



## Break the Link™ to Shift your Mindset for 2022

### Did 2021 leave you feeling...?

- \*Stuck in a Rut
- \*Unsure of what to do next
- \*Depressed or Anxious
- \*A lack of confidence in yourself
- \*Out of Control
- \*Confused about your future

### Join me to learn how to...

- \*Overcome obstacles that hold you back
- \*Listen to the right voice in your head
- \*Use positive self-talk
- \*How to nurture yourself
- \*How to promote growth
- \*Stop focusing on the past

Welcome to 2022, the Year to **LEAVE** all that behind you and find the **BEST** version of yourself!

Please join me in a 4 - week virtual program to **BREAK THE LINK™** to shift into a positive mindset.

This is a group coaching clinic for those wanting a major shift for 2022.

**Only 10 spots** available ...

**DATES:** Thursdays, Feb 3rd, 10th, 17th, 24th, 2022

**TIME:** 9am PST, 10am MST, 11am CST, 12pm EST  
Each zoom session will be 1 hour in length

**COST:** \$199 per person for the **ENTIRE** course!

Receive an Unchained Journey Journal with sign up

First 5 to join receive a **BONUS** 1 on 1 coaching session



To Register: <https://buy.stripe.com/5kA1858foaZMcFyfZ1>



*Marci Almond is a highly sought-after certified life coach and speaker. She is an experienced leader who has been empowering women to find their true self and move forward with confidence into the life they desire for decades. After struggling with her own Unchained Journey, she developed the Unchained Journey Life Coaching platform to assist other women that are feeling stuck or held back in life due to a life transition or from trauma they have experienced.*

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