

Small Business Leader of the Year Application for:

Kati Lambert, MS, CCHt, CIHt, FACHE, Ill Minded Hypnosis, LLC

History and Philosophy - Who's Minding Your Mind?™

I founded Well Minded Hypnosis after decades in healthcare and business leadership, where I witnessed how deeply emotional and physical suffering can shape a person's life, especially when connected to medical conditions. I met people who followed every treatment recommendation yet still carried invisible burdens: chronic stress, fear, pain, and long-standing emotional patterns. And I was one of them. Western medical care, while essential, often didn't address these deeper layers. What began as a small side practice eventually evolved into a rebranded, relocated, full-time life legacy.

My own healing journey profoundly shaped this work. I experienced trauma and chronic pain early in life and coped through self-sabotaging patterns. Even with education in complementary medicine, neuroscience, and spirituality, something still felt unresolved. When I discovered hypnotherapy and experienced its deep personal impact, everything shifted. The work brought emotional relief, spiritual clarity, and a sense of possibility I didn't know I needed. That transformation awakened a passion in me: to help others access the same inner freedom and relief; to help them understand they are not broken. I came to understand that lasting change is not only physical, but also emotional, mental, spiritual, deeply personal, and innately possible.

From this realization, Well Minded Hypnosis was created, guided by my mission to **help people release pain, fear, and anxiety so they can reclaim their personal freedom and power.**

This mission informs every aspect of how I work. My philosophy is rooted in the belief that each person already holds the internal resources needed to heal and transform. Hypnosis simply provides a gentle, supportive pathway to access those resources. Clients who work with me are met with warmth, respect, and genuine care. I honor their full story, their resilience, their struggles, and their desire to feel better.

Hypnosis is not a replacement for medical treatment; it is a powerful complement. It helps regulate the nervous system, shift emotional responses, and create space for the mind and body to work together more effectively. Through this integrative approach, clients can reduce suffering, change limiting patterns, and experience meaningful relief that supports their medical care, not substitutes for it.

For me, this work is far more than a profession—it is a calling. It is trusting in the sovereignty of all beings. I am deeply committed to creating a safe, compassionate space where clients can release what no longer serves them and step into clarity, resilience, and freedom.

Well Minded Hypnosis exists because I wholeheartedly believe in the power of transformation. It is my honor to walk alongside clients as they reconnect with their inner strength and reclaim the power to live fully, even while navigating medical challenges.

Management and Goals

Techniques I use to run my business have evolved through a decades-long career in healthcare strategic development and business. I use a combination of simple systems, intentional planning, metrics, and leverage of smart tools.

One effective technique is **time blocking**—assigning specific chunks of the day to core activities like marketing, client work, admin tasks, and strategic planning. Over-decision fatigue and ensures my business moves forward consistently. Pairing this with a bi-weekly **CEO Clarity Hour** helps me step out of the day-to-day long enough to review metrics, adjust goals, and plan upcoming priorities.

Another helpful approach is **process batching**. Grouping similar tasks—such as writing content, responding to emails, or conducting client sessions—improves focus and reduces overwhelm. Documenting these processes in simple checklists makes them repeatable and easier to delegate.

Automation also saves me significant time and overwhelm. Working within a single platform incorporates AI, CRM, managing email sequences, invoicing, or scheduling and onboarding clients allow me to better serve clients consistently.

Finally, **outsourcing strategically**—shifts tasks to people who want to do them: bookkeeping, design work, social media and accounting frees me to focus on serving clients, relationship-building, and revenue-generating activities.

My business planning is based on processes rooted in healthcare strategic development. I analyze metrics compared to the current plan, identify future state and goals, set or adjust strategic goals, strategies and tactics. I also create quarterly plans in that align with the overall strategic plan, with measurable goals and strategic tactics.

Goals

The 3-year goals for Well Minded Hypnosis are:

1. Grow a referral ecosystem to 50 partner providers as the recognized expert in Clinical Hypnotherapy
2. Establish a charitable organization and secure grant funding to offer funding to Clients who otherwise do not have access to care
3. Increase monthly revenue by 300% with consistent client flow
4. Launch and automate 3 online courses
5. Complete and launch 2 books
6. Complete 10 paid speaking engagements
7. Reduce yearly expenses by 50%

Growth

Well Minded Hypnosis was renamed, rebranded, and physically relocated in Q323. Our net profit grew 32% in 2024 and 23% in 2025 year-over-year. A third clinical location opened in 2025. My role included refining operational processes, improved strategic planning and execution, referral ecosystem growth, improved expense reduction, and improved marketing tactics.

