



Be Captivated

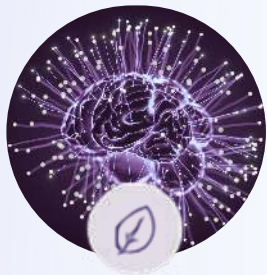
Your journey to calm, clarity & confidence starts here.



Sometimes you know something needs to change; you're simply unsure of what or how. At Be Captivated, personal growth isn't about becoming someone else. It's about understanding what may be holding you back, reconnecting with who you are and creating meaningful change from within.

When you change the way you think, feel and respond, you begin to change what becomes possible.

Be True, Be Original. Be Unapologetically You.



NLP & COACHING

Change the conversation you're having with yourself. Gain clarity, build confidence and create meaningful, lasting change.



HYPNOSIS

Go beyond conscious thoughts and create change at a deeper level. Combine hypothesis with immersive crystal sound for a unique transformative experience.



SOUND THERAPY

Pause. Breathe. Reconnect. Relax. Restore and create intentional space away from the noise.



WORKSHOPS & EXPERIENCES

Learn it. Experience it. Live it. Practical tools, guided experiences and immersive sound to support real, lasting growth.



GROUP EXPERIENCES

Grow alongside others. Meditation, workshops, women's circles, themed events and more.

More Than One Path to Change.

Your experience doesn't have to fit into one modality. Be Captivated offers individual sessions as well as tailored packages combining different modalities according to your goals.

Whether you want to feel calmer, build confidence, shift an unhelpful pattern, better understand yourself, reconnect with your purpose or create meaningful change. Your experience can be tailored around you.

Meeting you where you are and implementing steps and strategies to move you forward towards your desired outcome.



CONFIDENCE



CALM



CLARITY



GROWTH



SELF BELIEF



CHANGE



PURPOSE

Be Captivated can be brought to you online or in person.



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The Ripple Effect Starts with You.