

# Christin Collins

presents

## INTENTIONAL TRANSFORMATION MASTERCLASS

*Six sessions beginning February 1, 2023 for only \$149!*

Six extraordinary women will take a deep dive to inspire and empower you to be your best SELF. Each session is held 5:30 - 7:00 pm

**February 1**



**Christin Collins**

Interconnected  
Wellbeing Advocate

**February 15**



**Candace Tranter**

Transformative and  
Integrative Energy Healer

**March 1**



**Annie Meehan**

Author, Speaker,  
Consultant

**March 15**



**Jennifer Kauffman**

Evolutionary Leader & Founder  
of Rise & Thrive Now!

**March 29**



**Debbie Peterson**

Business Keynote Speaker,  
Career and Leadership  
Coach, Author

**April 12**



**Heather Christie**

Executive Leadership  
Coach & Speaker

## SCHEDULE

- Feb. 1**      **7 Steps to Rediscover Your Authentic Self**  
presented by Christin Collins
- Feb. 15**    **Enhance Your Love Frequency - Breath Empowerment**  
presented by Candace Tranter
- March 1**    **The Pineapple Principle**  
presented by Annie Meehan
- March 15**   **THRIVE Now!**  
presented by Jennifer Kauffman
- March 29**   **Lead Yourself First: How to Leverage Who You  
Are in Leadership & Life!**  
presented by Debbie Peterson
- April 12**    **Change Your Mind, Create New Results**  
presented by Heather Christie

## SESSION DESCRIPTIONS

### February 1: **7 Steps to Rediscover Your Authentic Self**



**Christin Collins**



Christin will share steps you can take to find your joy, happiness, and re-discover YOU! From this place of wholeness, you will experience more health, happiness and abundance because you are in touch with your purpose, and priorities.

Christin is a magnetic, thought-provoking influencer, a certified workplace mindfulness facilitator, and an executive coach. As a certified holistic coach, author and national speaker, Christin supports the journey toward optimal wellbeing by shedding light on the mind/body connection, the effects of trauma healing, and the toxicity stress has on the physical body.

*"The highest levels of performance come to people who are centered, intuitive, creative, and reflective – people who know to see a problem as an opportunity."  
Deepak Chopra*

## February 15: Enhance Your Love Frequency – Breath Empowerment

In her breathwork sessions, attendees access the euphoria of being in the love frequency using the breath and come away with a deep connection to the vibration of love.

Candace is an Integrative Energy Healer who has been practicing for 21 years, integrating multiple modalities to create the most effective and efficient transformation in the mind and body. Candace is an Ultimate Breathing Experience facilitator (UBE), and her main passion is to transform trapped emotional trauma into infinite love and freedom. Candace aims to help people identify and facilitate the release of trapped emotional energy through the body, which will prevent feelings of disconnect, discomfort, and dis-ease over time.



**Candace Tranter**



## March 1: The Pineapple Principle



**Annie Meehan**



Annie will share a simple symbol with a significant message. If everyone knew that a pineapple is more than just a fruit. If everyone instead knew that it's a simple metaphor that if we live by it, it will change our attitude, our customer service skills, our business, our relationships, and our lives. The Pineapple Principle will remind you to honor people and their stories, value yourself and others, be kind and encouraging.

Annie is a mental wellness expert, certified coach, professional keynote speaker, and award-winning author of seven books. She has earned the distinction of a Certified Speaking Professional (CSP) and is a Minnesota Hall of Fame speaker.



## March 15: **THRIVE Now!**



**Jennifer Kauffman**



THRIVE NOW is designed to take YOU on an inward journey to discover the answers that lie within; it's like unearthing the golden nuggets already inside of you that will propel YOU to rise, thrive and create a life of your dreams. This program will give you tools and techniques to inspire, encourage and empower you to develop your very own blueprint to thriving from the inside-out.

Despite her many successes and accomplishments, Jennifer always been in search of more: more peace, more love, more bliss, more fulfilment. She's in search of creating Heaven on Earth for herself and others! and she found it during her journey of rising from the 2013 Boston Marathon Bombings where she was standing merely 15 feet from the first of two explosions.

Jennifer is the Director of, There's Got To Be More To Life!, an Emmy and Telly award-winning Producer, an inspirational speaker, best-selling author, award-winning results coach.

## March 29: **Lead Yourself First: How to Leverage Who You Are in Leadership & Life!**



**Debbie Peterson**



Discover how to make the best choices aligned with who you are more easily. This session will help you understand who you are authentically and how that is your biggest advantage in getting what you want without sacrificing what is most important to you!

Debbie runs a speaking and consulting business to help professionals uncover their own answers and create more authentic success in their leadership with less sacrifice in their lives. She is the host of the Getting to Clarity Podcast and author of the book Clarity: How Smart Professionals Create Career Success on Their Terms. In addition, Debbie is a National Speakers Association professional member, a certified NeuroLinguistic Programming trainer, and a student of Huna, an ancient form of Hawaiian spiritualism.

*"If you want a new outcome, you will have to break the habit of being yourself, and reinvent a new self." — Joe Dispenza*

## April 12: Change Your Mind, Create New Results

Heather will discuss a groundbreaking program entitled, "Change Your Mind, Create New Results" based on the research and methodologies of Dr. Joe Dispenza. She explains that by using a dynamic combination of science and interactive exercises, you can maximize the most powerful tool available: your brain. Participants will make significant shifts in perspectives and possibility thinking.

Heather is passionate about helping her clients identify growth opportunities and inspire breakthroughs that lead to incredible results. She is a co-author of two books and has been recognized globally as a leader in the executive coaching industry. In addition to holding multiple executive, leadership and behavioral coaching certifications, Heather is an attorney and a certified speaking professional.

As owner of Evolve Global, she works primarily with senior leaders to increase productivity, reduce conflict, improve employee engagement, and reduce turnover. Many of their clients are currently dealing with leadership issues related to recruiting and retention; employee engagement; resistance to change; supply chain challenges; work from home or hybrid leadership, execution and accountability; and overall elevated stress levels. Prior to founding her leadership coaching firm in 2005, she was a partner in a prominent 100-attorney law firm in Chicago.



**Heather Christie**



**READY TO TAKE THE NEXT STEP?**

**REGISTER NOW >**

