speaker, author and workshop facilitator, Bronwen now spends every day working with people globally through corporate programs, conference platforms, retreats, professional mentoring and in the online environment.

Bronwen actively shares her secrets to success and inspires individuals to reduce stress, build resilience and embrace change. She shares her story and the KISS framework with audiences of all sizes and backgrounds through her keynotes, her books and member platforms such as HuffPost and Thrive Global, in addition to facilitated and online workshops and programs.



Program overview

We meet either face to face or via skype or zoom (depending on your location) for 1 x 2 hour mentoring session each month for a minimum of 6 months. In addition, because I understand how important it is to support your energy I also conduct an ITA (Integrated Therapeutic Alignment) Energy Alignment for you each month. You will access all training modules presented at each meeting, as well as any templates required for 'homework' along the way. You will also gain access to my knowledge, wisdom, experience, tips and tricks.

In addition, the program will show you how to bring simplicity into every day activities, assisting you to positively impact your environment and energy in your life, and help you to influence the dynamics of your interactions with family, friends, colleagues and key stakeholders.

To get started, call or email Bronwen Sciortino today: bsciortino@sheiqlife.com or +61 438 624 868!

A tailored program will be put together to suit your needs - contact Bronwen Sciortino today to get your program underway!

What is mentoring?

Mentoring with Bronwen Sciortino brings you together with a Simplicity Expert in a facilitated environment so that you can focus on what you need for your personal and professional growth and development.

Using custom designed techniques, the initial meetings will establish your needs and objectives, goals and requirements. At the beginning of the program we will map out session requirements as well as your individual growth and development plans.

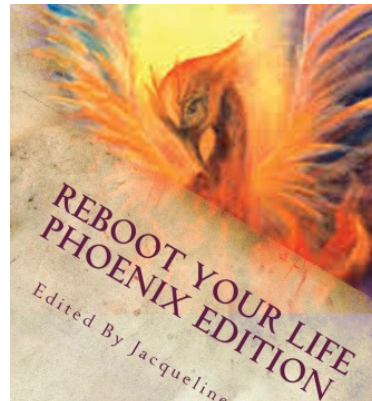
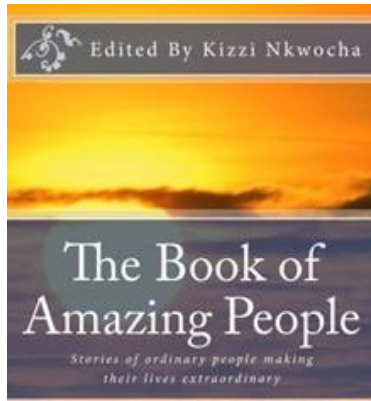
Once the session objectives are established, each session will follow a similar format, including delivery of accountability reporting, a specific topic and ongoing learning objectives. The program will deliver education and mentoring objectives to guide you towards goal achievement. As needs be, the program will source access to external business experts to provide additional learning and resources.

The program is tailored to the needs of each individual, however common themes, such as the following often occur:

- creating your values
- understanding your unique energy system
- understanding stress and resilience and making them work for YOUR life
- Being busy
- Comfort zones

As featured in:

