

my offers - the guide

Coaching programs and courses that support ambitious women like you in mastering their mind, manifesting with ease, healing holistically + expanding their energy to create a life of fulfilment, joy & balance

laura herde
MASTER MIND & SUCCESS COACH

Meet your Coach:

Hi, I'm Laura!

I am a certified Master Life + Mindset Coach and passionate about helping ambitious females & high achievers who are feeling overwhelmed, unworthy and stuck in their current reality to step into their true power & fullest potential by levelling up their mindset, well-being + relationships.

My goal is to help badass women like YOU release any mindset limitations that keep you playing small and give you all the tools, strategies, steps and techniques you need in order to create a life that feels aligned, balanced & joyful. After working with me in one of my containers, you can expect to thrive in every single area of your life. Let's dive in!



my mission.

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MASTER MIND & SUCCESS COACH

If you are ready to ELEVATE
every single area of your life &
start a transformation of your mind,
body and soul... then welcome, queen -
you are exactly in the RIGHT PLACE.

If you are a highly ambitious woman wanting to ***DO IT ALL*** who struggles with...

- time & energy management
- self-confidence, self-esteem & self-worth
- figuring things out by herself - without succeeding
- setting her priorities straight + focusing on what matters most
- taking time for daily self-care practices whilst still performing well
- finding a work-life balance because she constantly feels overwhelmed
- putting herself first + meeting her own needs to feel fully energised + thriving
- starting to actually take action when it comes to self-development + the inner work

... then I got something for you!

What I can support you with

- becoming the most powerful, aligned YOU
- getting crystal clear on your core values
- releasing limiting beliefs & outdated stories
- reprogramming your subconscious for success + fulfilment
- creating clarity on the next level vision of your most exciting reality
- developing an intrinsic motivation to achieve all your goals long-term
- establishing a daily routine & self-care rituals to ground + nourish you
- taking consistent action in alignment with the direction of your dreams
- creating a detailed roadmap towards your short-term and long-term goals
- adopting a mindset that sets you up for success in every single area of life

... and so much more!

Programs



My holistic mentorship offers created to help you collapse time and take yourself + your reality to a whole new level

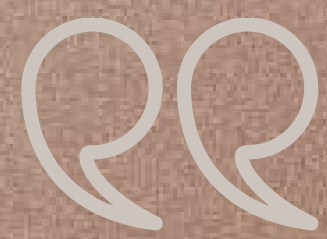
1:1 Mentorships

5-Month Signature Program

The True You

Inclusions:

- a virtual welcome package with pre-study material
- a personalized coaching concept tailored to your goals
- 10 x 60-minute video call sessions over the course of 5 months (2 calls / month)
- a 60-minute healing bonus session at no additional cost
- weekly homework in between sessions that include tools, guides, journaling prompts, worksheets & action steps that are tailored to your visions & goals
- daily voice note support Monday - Friday to hold you accountable
- extensive feedback on all the homework you are sending in/ submitting



A success story - from 'overwhelm to overflow!

Before Kay started working with me 1:1, she was caught up in the hustle culture...



... like soooo many women. She was putting in super long hours thinking it was only way she would be celebrated + rewarded. She had been living solely in her masculine energy and didn't leave room for flow, fun or flexibility. But she realized that she needed a huge shift in her life + she was willing to do everything it would take to create different outcomes. Since putting in the inner work, her life has changed drastically and I am SO proud of her transformation! The result? She's overcome burnout, feels in alignment and is absolutely crushing it in both her personal & professional life.

Now you might wonder - how exactly did she do it?

- She upgraded her mindset ("Mindset Mastery")
- She learned how to practice effective Resource Management
- She put in the inner (healing) work
- She stepped into her feminine energy

Kayleigh Watson

Instagram: [@kayleighjadewatson](https://www.instagram.com/kayleighjadewatson)

A success story - from 'overwhelm to overflow!

Kay realized that more spaciousness + flexibility in her schedule and life would give her the results she wanted much faster than hustling 24/7. She learned to reconnect with herself & managed to tap into a divine receiving energy that now allows her to always stay calm, grounded and present whilst attracting aligned opportunities. She has realized that not everything is as urgent as we usually think, and so, she feels way less stressed, more accomplished and present.

She's now experiencing + magnetizing so much more success, more balance, and more alignment than ever before. She recognizes how important her daily rituals, routines, self-care & embodiment practices are if she truly wants to succeed in life. And thus, she is now able to set healthy boundaries without feeling guilty. She consciously communicates her needs and has deepened her relationships through the power of vulnerability. By showing up as her highest & best self, Kay achieves so much more than she ever did by hustling & pushing through.

