

TIRED OF STARTING OVER AND OVER?
WANT TO MAKE A CHANGE, BUT FEEL STUCK?
GET CLEAR | GET HEALTHY | GET THE LIFE YOU DESERVE!



Christine De Souza is a speaker, performer, healthy lifestyle coach, personal trainer, founder of CDS Worldwide and creator of programs "12 WEEKS 2 BOSS" AND THE "YOU" MODULE. She is the go to girl When you want to finally get past the things that have been stopping you from realizing your healthiest self. This mompreneur helps you unearth the woman inside that YOU know has something beyond imaginable limits to loose.



THIS POWERFUL HALF DAY WORKSHOP WILL HELP YOU:

- Identify the junk that has been stopping you from the WELLTHY life all these years.
- Uncover your own personal secrets and truths that will get you healthy now and forever.
- Revive your identity & your worth through vital expression.
- Be moved with original music teared with heart and laughter.

WWW.CHRISTINEDESOUZA.COM 978.569.3101

"I've tried a lot of diets in the past and completing the YOU Module was the first time I had been challenged to really discover what was going on in my head and heart before trying to make sustainable changes to my health. I think to get the most out of it, you really have to be willing to be honest with yourself and be willing to receive feedback from those closest to you--both of which were difficult for me. After completing the YOU Module, not only was I motivated to begin the 12 Weeks 2 Boss Program, but my perspective on why I want to make changes to my lifestyle is much more positive and tangible. I've defined the 'why', now I just have to make it happen!"

-Alicia Neal