

TRANSFORMATIONAL COACHING PROGRAM

WORKING WITH ANA BARRETO

Because the life you want begins with the person you are becoming.

Are you ready to redirect your life and finally make the changes you've been dreaming about?

Whether you're looking to start a business, write a book, change careers, re-evaluate a relationship, release emotional baggage, or break free from self-defeating behaviors, this Transformational Program is for you.



The Laser Focus Program consists of eight (8) powerful sessions* designed to help you gain clarity, reset your mindset, and create real, lasting change. The first session is a deep-dive 120-minute experience, followed by seven focused 60-minute sessions tailored to your unique goals.

This Program will guide you to:

- Have self-awareness
- Find clarity and purpose
- Reframe limiting beliefs and patterns
- Release self-sabotaging behaviors
- Create an actionable plan toward your goals
- Build a mindful practice to support your success

*The program can be extended based on your needs.



Unlike long-term coaching commitments, the Transformational Coaching Program gives you essential tools and insight to launch your transformation now. It is designed to get you the tools and strategies to be on your own.

The principles you'll learn are designed to be used again and again, anytime you feel stuck or need a fresh perspective.

WHAT SETS THIS PROGRAM APART?

It works with your personal goals. Because it starts with a self-awareness session, the entire program is tailored to your unique personality and preferences.

It doesn't shy away from what truly matters. While many coaching programs avoid the spiritual dimension, we embrace it—because true transformation requires more than strategy; it requires inner knowing.

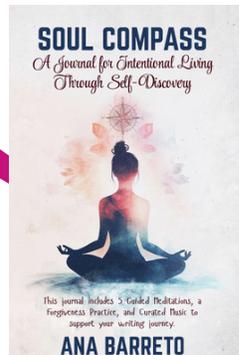
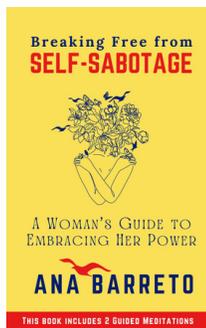
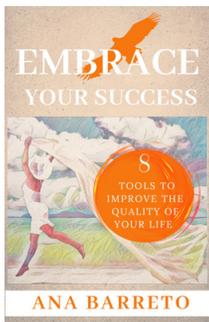
You'll benefit from this program because it integrates science, strategy, and mindfulness, with a personalized coaching experience that adapts to your needs.

By the end of this Program, you will walk away with:

- ✦ Clarity and a personalized plan to take meaningful, aligned action
- ✦ Full awareness of your limiting beliefs and the tools to shift them
- ✦ A renewed mindset around money, goals, relationships, and self-worth
- ✦ Unshakable confidence in your voice, vision, and value
- ✦ Spiritual practices to stay grounded, focused, and inspired
- ✦ A roadmap to revisit any time you feel stuck or uncertain



BOOKS BY ANA BARRETO



WHY TO WORK WITH ANA BARRETO

Ana Barreto is a powerful voice for women rewriting the rules of success. She has built her career helping women overcome limiting beliefs, build confidence, and step into leadership roles with intention and impact.

Through coaching, writing, teaching, and speaking, she challenges women to own their worth and create a life on their terms. Ana brings a deep understanding of the internal and external barriers women face in business and society, as well as the tools to break through them.

Ana Barreto brings over 36 years of business experience combined with deep personal development expertise. She holds a Bachelor's degree in Business, an MBA, and is a Certified MBTI Facilitator. Ana has earned a certificate from Yale University in The Science of Wellbeing, and completed additional professional training in "Maximizing Interpersonal Relationships," "Effective Communication," "Peak Performers: Mastering Negotiation Skills."

Ana blends a powerful mix of business acumen, leadership coaching, emotional intelligence, and energy alignment, making her uniquely equipped to guide women through personal transformation and leadership mastery.

She is the founder of the Mind, Body & Wisdom School for Women, and her writing, motivational talks, meditations, and courses have been featured at Insight Time, Mind Bliss, Best Self, and others.