Kayleigh Watson

Instagram: [@kayleighjadewatson](https://www.instagram.com/kayleighjadewatson)

Level up like Kay!



Programs

1:1 Mentorships

12-week 1:1 Intense

Get results within only three months

All the support you get with my Signature Program, just over a shorter period of time:

- a coaching concept tailored to your unique needs + goals
- 6 x 60-minute video call sessions (2 calls / month)
- weekly homework, including tools, practices and lessons on NLP, LOA and mindset
- daily voice note support Monday - Friday to answer questions + hold you accountable
- feedback on all the homework you are sending in/ submitting

Programs

Free Abundant Self *self-paced*

The self-paced version of my signature mindset mentorship program

- Access to the recordings from the previous live round of FAS
- An abundant content vault of worksheets & info resources
- Mindset and healing tools to change your entire life



A success story - from 'lack to abundance'

Chiara participated in Free Abundant Self in 2020...



... and like many of the babes who joined FAS, Chiara was feeling stuck in her current reality. She knew she had the potential to make huge things happen for herself, but she didn't know how to start attracting opportunities into her life. She already knew the basics of the law of attraction and she'd started doing the inner work – but she felt like she was missing the key information that would help her transform her reality. She had a huge fear of failure and felt overwhelmed by taking action.

When applying, Chiara hoped that FAS would give her the self-confidence to actively work on her dreams.

After taking part in FAS, Chiara's confidence soared. She was handed the tools and resources to let go of old limitations and fears that had been holding her back for so long & was finally able to start taking action on her dreams. Chiara went all-in with FAS. She put in the inner work - and her results speak for themselves.

Chiara Richter

Instagram: [@chiara.richter](https://www.instagram.com/chiara.richter)

A success story - from 'lack to abundance'

Through the four pillars of FAS, Chiara was able to achieve everything she set out to accomplish.

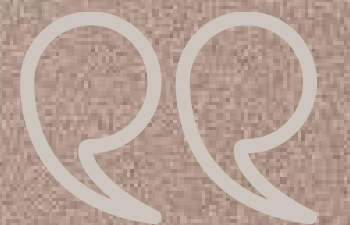
- She's transformed her confidence & completely boosted her self-belief & self-worth
- She's gained the clarity she needed to move forward towards her goals & dreams
- She's overcome her perfectionist tendencies & started taking action to achieve all of her goals

Chiara absorbed everything that FAS had to offer her and finally has the belief in herself to go after everything she wants. She knows she's on the right path & feels aligned with her true self. And what's amazing, is that she now knows exactly how to make her dreams come true. Chiara's success story is just one of the maaaany amazing stories I've received from my incredible FAS babes. When you invest in yourself, you start seeing the result you've always wanted. As Chiara puts it: "If you don't do anything, nothing will ever happen. I realized through FAS that investing in a mentor is the best thing you can do for yourself!"

Chiara Richter

Instagram: [@chiara.richter](https://www.instagram.com/chiara.richter)

[Learn more about FAS *SP*](#)



Programs

1:1 Single Session

2-Hour Break-Through Session

This is my offer for you to get a taste of my work + receive an immediate boost!

- a 2-hour 1:1 VIP call with yours truly
- a welcome package and pre-study material
- tools that are tailored to your needs to use after the call to work with by yourself
- a summary after the session on the exact action steps you need to take to overcome what has been stopping you all along and achieve your goals
- feedback to your homework that you upload after the session
- personal WhatsApp support up to 11 days after your session

Programs

1:1 Single Session

3-Hour Break-Through Session

This is my offer for you to do deep healing work + define actionable steps!

- a 3-hour 1:1 VIP call with yours truly
- a welcome package and pre-study material
- tools that are tailored to your needs to use after the call to work with by yourself
- a summary after the session on the exact action steps you need to take to overcome what has been stopping you all along and achieve your goals
- feedback to your homework that you upload after the session
- personal WhatsApp support up to 11 days after your session

Programs

1:1 Single Session

4-Hour VIP Day

This is my offer for you to mastermind 1:1 for half a day on all things life + career!

