



MEDIA KIT

MIND MOTIVATION COACHING

Nyia Cleggett

Rapid Transformational
Therapist

Modern Psychologist

Master Clinical Hypnotherapist

Mindfulness-Based Cognitive
Behavioural Therapist

Master NLP & Success Coach

Dip. Inner Child Healing
Therapy

Dip. Eating Psychology Coach

Law of Attraction Expert

Inspirational Speaker

Author of
The Gratitude & Success
Journal



ABOUT

I'd love to share my journey with you.

Twenty-one years ago, my world had completely spun out of control. After a long fight with cancer, my father had passed away, and the following week I had my third car accident in a row. I suffered a debilitating whiplash injury. I had no control over my future, emotions, or health, and I was SO living in victim mode! I had suffered from Anorexia and Bulimia as a direct result of being abused. I was attracting toxic relationships, and I was in complete overwhelm, struggling as a single mum.

I knew something had to change. I realised that I had to take charge of my future and hop back into the driver's seat of my life.

I went to see an amazing Hypnotherapist who released my deep-seated negative, emotional blockages that had held me back for so long. Being on the receiving end of Hypnotherapy and Coaching has convinced me that there is nothing more powerful than this positive science-based, empowering support. It was life-changing for me!

That was the turning point, and I then started on my path of personal growth and development.



ABOUT

Life became exactly how I had dreamt it could be. I decided I wanted to follow my purpose and passion by supporting and empowering people on THEIR journey.

I work with people worldwide online and help them achieve transformational and life-changing shifts in their lives.

I am now being asked to speak at schools to empower their students, as a motivational speaker with companies wanting to inspire their employees and hold a multitude of seminars, including Law of Attraction and Health & Wellness workshops worldwide. One of my top experiences was being invited to co-host a Health & Wellness Retreat in Sardegna, Italy! I feel so blessed. I now have a very happy, loving marriage, lead a wonderful, exciting and healthy lifestyle and have a beautiful tribe of inspiring friends and clients.

My ultimate goal is to create an empowering experience with as many people as possible across the world to enjoy more freedom, inner belief, healing, happiness, confidence and success!



THE AUTHOR

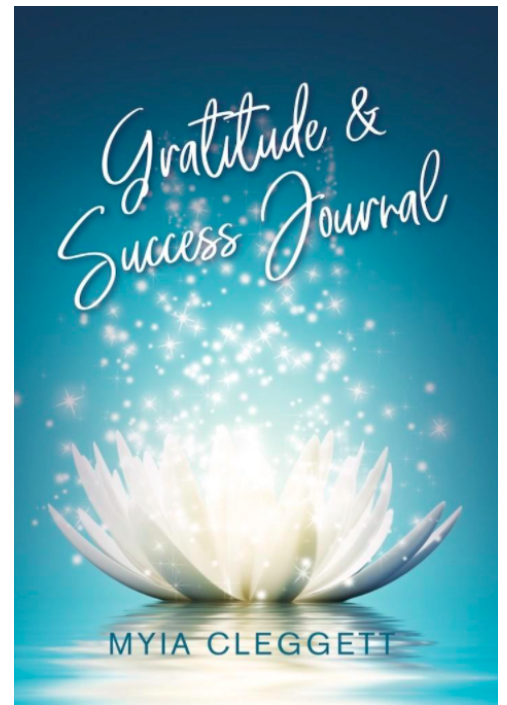
The purpose of the Gratitude & Success Journal is to give the reader an easy-to-follow, step-by-step, daily program that helps develop positive change.

Each day, the reader will have empowering questions trigger their mind to deliver empowering answers. Daily visualisations will guide the mind and create a rich blueprint for the subconscious to manifest into reality.

