

Judith  
Pepper

Wisdom that  
comes with age  
and experience

## Judith Pepper's "Freedom after 40" Coaching Program

### Who is this package for?

This special 4-month coaching program is for women who are ready for MORE in their lives. They have spent most of their adult lives focusing on their career, relationships or families, and are now asking themselves:

*"Ok...now, what about ME?!"*

### Your life so far...

You've always considered yourself a caring, responsible woman. You've always done your best to make sure everyone else in your life is taken care of. You have been a devoted spouse or mother, and a loyal and conscientious employee. You have taken care of friends and family in their times of need. And while you have always been happy to serve those around you with love, your dedication to others has sometimes forced you to set your own desires aside and put your dreams on hold. Over the years, those dreams got farther and farther away until you could barely remember them. Now, you are finding it difficult to get in touch with that spirited woman you were so many years ago. You may not be paying as much attention to your health and happiness as you could. You wouldn't necessarily say you're "depressed", but you may feel a loss in confidence, self-belief and self-esteem. You sometimes think you have shifted into a mindset of quiet resignation. You know the problem – and the answers – are within yourself, but you don't know how to begin making those internal changes so you can turn your life around.

### How "Freedom after 40" was made with YOU in mind

Judith's "Freedom after 40" coaching program has been specially designed to help you **take ownership of your life**. Judith gives you simple, practical tools for self-evaluation AND inspires you to **take action**, using a **personalized plan** the two of you will design together. She will provide insight into the fears that have been stifling your success, and teach you how to reframe negative self-defeating thoughts into positive self-empowering ones. She will **challenge** you to move forward with a smile and a "kick-ass" attitude, so you can open up new horizons and your life becomes an exciting and fulfilling adventure.

### What makes Judith's coaching style unique?

Judith uses her own unique "4 X 4" approach to coaching. First, she works with you on four key areas of life:

- **SELF:** Self-image, attractiveness, self-confidence
- **OTHERS:** Love, intimacy, relationships
- **WORK:** Success, career, money
- **PLAY:** Fun, spontaneity, creativity

In each of these areas, Judith walks you through her four-step reframing process:

- **NAMING:** Identifying what you desire in each of these areas
- **CLAIMING:** Getting specific about what you want to create
- **FRAMING:** Creating and taking the actions to make it happen
- **FAMING:** Fully celebrating and relishing the changes you have made

## What is included in this coaching program?

### COACHING SESSIONS (16 session in total)

You and Judith will spend a full month (4 weeks) on each of the four key areas: Self, Others, Work and Play. At the end of each session, Judith will give you a 'homework assignment' to challenge you as you move through each key area. She will also provide you with a range of tools and resources to help you succeed with your weekly challenges.

- **4 DISCOVERY SESSIONS:** Each month will begin with a 90-minute Discovery Session, to explore that key area in depth, e.g. your dreams and desires, your fears, what is blocking you, etc. By the end of the session, you and Judith will have created a personalized plan with specific outcomes you wish to achieve over the coming month.
- **12 REGULAR COACHING SESSIONS:** In the weeks following your Discovery Sessions, you will have three 50-minute coaching sessions where you and Judith will celebrate your progress and create even more exciting challenges together.

### ADDITIONAL SUPPORT VIA EMAIL

- In addition to your weekly Skype calls, Judith will communicate with you via email, to offer support and encouragement as you practice your new tools.
- Judith will also send you her "Daily Womantra" to help inspire you every day of the week.

## How/where do you meet?

You and Judith will meet "virtually", either over the phone or on Skype.

## How much does this coaching program cost?

**The total cost of this 4-month coaching program is \$2,995.** You may opt to pay in two installments: \$1,500 upon your first visit, and the balance of \$1,495 one month later.

⇒ THIS PACKAGE gives you more than \$400 in savings over 'a la carte' pricing for the same services.

*Find out more about Judith →*

## Judith Pepper

### Freedom Coach for Women over 40



**JUDITH PEPPER** is a coach, author, sage, transformational speaker and guide for women over 40. She is devoted to helping all women who have dared to ask themselves the question: "**Now, what about ME?**" She is the author of the book [\*The Age of Sage: Extraordinary Advice for Extraordinary Women\*](#), a selection of narratives, formulas and ideas on how women can reframe negative thoughts into positive beliefs, so they can build their momentum to live life as fully and wildly as they desire.

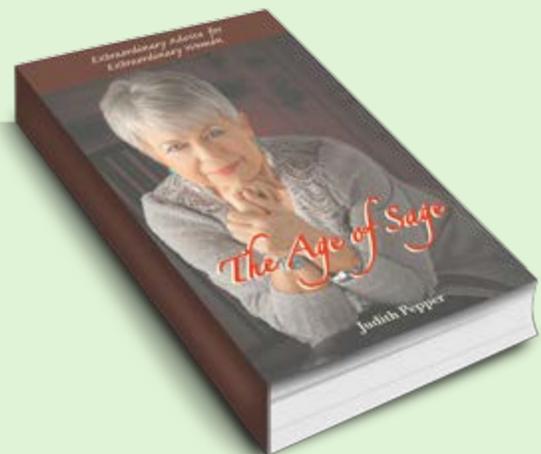
**Judith is also an expert public speaker** on the subject of life transformation over 40. She's addressed audiences of hundreds of women all over the US, and has won numerous awards in everything from community leadership to pecan pie baking! She firmly believes any woman can reap extraordinary success and pleasure, regardless of what she does for a living or where she is in life.

#### A personal message from Judith...

*"I am a sage. I don't mean to imply that I have some special powers or mystical ability. I can't see into anyone's future or make changes happen for anyone except myself. The same self-responsibility is true with all of us. What I mean when I call myself a 'sage' is that over the course of six-plus decades of life, as well as a myriad of personal, professional and social experiences, I have accumulated a certain depth, breadth, and variety of wisdom – and I am passionately interested in, and perhaps somewhat gifted at, sharing it with other women.*

*"Lying on a yacht off the coast of Spain on my 60<sup>th</sup> birthday, it occurred to me that I had become for other women the wise, compassionate, knowledgeable, patient, and enthusiastic guide I wished I had found somewhere along my journey, especially when I reached the stage of my life journey when I began asking those important questions about how to live with more conviction, more boldly, in the years ahead.*

*"I share with other women all my tools, resources, spiritual principles, and perspective so that they too – and you – can transform your beliefs about what is possible in life." – Judith*



Buy Judith's book *The Age of Sage* at <http://judithpepper.com/books/>

To request a free "get acquainted" call with Judith  
to see if this is the right coaching program for you, write to Judith at:  
<http://judithpepper.com/contact>