Innovation and Response to Adversity and Competition

Well Minded Hypnosis has been innovative in the industry by following a business-minded approach, leveraging AI, and providing niche-driven evidence-based services for a targeted customer market. The primary problem I faced when I relaunched 2 years ago was entering a new market as an unknown entity in a business largely unfamiliar in the market. Relationship-building and increased market awareness has been achieved primarily through our alignment with the Jax Chamber, St. Johns Chamber and strategic marketing.

The primary adversity I face as a business is perception in the market. Through education and proven outcomes, I continue to dispel common myths and misconceptions about what hypnotherapy is (and is not). Hypnotherapy is where science meets the subconscious and clucking like a chicken is purely at Clients' discretion. Well Minded Hypnosis is 50% online for client sessions and education.

Hypnotherapy is an international supportive community. The primary competition for Well Minded Hypnosis is other types of therapists who offer hypnosis in addition to a menu of other services. There are some fine highly skilled therapists with appropriate training and skill sets. However many complete less than the minimum standard number of training hours (200) in programs that are not state-licensed, potentially diluting public perception of the practice. Clients and Providers trust me because of my education, experience, expertise, commitment to continuous improvement, and commitment to the highest standards of integrity and practice.

Leadership and Community Contributions

Community involvement is in alignment with the mission and values of Well Minded Hypnosis. I am an advisor through the Institute for Interpersonal Hypnotherapy, providing business mentoring to students. I also provide free online and in-person workshops on business development for hypnotherapists.

As a member of the Jax Chamber and St. Johns Chamber, I advise other small businesses as requested. I serve this year on the PWC Hospitality Committee and submitted to serve on the PWC Board next year. I also serve as a St. Johns Chamber Ambassador in 2026.

I personally am a volunteer foster for The Cavalier Rescue of Florida and a former foster for Austin Pets Alive. Also while in Austin I served as Secretary/Treasurer for the Avery Ingleside HOA Board for two years.

During my tenure with The American College of Healthcare Executives Central Texas Chapter, I served for four years in multiple Board positions providing leadership and business development opportunities: Secretary Treasurer, Programs Director, Vice President, and President-Elect.

Most recently I am invited to serve as a Board member for The Hypnosis Education Association, committed to offering knowledge and education of nature, uses and benefits of hypnosis to professional hypnotists and to the general public.

Additional Professional Organizations and Credentials:

- Certified Clinical, Interpersonal and Transpersonal Hypnotherapist, International Association of Interpersonal Hypnotherapists, FL
- Certified Medical Hypnotherapist, Hypnotherapy for Health, CA
- Certified Medical Hypnotherapist, The International Medical and Dental Hypnotherapy Association, FL
- Certified Sexual Freedom™ and R.E.C.L.A.I.M.® Hypnosis Practitioner, Mind Spiral, LLC, London, England
- Certified Hypno-Oncology Practitioner, The Association of Hypno-Oncology Practitioners, London, England
- Certified IBS Support Hypnotherapist, Hypnotherapy for Health, CA
- Certified, Trauma Recovery Hypnosis, American Hypnosis Association, CA
- Certified, Hypnosis and PTSD, American Hypnosis Association, CA

- Diploma, The Institute of Interpersonal Hypnotherapy, Tampa, FL
- MS, Clinical Exercise Physiology, Benedictine University, Lisle, IL
- BA, Applied Behavioral Science, National Louis University, Lombard, IL
- Fellow, The American Council of Healthcare Executives
- Graduate, Jax Bridges Cohorts 20 and 22

- Member of the International Medical and Dental Hypnotherapy Association
- Member of the International Association of Interpersonal Hypnotherapists
- Member of the American Hypnosis Association
- Member of the American Society of Clinical Hypnosis
- Member of the National Board of Certified Clinical Hypnotherapists
- Member of the American Council of Healthcare Executives, Board Member and Regent's Award Recipient
- Member of the Hypnosis Education Association, Board Member
- Member of the Jax Chamber of Commerce, Professional Women's Council, and Health Council, 2026 Health Council SBLY
- Member of the St. Johns County Chamber of Commerce

Thank you for this honor and consideration for Overall Small Business Leader of the Year 2026!

