

# BECOMING HER

## 6 WEEK BREAKTHROUGH PROGRAM

rewire your mind • rewrite your story • reclaim your worth

KIARA TROTTER

IDENTITY &  
EMBODIMENT  
COACH



**For the woman who's been stuck in survival mode for far too long.  
For the woman who's tired of overthinking, doubting herself & never feeling like she's enough.  
For the woman who knows there's more to life than just getting by... & is ready to rise.**

You've been carrying emotions, beliefs & patterns that no longer serve you – ones that have been quietly running the show for years.

Together, we release them at the root so you can finally step into the version of you who feels safe, worthy & free.

Becoming HER is my most transformative program – tailored to you & what's coming up right now, so every session meets you exactly where you are.

We'll work on a subconscious level to clear what's keeping you stuck, regulate your nervous system so your body finally feels safe to relax & help you step into your next chapter with confidence, clarity & a deep sense of self-worth.

**Inside, we'll work through:**

- Breaking free from survival mode so you're no longer living in constant stress or exhaustion
- Releasing deep-rooted beliefs that have made you feel unworthy or not enough
- Letting go of the heaviness from your past so you stop replaying the same old stories
- Healing the parts of you still carrying pain from childhood or past relationships
- Creating a new default state where you feel safe & confident within yourself
- Aligning your mind, body & emotions with the future you want to create

**Your 1:1 support includes:**

- 6 x Neuro Transformation Therapy™ coaching sessions
- Direct access to me between calls
- Personalised tools & practices to help you integrate the breakthroughs
- Voice notes, prompts & accountability check-ins to support you in real time

Because the magic isn't just in what happens during our calls – it's in those everyday moments when something finally clicks, shifts or feels different.

If you're at the start of your journey or standing on the edge of your next breakthrough – this could be for you.



VISIT MY WEBSITE  
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