This Journal is a guide to train the mind to:

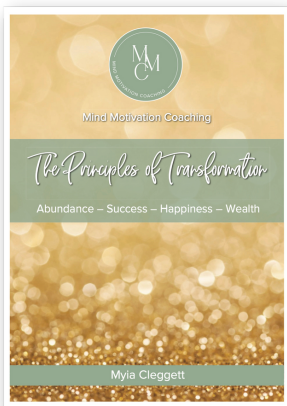
- Attract more wealth, health, happiness, love and success.
- Create new positive energy and vibration.
- Focus on, and appreciate all the magical things in life.
- Form and develop new positive neural pathways.
- Mindfully be in the moment and appreciate the abundance that surrounds us.

“really good work, I know what you are doing is phenomenal... I encourage you to work with Myia” **Jack Canfield**,
Founder of the billion-dollar Chicken
Soup for the Soul publishing empire.

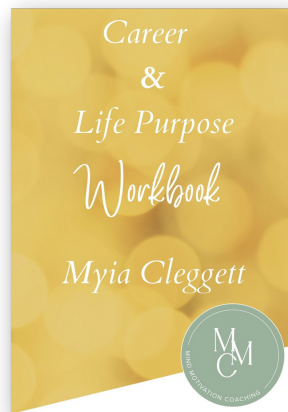




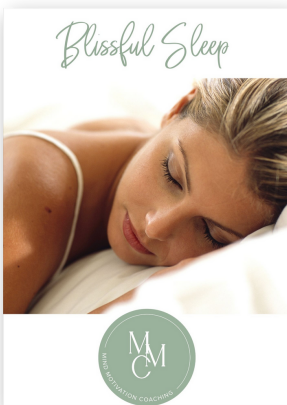
THE AUTHOR



Focusing on mind, body and environment the Principles of Transformation offers some simple and effective ways to help you live a more grounded, centred, abundant, joyous, and successful life

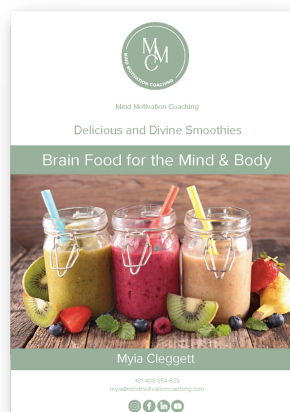


The Career & Life Purpose Workbook is designed as an inspirational tool to help you to create a business and life you love and find your soul purpose.

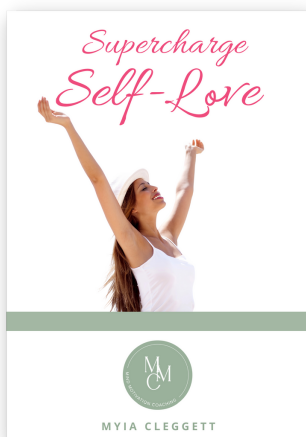


Take some time to explore the Blissful Sleep eBook.

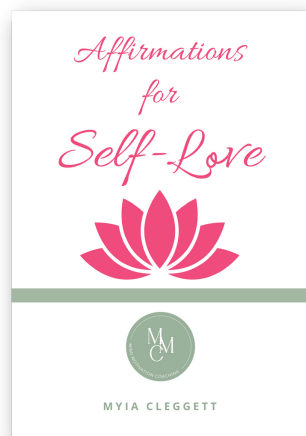
These tips and suggestions can help you to create an environment that is conducive to having a full, deep and Blissful Sleep.



Delicious and Divine Super Smoothies for the Mind & Body.



Supercharge Self-Love eBook, Affirmations for Self-Love & Affirmation Cards





MP3'S & AUDIOS



I have created a multitude of transformative audios.

- Deep Breathing Technique
- Raising your Vibration
- Health & Vitality
- Wealth Attraction
- Super Confidence
- Happiness Activator
- Protective Shield
- Blissful Sleep Audios
 - Pre-Sleep
 - Blissful Sleep
 - Blissful Sleep & Healing
- Power of the Mind
- Transformational Healing Hypnotic Audio
- Self-Love Program Audios
 - Affirmation Audio
 - Releasing Hypnotic Audio
 - Healing Transformational Audio
 - Heart Chakra Meditation
 - Morning Hypnotic Audio
 - Evening Hpnotic Audio



THE SPEAKER

When you are ready for your audience to experience real, lasting change in their lives, that translates into transformation, book Myia Cleggett for your next event.

