



fruitful

FORMULA

welcome guide



Welcome! I am so glad you're here.

Welcome

In this welcome guide you'll find all the details you need to prepare before getting started. Please read through everything carefully as this guide includes agreements, best ways to stay organized, and instructions for our weekly calls.

Next Steps

I am looking forward to supporting, teaching, and coaching you as you become your healthiest, most fruitful you. You will receive any additional program information inside the Kajabi course platform.

See you inside!!



Agreements

For an efficient and thriving experience...

1. You agree to be on time for all scheduled group coaching calls or be in contact with your mentor inside the community 24 hours in advance if something comes up in your schedule.
2. You understand that everything you or anyone else shares is confidential.
3. If anything we do together doesn't work for you, you agree to share this with me so we can explore other options and solutions.
4. You agree to HAVE FUN and enjoy the process.
5. We agree to communicate in a direct, honest way - giving feedback from a constructive, loving, and supportive place.
6. You give me permission to coach and mentor you.
7. You agree to experiment with new actions and modalities to create the outcome you desire.
8. You agree to respect and support the other women in this program.

Guidelines

To be in the best mindset for change...

1. Have a beginner's mindset and be open to all that's possible.
2. Be willing and ready to step into your full power, take action, and step outside your comfort zone.
3. Take care of yourself, always. If you feel stressed, uncertain, or tired, take a break, reach out to me for support.
4. Believe in yourself and your ability to learn and make changes to your health.
5. Trust me and, most importantly, yourself.





Curriculum

01 A Fruitful Mindset

02 Digestion + Mindful Eating

03 Stress + Joy

04 Environmental Toxin Clean Up

05 Pre-Pregnancy Detox

06 Integration Week

07 Nutrition Rebuild For Fertility

08 Nourishing + Balancing Your Cycle

09 Boosting Your Partner's Fertility

10 Moving Forward + Getting Pregnant

Weekly Group Coaching Calls

Call details

Weekly coaching calls will take place
on Thursday at 9am PST

Call in Information

Our weekly call link will be posted
Thursday mornings to the [Facebook
Group](#). If you don't have Facebook, we
recommend creating a profile with
your first and middle name only, and a
picture that cannot identify you if you
prefer to stay private.

How to Prepare

Here's the best way to prepare to show
up for our calls:

Set aside a 60 minute window where
you can be fully present with minimal
to no distractions

Have your favorite tea or water with a
snack ready to go

Review the most recent module's
content prior to the call

Write down your 1-2 specific questions
that you want support around so
you're ready to go when it's your turn

Bring a notebook or have your notes
up and ready on your computer

Come with openness and curiosity to
learn and grow

Let me know if you are on a time
constraint and need to leave the call
early so I can answer your questions
first - you'll want to stay the entire time
though!

The fruitful community

Our communication outside the LIVE Group Coaching Calls will take place inside our [Facebook Community](#). Make sure to join if you haven't already!

Fruitful Community Guidelines

This is a community that requires you to show up for each other as much as you ask questions to receive support. Leslie will moderate and answer questions when possible, but try to save most questions and definitely the bigger ones for our weekly calls..

Use this channel to post to other members, to celebrate your wins, and set your weekly intentions to stay on track and hold each other accountable.



Program Content

Access to program content

Your program content is hosted on the Kajabi platform. You'll consume videos, information, and action guides for each program module.

Program content will be released for you within Kajabi every seven days, based on what day of the week you enrolled in the program.

Download the app

Download the Kajabi app to access all of your modules on the go. It's free in the app store.

Next Steps



Woohoo! You're just about ready to roll.

Let's get you started with the first few items on your to-do list...

- ☐ Tidy your space. When your physical space is a mess, it has a big effect on your emotional state and also your motivation to make changes. Clean and organize, maybe buy yourself some fresh flowers or a new candle and get your home feeling cozy.
- ☐ Talk to partner about how important this is to you and for both of you. Tell them that the more they support you by being excited for you and participating when needed, the more you will get out of the program.
- ☐ Do some journaling. How are you feeling going into this program? What are you hoping to get out of it? Why is it important that you commit to really investing yourself in it?

Get ready!

Get ready for an amazing 10 weeks together and remember that it starts with your willingness to take new action! I am excited to support you. I'm in your corner! Any questions?

Hit reply to this email.

xx Leslie