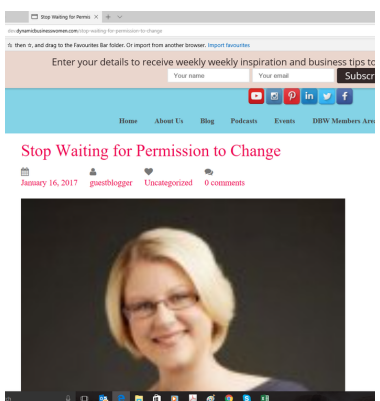
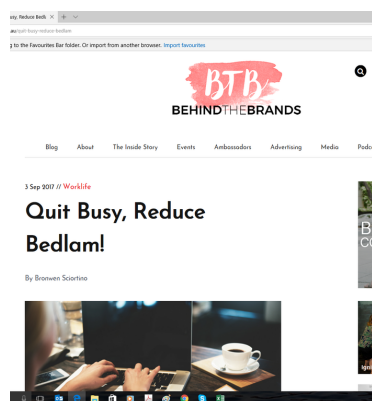
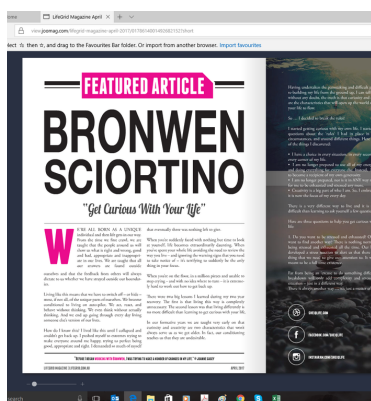
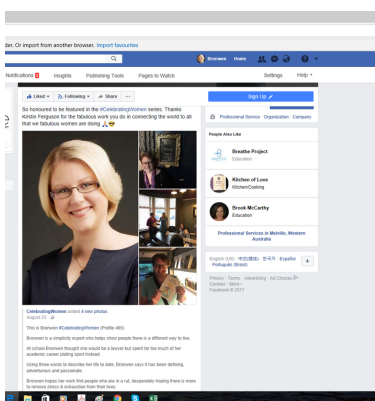
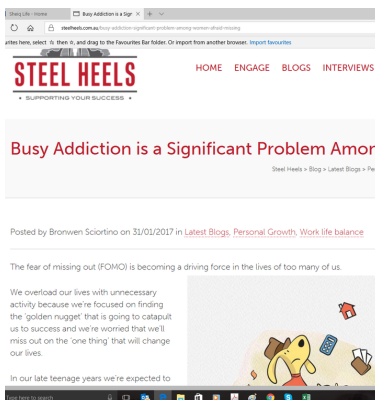
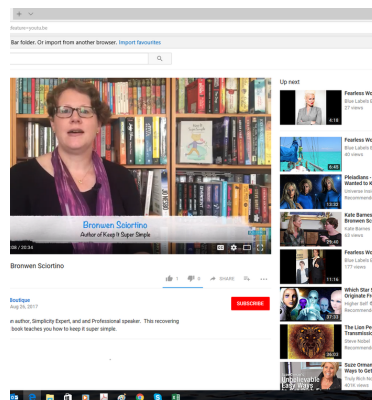
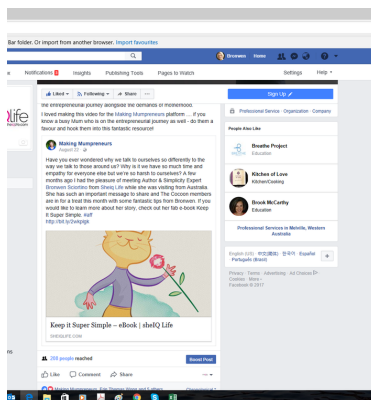
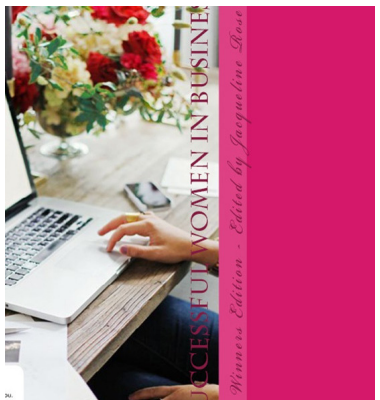
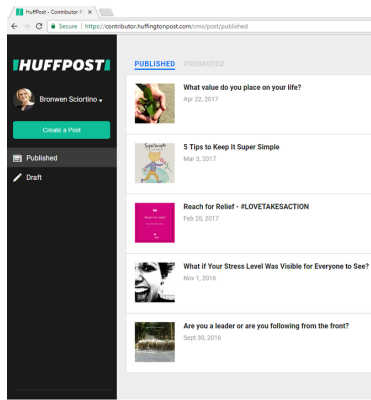
'Keep It Super Simple' and Bronwen Sciortino are regularly featured in the media globally. Here's just a few of those features:



New Podcast now live on the App!



Bronwen Sciortino, Author and Simplicity Expert, joins us on the App in a podcast series discussing stress, resilience and strategies for change that will improve your health.



Here's what people say about 'Keep It Super Simple'

'What if They're Wrong?'

Mary Dwyer - Managing Director of Impaction Solutions International

What an interesting question; one that had crossed my mind before but not one that I had really considered or diligently applied to my life but this changed after attending Bronwen Sciortino's powerful presentation. Her strong story of the rise and rise to corporate success, and the cost of that journey was completely engaging. More importantly, as Bronwen helped us understand her story the power of her questioning saw her transform her life and of course made me reflect and question my own. I highly recommend attending any of her presentations or workshops and I look forward to finishing her book.



'Don't wait till it's too late!'

Janine Chapman - Committee Member - Strata Alliance Australia

Let's do something about taking back our lives from the stresses of work. Bronwen gave good insight into why we need to continue to review our lives, what's important and what we can do about changes - it's not scary! Thank you Bronwen - it was a great event.



'Clear direction and decisions align with my values!'

Joanne Casey - Managing Director of The Right Mix Consultancy

Since I began working with Bronwen I have noticed such a change in my outlook and life in general. I am now able to clearly set a direction and make decisions that are aligned with my values and my true purpose. I am now working with clients who are aligned with my values and my personal and business relationships have blossomed with a new authenticity. Bronwen's approach and manner springs from a place of kindness and love, making even the most challenging aspects of this work seem achievable, accessible and beautiful in it's simplicity. I would recommend anyone looking to connect more deeply with themselves, their purpose and the world around them to work with Bronwen.