Addendums:

1. Biography
2. Statement of Merit
3. Capabilities Handout
4. Letters of Support
5. Published Articles

Biography

Kati Lambert, MS, FACHE, CCHt, is a clinical hypnotherapist, clinical exercise physiologist, educator and healthcare executive whose work sits at the intersection of clinical practice, integrative health, and mind-body medicine. With more than 30 years of leadership experience in business and healthcare, she brings a deep understanding of patient care systems, organizational dynamics, and the emotional landscape of healing—all of which inform her evidence-based approach to hypnotherapy.

As the founder of **Well Minded Hypnosis**, Kati specializes in helping leaders and high-achieving professionals ages 17+ gain freedom from emotional and physical symptoms associated with medically diagnosed conditions. Her practice blends compassionate guidance with proven hypnotic techniques, supporting clients through chronic pain, anxiety, trauma recovery, and other conditions where the mind plays a critical role in healing.

Kati is also a respected educator and mentor to emerging hypnotherapists. She is the creator of *Medical Hypnotherapy and Essential Provider Partnerships*, a comprehensive training that equips practitioners to build trusted, ethical relationships with healthcare providers.

Rooted in integrity, warmth, and clinical expertise, Kati's work implores individuals to access their innate healing capacity and create meaningful, lasting changes in their health and lives.

Statement of Merit

Kati Lambert, MS, FACHE, CCHt Founder, Well Minded Hypnosis

Kati Lambert exemplifies the vision, innovation, and community-centered leadership that define a Small Business Leader of the Year. As the founder of **Well Minded Hypnosis**, Kati has built a thriving, high-impact practice that serves as a model of excellence in St. Johns County and the broader Northeast Florida region. Her business not only delivers exceptional client outcomes—it also advances the integration of holistic care into mainstream healthcare and strengthens the local business ecosystem.

Kati launched Well Minded Hypnosis with a mission to help adults gain freedom from emotional and physical symptoms associated with medically diagnosed conditions. Through a blend of clinical experience, advanced hypnotherapy training, and deep compassion, she has created a results-driven practice that attracts leaders, professionals, and healthcare-referred clients across the region. In just a few years, she has transformed solo practice into a **trusted, evidence-aligned therapeutic resource** recognized by clients and healthcare partners alike.

Her business achievements speak to both vision and disciplined execution. Kati developed a unique niche—working with adults ages 17 and older seeking relief

from chronic stress, trauma-related symptoms, and physical manifestations of emotional strain—and built offerings precisely aligned with their needs. She established structured programs, integrated advanced clinical hypnosis methodologies, and invested in client experience systems that have resulted in **exceptional satisfaction rates, strong client retention, and continuous referral growth**. Her ability to bridge healthcare and small business innovation is profoundly impactful.

Beyond the success of her practice, Kati is a leader who consistently elevates others. She shares her expertise through community workshops, professional education, and collaborations with healthcare providers across Northeast Florida. Her newest project is a series of comprehensive courses teaching other hypnotherapists how to build medical provider partnerships demonstrates her commitment to **expanding the standard of care in her field** while imploring fellow small business owners to succeed. Her influence extends far beyond her own client base; she is actively raising the bar for the entire industry.

As a former healthcare executive with a master's degree in clinical exercise physiology and Fellow status in the American College of Healthcare Executives, Kati blends strategic leadership with heart-centered service. She exemplifies resilience, innovation, and integrity. Her business continues to grow each year, and her impact—on clients, colleagues, and the Northeast Florida professional community—is both measurable and profound.

For her entrepreneurial excellence, her dedication to elevating mental health support, and her remarkable leadership in advancing integrative healthcare practices, Kati Lambert is highly deserving of the Jax Chamber of Commerce Small Business Leader of the Year Award.

Well minded HYPNOSIS

Life... Well Minded.

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COMPANY DATA

- Owner: Kati Lambert, MS, FACHE, CCHt, CIHt, CTHt
- FEIN: 88-3524105
- Locations: Virtual, Nocatee, St. Augustine
- Insured
- Woman-owned
- NAICS: 621399
- DUNS:10-263-4281
- NPI: 1982421970

Well Minded Hypnosis exists to help people gain freedom from anxiety, chronic pain and chronic illness.

