

# Success Roadmap

A Woman Incredible Webinar!





# My Secrets Revealed

1. How I achieve balance, and how you can do the same
2. How I eat, supplement and train and how that relates to female health and fat loss
3. My top tips for staying on track
4. How to make the switch from mainstream nutrition/fitness to doing what it really takes
5. The secret to harnessing more energy and more passion in your life
6. How I manage my time, and my tips for busy women who want to have it all



I believe you **CAN** have it all, and even  
achieve the body you dream about  
without having to turn your life  
upside down



Of course it's not just  
about the body 😊 ...



# What does success mean to you?



Although I  
guess we  
wouldn't  
complain about  
it 😊



What is important to you?  
What really matters?  
What do you value most?  
What makes you feel most alive?  
Happiest?  
Most excited?  
Most satisfied?  
What makes you more 'you'?





# 1. Balance

What does it mean  
anyway?



## 2. Staying 'On Track'

Passion and  
anticipation: your keys  
to motivation



### 3. Energy And Passion

It's not just about  
willpower – but you *can*  
fake it till you make it



## 4. Time Management

‘You can’t manage time,  
you can only manage you’



## 5. How I Stay In Shape

It's about being 'that girl'\*





# The Woman Incredible Transformation Workshop

MELBOURNE: Saturday August 20<sup>th</sup>, 2011, 8-4  
SYDNEY: Saturday September 10, 2011, 8.30-4.30

Learn the exact tools you need to transform your body!

# Basic Package

- **All your meals, snacks, supplements, coffee or tea for the day**
- **2 personal training workouts on the day**
- **3 Woman Incredible Transformation** interactive workshops:
  - The Foundation of Nutrition
  - Cheating Your Way Lean
  - Extreme Fat Loss Kick-start
- And (of course 😊) – much, much more. The goody bags were a particular favourite last time!



# Bonuses!

**Bonus #1: A full 3 months of gym-based training programs, valued at \$495.00**

**Bonus #2: PLUS** you'll get a bonus travel/at home program, valued at a further \$165.00

**Bonus #3: The Kat Eden “Eat Your Way To Hot” pack, retail cost \$223.95**

**TOTAL BONUS VALUE FOR THE BASIC TRANSFORMATION PACKAGE: \$883.95!!!**





# High Performance Package

- **All your meals, snacks, supplements, coffee or tea for the day**
- **2 personal training workouts on the day**
- **3 Woman Incredible Transformation** interactive workshops:
  - The Foundation of Nutrition
  - Cheating Your Way Lean
  - Extreme Fat Loss Kick-start
- And a whole lot more, including surprise goody bags, a secret bonus inspiration session, and an open Q & A with Kat!



# More Bonuses!

**Bonus #1: A full 3 months of gym-based training programs, valued at \$495.00**

**Bonus #2: PLUS** you'll get a bonus travel/at home program, valued at a further \$165.00

**Bonus #3: The Kat Eden "Eat Your Way To Hot" pack, retail cost \$223.95**

**Additional Bonus #1:** 2 follow-up one-on-one sessions with me, valued at \$220.00

**Additional Bonus #2:** 3 follow-up power calls with me, to help you breakthrough plateaus and stay on track, valued at \$135.00

**Additional Bonus #4: The Body Incredible 2-2-2 Transformation Program, retailing at \$119.00**

**TOTAL BONUS VALUE FOR THE HIGH-PERFORMANCE TRANSFORMATION PACKAGE: \$1657.95!!**





## Woman Incredible Transformation Day

Basic Package 347

High Performance Package 457

BUT .... As a webinar only special ...

**HURRY!!!**

Melbourne: 8 spaces remaining (only 4 for High Performance)

Sydney: 10 spaces remaining (6 for High Performance)

***Register your interest now by 'asking me a question' or emailing me at [kat@womanincredible.com](mailto:kat@womanincredible.com)!\****



## 5. How I Stay In Shape

It's about being 'that girl'



## 6. Making 'The Switch'

What is **MORE** important  
to you?



What is important to you?  
What really matters?  
What do you value most?  
What makes you feel most alive?  
Happiest?  
Most excited?  
Most satisfied?  
What makes you more 'you'?



thankyou!



FOR DRIVEN WOMEN WHO SIMPLY DEMAND MORE