An engaging and motivational speaker, Myia's presentations and workshops will leave your audience inspired and motivated. Allow Myia to tailor-make a presentation that your audience is most interested, struggling with, or would appreciate or benefit from the most.

Myia is an expert in human behaviour, interpersonal relationships, empowerment, building confidence & self-esteem and releasing negative beliefs and behaviours.

Previous Speaking Engagements - Workshops, Seminars & Presentations

- Empowering Health & Wellness Retreat, Sardegna, Italy - Co-Host & Therapist
- Jetts - Positive Mindset - Staff Empowerment
- Santa Maria College - Building Self Confidence & Self-Esteem - Year 7 & 8 Students
- Womens Business Networking Group - Mastering the Law of Attraction
- Yoga Sita - Manifesting Happiness Event
- Business Networking Group - Healing the Inner Child
- Rostrum Public Speaking Club WA
 - Becoming an engaging charismatic speaker
 - Power of the Mind
 - Awarded Public Speaker of the Year 2017



WORKSHOPS & PRESENTATIONS

Myia can create an empowering, educational informative tailor-made workshop or presentation especially for you! Please choose from any or all of the below topics.

- Positive Psychology for SUCCESS
Collaborate with your mind for success in all areas of your life
- Principles of Transformation
How to create your Dream Life using the power of your mind
- Phenomenal Confidence & Self-Esteem
Building powerful new beliefs and programming
- Perfect Health & Wellness
Activate your Healing Vortex and Raising your Energy
- Abundance & the Law of Attraction
Law of Attraction Mastery in all areas of your life
- You are more than ENOUGH
Letting Go of Limiting Beliefs and installing new empowering beliefs
- Healing the Inner Child
Releasing unconscious programming that is holding you back
- Mastering the art of Mindfulness and Meditation
Experience the power of being grounded, centred and in the present
- How to change your life using the Reticular Activating System
- How to attract more happiness and success into your life using The Power of Gratitude



PRODUCTS & PROGRAMS

Rapid Transformational Therapy

(Three sessions)

- The **first session** is approximately one hour. It includes:
 - Initial consultation where together we will create a rich blueprint for your dream life and the strategies to achieve your compelling goals.
- The **second session** is approximately one and a half hours. It includes:
 - Rapid Transformational Therapy (RTT) - which includes Hypnotherapy, Psychotherapy, and Regression;
 - One personalized Hypnotic Recording created especially for you; and
 - One Coaching-call, approximately thirty minutes, to support, guide, and inspire your progress.
- The **third session** is approximately one and a half hours. It includes:
 - Clearing any residual negative energy & creating new compelling goals.
 - One new personalized Hypnotic Recording; and
 - An ongoing strategy for rock-solid change.

[Click here to watch a video explaining the power of RTT.](#)



Mindset Mastery Personalized MP3 Audio

Myia will create a dynamic, personalized MP3 using your name and 'wish list' to create a powerful blueprint for your subconscious mind.

Included in your package:

- A 30 min phone consultation with Myia Cleggett
- Your choice of background sounds:
 - binaural beats;
 - sounds of nature;
 - relaxing, hypnotic music; or
 - no background music, just listen to the compelling words.
- A personalized Inspired Action Plan to help you to fast track your RESULTS.



TRANSFORMATIONAL PROGRAMS

Available in 3, 6 & 12 months
Silver, Gold & Platinum Programs

I have created these Transformational Programs to easily and effortlessly, help you unlock the key to your most abundant and exciting life! Learn how to finally let go of Procrastination and Overwhelm.

The Platinum Program includes both Silver & Gold inclusions and special bonuses. The Gold Program is the most popular and includes all Silver inclusions and bonuses. All of these programs include special bonuses' as new products are created.