CORE COMPETENCIES

- | | |
|---------------------------------|---------------------------------|
| Clinical Hypnotherapy | Trauma Recovery |
| Interpersonal Hypnotherapy | Sexual Freedom Hypnosis™ |
| Transpersonal Hypnotherapy | Gut-Directed Hypnotherapy |
| Integrated Medical Hypnotherapy | Academic & Sports Performance |
| Hypno-Oncology | Hypnosis in Business Leadership |

DIFFERENTIATORS

- 30+ years of Healthcare and Corporate professional experience
- Evidence-based practice (Oguchi, et al)
- Individualized service
- In-person and Virtual sessions
- Flexible scheduling
- Convenient locations
- Specialized expertise

PAST PERFORMANCE

- West Eastern Health
- Pestle & Potions
- The LifeSource Group
- Well Minded Hypnosis
- HCA St. David's HealthCare
- Sarasota Memorial Healthcare
- Encompass Health Rehabilitation
- Motorola, Inc.

Testimonial: "Kati helped me learn to use the power in my own mind to manage my blood pressure, anxiety, migraines, and pain before and after my kidney transplant." Kathy in FL

ACHIEVEMENTS

- Fellow, American College of Healthcare Executives – Regent's Award
- Dip., Institute for Interpersonal Hypnotherapy
- MS, Clinical Exercise Physiology
- BA, Applied Behavioral Science
- Jax Bridges (x2)
- Jax Health Council Small Business Leader of the Year 2026



American College of
Healthcare Executives
for leaders who care®





November 6, 2025

To Jacksonville Chamber of Commerce SBLV Selection Committee,

I am pleased to offer this letter of endorsement for my esteemed colleague, graduate, and friend, Kati Lambert.

Kati graduated from the Institute of Interpersonal Hypnotherapy in 2021 and has continually risen through the ranks of our organization—from volunteer to Supervisor Aide, to Supervisor, and now to Lead Instructor at our school. Throughout her tenure, she has consistently demonstrated exceptional rigor regarding our high educational standards, professional conduct, punctuality, and, most importantly, genuine compassion and kindness toward others.

As a presenter at the annual International Association of Interpersonal Hypnotherapists Conference, Kati displayed a remarkable depth of knowledge and insight within the field of hypnotherapy. Her presentation, paired with her ongoing collaboration with medical professionals, clearly reflects her dedication to elevating our industry's standards and supporting interdisciplinary illness.

I am honored to endorse Kati Lambert as a professional worthy of recognition in our field. I fully support her continued work and contributions, and I am confident she will remain an asset to the advancement of hypnotherapy for years to come.

Sincerely,

Matthew J. Brownstein

Founder & Executive Director

Institute of Interpersonal Hypnotherapy

International Association of Interpersonal Hypnotherapists

From: Donald R. Byrne, CCHt

8122 US Highway 1

Vero Beach, Florida 32967

Date: November 15, 2025

To: Selection Committee

Jacksonville Chamber of Commerce Small Business Leader of the Year 2026

Jacksonville, FL

Subject: Letter of Support for Ms. Kati Lambert

Dear Members of the Selection Committee,

It is my distinct honor to submit this letter of support for Ms. Kati Lambert, who has been recognized as the Health Council's Small Business Leader of the Year for 2026 and is now a finalist for the Overall Small Business Leader of the Year. (Kati - please confirm the official titles.)

As a Certified Clinical Hypnotherapist and professional colleague of Ms. Lambert, I have had the privilege of observing her work with a diverse range of clients, all of whom have benefited from her exceptional skill and dedication. She is a consummate professional whose leadership and compassion have made a lasting impact on the Jacksonville community she so deeply serves. Ms. Lambert exemplifies the highest standards of integrity, vision, and service. Her accomplishments as both an entrepreneur and mentor are widely recognized and admired by her peers.

As the founder and owner of Well Minded Hypnosis in Jacksonville, Florida, Ms. Lambert has built a thriving and respected practice devoted to illness, personal growth, and community support. Her business model—offering affordable, compassionate care to individuals from all economic backgrounds—reflects her belief that emotional and mental well-being should be accessible to everyone. Through her professionalism, measurable outcomes, and client-centered approach, she has earned a reputation for excellence that extends throughout Florida's health and illness community.

In addition to her private practice, Ms. Lambert serves as Lead Instructor at the International Institute of Hypnotherapy, where she trains both new and experienced practitioners to collaborate effectively with healthcare providers across Florida.

Her extensive background in the healthcare industry allows her to bridge the traditional medical and complementary therapy fields, helping hypnotherapists integrate seamlessly into clinical settings. This contribution has had a profound effect on expanding the acceptance of hypnotherapy within the broader healthcare landscape—while also enhancing the range of services available to Jacksonville residents.

Beyond her professional achievements, Ms. Lambert is a steadfast advocate for the Jacksonville business community. She serves as an officer of the Hypnosis Education Association of Florida and contributes her time and expertise to a variety of community and charitable events sponsored by this non-profit organization.