- a 4-hour 1:1 VIP Day with yours truly
- a personalized coaching concept
- a welcome package and pre-study material
- tools that are tailored to your needs to use after the call to work with by yourself
- a summary after the session on the exact action steps you need to take to overcome what has been stopping you all along and achieve your goals
- feedback to your homework that you upload after the session
- personal WhatsApp support up to 11 days after your session

Programs

The Embodied Coach Academy *self-paced*

Get certified in Success Coaching + become a certified practitioner in Neuro-Linguistic Programming (NLP), TIME Techniques, Emotional Freedom Techniques (EFT) & Clinical Hypnosis at your own pace

- a love-filled goodie box delivered to your doorstep
- pre-study materials on the modalities of your training focused around embodiment work
- an extensive manual in print and digital format on the training modalities
- 9 days of recorded training that you can work through whenever and where you desire
- weekly technique calls with Em and monthly Embodiment Calls with Laura
- 5 training modules that will ensure your success (Modalities, Tools, Your Inner Healing Work, Becoming a skilled Coach & CEO, Business Growth, Branding & Magnetic Marketing)

Programs

Group biz embodiment program

THE EMBODIMENT CALL EXPERIENCE

This is for the babe who wants to learn the power of embodied magnetism in business

- access to all previous Embodiment Calls inside of the Embodied Coach Academy
- access to four live Embodiment Calls with me, hosted monthly inside of ECA
- option to have your biz questions answered, live!
- intimate group of up to 15 biz besties
- option to upgrade to ECA and have the price of ECE discounted from your ECA rate

Mastermind

4 month high-level group container

THE FEM LEADER

This is for the babe who already has an established biz + wants to take it to the next level

- starting 7th January 2023 and running for four months - 12 calls in total
- an intimate setting with fellow fempreneurs eager to upgrade in life + love + biz
- pre-study work + journal prompts to prepare for the time together
- teaching sessions, Q&A sessions, mastermind/ brainstorm sessions
- assistance with creating a schedule designed entirely around your cycle
- option to go VIP and have exclusive 1:1 access to me at a lower rate
- a vibey WhatsApp group for daily support + accountability

Retreat

Group retreat + mentorship experience

EXPAND - THE BALI RETREAT

For the woman who wants it all & is ready to claim it

- April 17h-21st 2023, on the magical island of Bali
- 4 days/ 5 nights in a luxurious villa
- workshops, Q&A sessions and sisterhood ceremonies
- lots of time for play + adventure in your intimate group of sisters & myself
- 3x plant-based meals per day prepared by our excellent in-house chef

Products

Digital products that allow you to accelerate your personal growth + inner healing journey



Products

Self-Paced Digital Mini Coaching

The Glow Up Bundle

- mindset mastery - energy management - self-care -

- daily self-care practices + tools
- checklists and reflection exercises
- the 21-days Glow-Up Guide workbook
- trackers to take back control over your health
- a self-love hypnosis written and recorded by yours truly
- three exclusive audio files about the core topics of the Bundle
- Lifetime access to the Glow Up Circle community (FB + WA group)

Products

The Manifestation Masterclass

Learn my 7-step manifestation technique that has allowed me to create my dream life.

- a 90+ minute recorded live masterclass on manifestation
- my proven 7-step process towards manifesting with ease and certainty
- the manifestation workbook that will support you in applying the teachings from the class to your life
- lifetime access to both resources

Products

Roadmap to Success FAQ

A FAQ Mastermind answering all things lifestyle design, balance, fem energy etc.

- a 30-Minute Audio from the Free Abundant Self Mastermind FAQ Call.
- me answering questions around the following topics:
 - Motivation & Momentum, Expectations vs. Goals, Emotional Regulation, Decision-Making, Embodying your True Essence, Self-Love, Manifesting the Love of your Life, Manifesting your Best Life, Feminine Energy
- an **exclusive** client resource as a bonus to uncover your True Self
- **exclusive** discounts to level up further

Products

The Self-Leadership Immersion *Online*

For the woman who wants to master the art of self-leadership

- 3 hour replay
- Gain clarity on your desires & uncover what is holding you back
- Powerful workshops + exclusive teachings + exercises
- a 30+ page workbook to integrate your learnings

Before you get started:

A number of hand-selected self-reflection journaling prompts to help you gain clarity on if my offers match your unique needs and will get you the outcomes you desire...



Before you get started

When applying for a mentorship with me, I want you to have clarity on what you are seeking to be supported with. To help you with that, I have collected a set of questions for you that you get to go through in order to create a clear vision of your expectations, goals, intentions, and motivation when applying for a mentorship with me. When answering these questions, don't hold back, be honest with yourself, let it flow, and just write it out. After you did so, go through the questions once more and reflect on your answers.

How do you feel about your current life situation? How are you doing on a daily basis?

Before you get started

What changes do you want to make in your life?

Who will benefit most from you being able to make these changes happen?

Before you get started

How do you want to feel about yourself & in your life?

What is holding you back from being able to implement these changes in your life?