	SILVER	GOLD	PLATINUM
Rapid Transformational Therapy (RTT) Sessions	3	4	6
Personalized Hypnotic Audios	3	4	6
Coaching Calls	2	6	12
Accountability Sessions	2	3	6
Career & Life Purpose Workbook	✓	✓	✓
Gratitude Journal (Hard Copy)	✓	✓	✓
Principles of Transformation eBook	✓	✓	✓
Inspired Action Plan	✓	✓	✓
Supercharge Self-Love Program		✓	✓
Empowering Affirmation Cards		✓	✓
Goal & Intention Setting Workbook		✓	✓
50% off New Programs, Courses & Audios		✓	✓
Inspired Audio & Meditation MP3 Bundle			✓
Goal & Intention Setting Workbook			✓
Positive Mindset Tools, Techniques & Resources			✓



PRODUCTS & PROGRAMS

Supercharge Self-Love Program

Get ready to Supercharge your Self-Love and reactivate the belief that you were born with - that you are worthy and deserving of love and happiness!!

Inclusions:

- 1.5 hr RTT Session;
- Inspiring Supercharge your Self-Love & Healing the Inner Child eBook, full of tips and resources;
- A Transformative Inner Child Healing Letter exercise to help you release and let go of any residual negative energy
- A powerful Self-Love Affirmation eBook to help you create an empowering daily practice to increase your feeling of being 'good enough, smart enough, capable enough and worthy enough
- Daily affirmation cards



7 Incredible Audios/MP3's:

- Guided Hypnotic Audio - Regression
- Transformational Healing Hypnotic Audio
- Empowering Protective Shield Guided Meditation
- Affirmations Audio
- Heart Chakra Meditation
- Morning Hypnotic Audio
- Evening Hypnotic Audio

BONUS:

The Gratitude & Success Journal

Blissful Sleep Experience

This program is designed to easily and effortlessly guide you towards a more peaceful, calming and relaxed Blissful Sleep.

Included in the Experience:

- 3 Transformative Hypnotic Audios;
- Beautiful eBook filled with tips and techniques to aid in Blissful Sleep;
- Aromatic Sleep mist.





REVIEWS & TESTIMONIALS



Jack Canfield

"Myia is an amazing Hypnotherapist and helps people all over the world.

I know what you are doing is phenomenal, keep it up."



Patty Aubrey

"Myia's work is **ROCKET FUEL** for transforming clients!"



Marisa Peer

"Myia... Thank you for doing such a stellar job and seeing your clients from pain and illness...

We go where other therapists don't go and get amazing and powerful results, because of it."

"Myia is amazing. I came to her knowing I had something holding me back from success in my business, love and truly living my life to the fullest. Through my two sessions with her, I had a total transformation and opening. After the first session, I had a true understanding of what was holding me back. It was the old programs that were running the show.

Myia was able to pinpoint these and rewrite new programs of what I wanted in life, through the hypnosis and regression. She also helps you understand how your thoughts have such a massive impact on your reality. She gives you Inspired Actions to help create the life of your dreams. I am so excited about what the future holds. I feel empowered, strong and ready to take on each day!" - Samantha Briatico

[For more testimonials, click here>>>>](#)



TRAINING & PROFESSIONAL DEVELOPMENT

Dip. Modern Psychology

Master Clinical Hypnotherapist

Master NLP & Success Coach

Rapid transformational Therapy

Mindfulness-Based Cognitive Behavioural Therapist

Dip. Inner Child Healing Therapy

Dip. Meditation

Dip. Eating Psychology Coach

Dip. Positive Psychology



Contact Myia
Now



0408 954 629



mindmotivationcoaching.com



myia@mindmotivationcoaching.com

Social Media



[mindmotivationcoaching](https://www.instagram.com/mindmotivationcoaching)



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[myia-cleggett](https://www.linkedin.com/in/myia-cleggett)



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