She embodies the qualities of an authentic leader—one who inspires trust, fosters collaboration, and leads with humility. Her work has not only improved the lives of her clients but also stands as a model of small business leadership grounded in service, ethics, and community engagement.

For these reasons, I offer my unreserved endorsement of Ms. Kati Lambert for the title of Overall Small Business Leader of the Year. Her entrepreneurial success, professional leadership, and unwavering commitment to her community reflect the very ideals this award was created to honor.

Thank you for your consideration. Please feel free to contact me should you require additional information.

Sincerely,

*Donald R. Byrne, CCHt
Senior Lecturer, Massachusetts Institute of Technology
Adjunct Professor, Boston University
Director of Training, DRB Hypnosis, LLC*



Don Byrne, CCHt
Lead Hypnotherapist
www.DRBhypnosis.com
Take Be Find
Control Confident Peace



November 11, 2025

To the Members of the SBLV Selection Committee:

It is my privilege to write this letter of recommendation in support of Ms. Kati Lambert for the honor of Overall Small Business Leader of the Year through the Jacksonville Chamber Health Council.

As a physician and founder of a holistic primary care practice in Jacksonville, I have had the pleasure of knowing Kati both professionally and personally through her outstanding work at Ill Minded Hypnosis. Kati's approach to illness beautifully complements modern medical care—addressing the connection between mind, body, and behavior in a way that truly supports whole-person health.

From my direct experience, Kati exemplifies compassion, professionalism, and authenticity. She meets every individual with empathy and respect, creating a safe space for healing and transformation. Her clients consistently express that she has helped them achieve profound improvements in emotional well-being, stress resilience, and lifestyle habits—changes that ripple positively into their families and workplaces.

As a small business owner, Kati demonstrates the entrepreneurial spirit and community-minded leadership that define Jacksonville's best. She has built a thriving practice based on trust, integrity, and measurable outcomes, while ensuring her services remain accessible to people from all walks of life. Her outreach and collaboration with other healthcare professionals have helped bridge traditional and complementary medicine in a way that advances the mission of holistic care in our community.

Kati's leadership extends beyond her business. She actively supports local illness initiatives, educates others in her field, and continually looks for ways to uplift those around her. Her work exemplifies what it means to lead with purpose, compassion, and excellence. For these reasons, I wholeheartedly recommend Ms. Kati Lambert for the distinction of Overall Small Business Leader of the Year. She is a shining example of a business owner who serves with heart, leads with integrity, and contributes meaningfully to the health and vitality of Jacksonville.

Warm regards,

A handwritten signature in black ink, appearing to read 'Marylin James', is written over a light blue circular stamp.

Dr. Marylin James, D.O.
Founder & Medical Director

THE RECORDER

SERVING PONTE VEDRA, ST. AUGUSTINE, THE BEACHES AND GREATER ST. JOHNS COUNTY

Well Minded Hypnosis is dismantling the myths around hypnotherapy



<https://delta.creativecirclecdn.com/press/original/20250717-095233-649-gfp5662EQ.jpg>

Kati Lambert is a certified clinical hypnotherapist.

Posted Thursday, July 17, 2025 11:34 am

By Holly Tishfield

Hypnotism in the clinical capacity isn't what you see in the movies. The one where an undercover agent hypnotizes a security guard so that he can steal a million-dollar painting, or the one where Obi-Wan Kenobi waves his hand, using the Force to confuse Stormtroopers.

When you step into Kati Lambert's space at Well Minded Hypnosis, you're walking into an experience backed by decades of scientific evidence and research with proven results.

"I'm a clinician by background, so I treat it as such," Lambert said. "I've witnessed people heal themselves and totally transform their lives through this."

Medical hypnotherapy guides a client into a deeply relaxed, natural brain state. From here, Lambert works with a client to turn down the chatter of the conscious mind and make real changes within the subconscious mind, reworking the thoughts that no longer serve a purpose or are inhibiting a client from achieving their goals.

"It's not my job to bring my beliefs or biases into the session," Lambert said. "I'm listening to my client, the space between the words as well as the words themselves, and that helps guide me where to take them."

There's no "mind control" or stage antics involved in real hypnosis, a common misconception that Lambert is working to overcome.

Lambert most closely compared humans and hypnotherapy to a computer program. Once you close all the visible windows (the conscious chatter in our brains) and focus on the back end (the subconscious mind), you can find pieces of code (negative thoughts or perceptions) that no longer suit the program and work to rewire them.