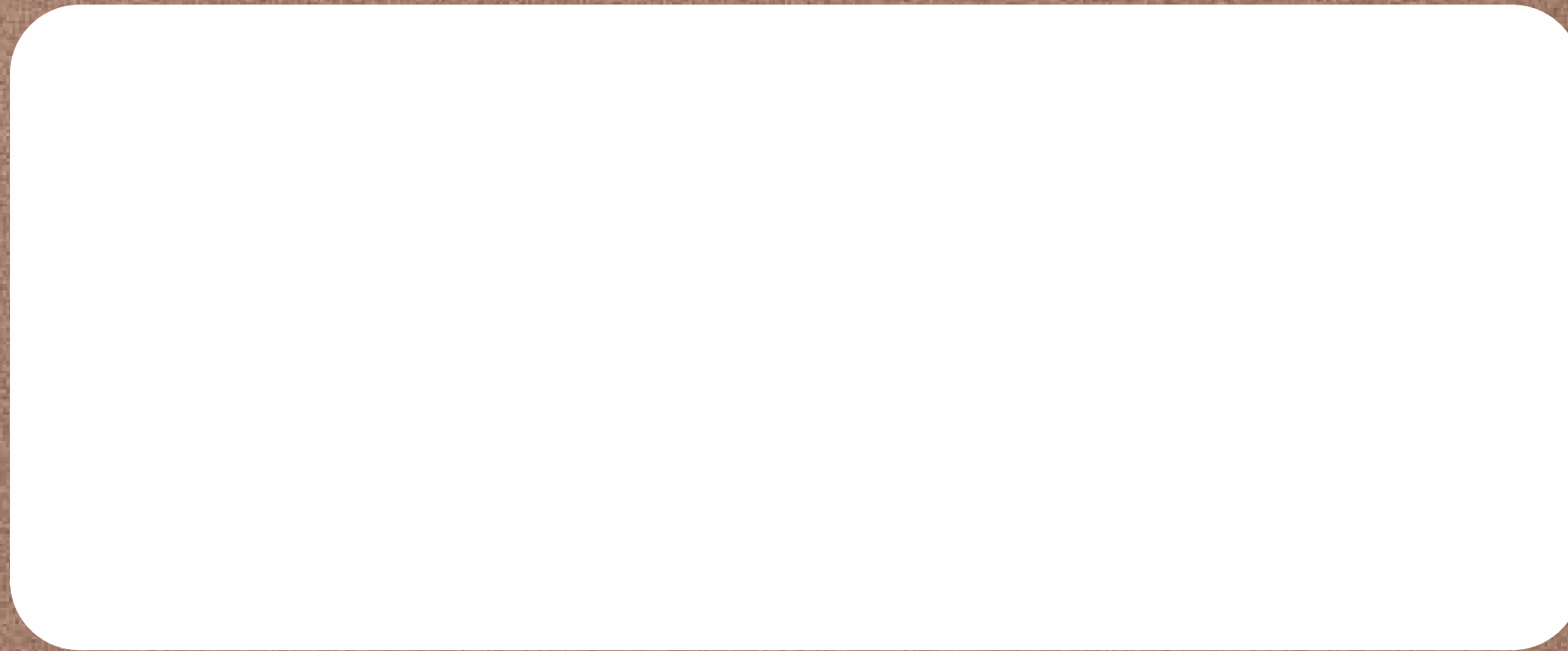
Before you get started

What steps do you need to take in order to overcome these blocks that stop you from evolving?

What are you seeking to receive as an outcome when making these changes happen?

Create Your Vision Board

Look back on your answers from the questions before and summarize your vision in 5 sentences.



Then, go ahead and create a vision board that represents these desired outcomes and print it or set it as your home screen for your phone and laptop to allow yourself to stay connected to your vision, which will allow you to stay focused and motivated.

Here's an example of a vision board that one of my former clients created:



A few words from my past clients



Through working with Laura, you will begin to recognize and believe in your own abundant potential. She will open you up to a happier, flowing and more fulfilled life. The guidance you receive will support you in building up a strong foundation that enables you to achieve your goals and manifest your dreams. She is a dedicated coach that makes herself available to you, so you get out into the world and reclaim all that you deserve!

- **Caroline Ginolfi**

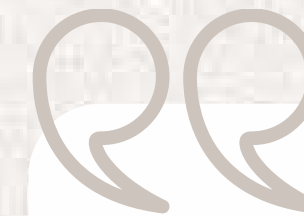
Certified Plant-Based Nutritionist
& Wellness Coach
Blogger at plantbasedblonde.com



Laura has a natural ability to see into things and discover the true potential of your life. She is incredibly intuitive and quick at finding what your blind spots are. As I've been working with Laura, I've pinpointed my stuck places in a tangible way and uncovered my best qualities. She's helped me with some personal life stuff that no longer served me by helping me get through those old issues that kept me stuck. Now we are transforming my business and career goals! She reminds me to honor myself, ask for more, and inspires me to reach higher. I'm grateful to Laura for her gifts with helping strong women like me get out of being stuck and into my best life.