Medical hypnotherapy is best suited for easing chronic pain, anxiety, trauma, illnesses and much more. Lambert stressed that she's not prescribing, diagnosing or curing these issues, but helping her clients to alleviate the "chatter" to a more manageable level.

Lambert spent 30 years in health care before leaving the industry to focus on Well Minded Hypnosis full-time in North Florida about two years ago.

She was exposed to hypnotherapy in grad school after failing her Master's boards for the first time. It took a toll on her mental and physical health, but eventually she worked with a sports psychologist who introduced her to medical hypnotherapy. They worked to alleviate her test anxiety, and she passed on her second try.

Lambert was taken with the encounter and decided to pursue hypnotherapy professionally, going through an intensive program at the Institute for Interpersonal Hypnotherapy in Tampa, where she now also teaches.



RELEASING HOLIDAY STRESS and Honoring Your Emotional Boundaries

By Kati Lambert, MS, FACHE, CCHI | www.sefeminaleffeminism.com

The holiday season is often described as the "most wonderful time of the year" for many people. It can also be one of the most emotionally complex. The expectations to create Christmas-worthy celebrations, manage family dynamics, or hold on to old traditions can unintentionally trigger stress, burnout, or emotional exhaustion. If you've ever felt the pressure to keep everyone happy or to repeat patterns that no longer serve you, you're not alone—and you don't have to carry burdens into your celebrations.

One of the most empowering gifts you can give yourself this season is permission to release responsibility for other people's emotions. You are not required to meet every expectation, smile every disagreement, or maintain traditions that drain you. Noting what truly belongs to you—and what does not—is the first step toward a more peaceful and joyful holiday experience.

Know Your Emotional Boundaries

Emotional boundaries are the invisible lines that protect your well-being and peace. They help you recognize when you're absorbing stress that isn't yours or reacting from old patterns rather than present-moment truth. Healthy boundaries allow you to show up with clarity, compassion, and authenticity.

Here are a few ways to strengthen them:

Do an emotional check-in: Before arriving, gathering, or hosting events, pause and ask yourself, "What do I need to help ground today?" Identifying your emotional state helps you respond with intention instead of reacting under pressure.

Honor your capacity: It's okay to decline an invitation, shorten your visit, or create new traditions that feel more aligned with who you are now. Your energy is valuable—protect it with care.

Release old roles: Many of us unconsciously slip into childhood roles when we're around relatives. Notice if you're stepping into "peacemaker," "fixer," or "rescuer" mode. You have permission to become a different role—one that reflects the person you've become.

Break through triggers: When a reaction arises, pause and breathe. A 3-second brain-switching ritual can gently signal your nervous system to soothe safety and calm.

Practice self-honoring: Give yourself moments of rest, joy, and reflection. Whether it's a quiet walk, journaling, or simply saying "no" without guilt, honoring yourself is the foundation for experiencing the holidays with ease.

This year, let your celebrations be guided by authenticity rather than obligation. By honoring the emotional patterns that aren't yours and honoring your boundaries, you create space for a holiday season that feels genuinely peaceful, meaningful, and fulfilling.

For more information visit www.sefeminaleffeminism.com

Our Latest Offering as of January 2026

Metabolic & Mindset Mastery

A science-backed, subconscious-supported path to sustainable weight, energy, and metabolic health

Where cellular health meets subconscious transformation



— THE BODY — Metabolic & Cellular Support



Comprehensive bloodwork to uncover metabolic, hormonal, and nutrient imbalances



A Metabolic Balance® whole-food meal plan, personalized to your biochemistry.

SUSTAINABLE TRANSFORMATION

Where Mind & Metabolism Meet

True transformation doesn't happen by addressing the body or the mind alone.

It happens when both are supported — together.

— THE MIND — Subconscious Repatterning



Breaking emotional eating cycles



Reducing cravings without relying on willpower



Releasing self-sabotage and limiting beliefs

— Designed to support: —

- ✓ Blood sugar & hormone balance
- ✓ Cellular repair & metabolic efficiency

— This Program Is For You If: —

- ✓ You feel stuck despite "doing all the right things"
- ✓ You struggle with cravings, emotional eating, or inconsistency
- ✓ Your energy, metabolism, or hormones feel off

This isn't restriction — it's supporting the structure and function of the cell so your body can respond as designed.

Investment: \$3,250

A comprehensive; collaborative mind-body transformation

Limited spots available