- **Stephanie Kordan**

Vegan Chef
Instagram: [@stephaniekordan](https://www.instagram.com/stephaniekordan)
Founder of 'The Sensual Foodie'



When I started working with Laura, things started to change for the better very quickly. The accountability I got from her made me stick to my manifestations and now looking back, I am living the reality I was reciting day in and day out. Laura is such a bundle of love and I felt like she was lifting my vibe with her constant cheerleading, which I learned to maintain over time.

- **Gaby Zaromskyte**

Certified Holistic Health Coach Instagram:
[@lyfebygabi](https://www.instagram.com/lyfebygabi)

Ready to go all in?



Apply now to get mentored!

"I'm super busy right now, what if I don't
have the time to do a mentorship."

Very busy? Then my mentorship programs are perfect for you!

I am running a thriving business, manage a team of 7 beautiful women, post valuable content on IG daily, make sure to take time for self-care, my friends + partner, and also need to sleep my 8 hours (lol), sooo - I hear you, managing everything at once can be a lot sometimes. My programs are tailored to your needs, which includes fitting self-growth into your busy schedule. This is why we go through key areas that are important to you - including time + energy management to help you get better results in less time if this is what you need support with. If you are short on time, my mentorships are perfect for you as they enable you to collapse time when it comes to gaining clarity, getting unstuck + starting the momentum of action-taking.

"I am not sure if I should rather invest into a business coach..."

You can absolutely invest into a biz coach if what you currently need is guidance on biz strategy. What's important to realise is that running a successful business requires unshakable confidence in yourself, your ability, your offer, your expertise and belief in your long-term vision. Entrepreneurial success is 40 % mindset, 40 % magnetism energy and 20 % strategy. So, in order to utilize the strategies you get from a biz coach, make sure that you are confident in your abilities and an energetic match to your professional desires. Ask yourself if a biz coach can provide you with that, as it's the very foundation of you tapping into your fullest potential.

"I don't trust that I will actually follow through and show up for myself throughout the program. I somehow always end up sabotaging my own success."

Well, then high-touch accountability is KEY for you. Learning to become an authority to your subconscious mind is essential if you ever want to get different results than the ones you are getting right now. I am kind, and I kick ass too.

"I can't afford this."

Lemme get this right: you *choose* to not invest into the most important & powerful asset that you have - yo self. You see - this is a *long-term* investment; it is not a pair of shoes that is going to look nice for the season & will eventually get worn off. You will keep applying these strategies + tactics for a life-time.

The tools + techniques I will teach you inside my programs will be a factor of success for the rest of your life. You choose to not afford to invest into value for a life-time. That's ok.

I am extremely committed to making my work as accessible as possible for everyone who could benefit from it. We DO offer different payment plans. I am sure one of them WILL work for you if working with me in an intimate setting IS a priority for you this year.

"I don't feel comfortable investing into myself right now,
I am looking to buy a house/ save right now."

What is gonna give you more financial freedom long-term - investing into a house or saving up, or investing into your own biggest and most important asset - yourself? Your well-being, your emotional freedom, your mental strength, your confidence, your self-authority, your relationships, your magnetism energy? What is gonna give you a bigger ROI?

"I am reading lots of books, I got this."

Books are awesome, you are right. Cuz... knowledge is power, right? Well, nope ...

"Knowledge is not power. The ability to act on knowledge is the real power."

Have you been consistently taking action towards your goals this year?

If you're completely honest answer is a "NO" - then you now know the exact reason why coaching is so powerful. It is not about the knowledge, it is about the tools and accountability to actually take aligned ACTION, DAILY.

"I first need to sort things out myself..."

I get you babe, you want to create the peeeerfect starting conditions in order to be able to fully feel 'ready' for the program. But I have to tell you something that might hurt: Feeling "ready" is a lie.

Coaching is not about being perfect when you are getting started, it is there to guide you on your path from 0 action towards taking messy, yet inspired action - consistently.

I am committed to offering you the tools + support you have been lacking whilst trying to figure it all out by yourself.

Stop playing small and transform your life now!

work with me - the guide

Let me help you level up yo Life!

Fill out the application form on my website
so we can find out which program suits
your unique situation, needs + goals best.

[Work with me!](#)

Let's do this, babe!



laura herde
MASTER MIND & SUCCESS COACH

see you on the inside!