



HELLO, AMAZING WOMAN

Welcome to Erin Meadows Coaching - a place where you will ALWAYS be reminded that you are enough.

You are enough. Right now. At this very moment ...

... With or without your dream job and dream salary.

... In your body. Yes, just as it is.

... Single, married, partnered, divorced, widowed.

... On those days when you yell at your kids or don't help your parents.

... When you fight with your loved ones.

... When you mess up at work, in relationships, and at home.

... When you can't seem to find one likable - let alone lovable - thing about yourself.

... When you are doing great, doing terribly or not doing anything at all.

You are enough. Right now, not later.

Not 25 pounds from now.

Not when you get that promotion.

Not when the perfect relationship comes along.

Right now.

You are enough.

All of you.

The whole of you.

More -->

But, if you are like most women in the world (myself included) you've had a lifetime of people, movies, television, media, social media, telling you that you aren't enough.

Well ... it is time to rewire your brain and own your enough-ness.

For the past several years, you - most wonderful, talented, beautiful woman - have been on my mind and heart.

In fact, you've always been there. Even as a little girl - I've always been a woman who supports other women.

Now, I'm just being a bit more formal about it!

So, I hope you'll join me on a journey to owning your enough-ness. To growing and leveling-up. To telling the world who you are vs. letting the world tell you. To building a life and career you love. To finding your life purpose and sparking a whole bunch of joy along the way. To blazing your path and giving absolutely zero you-know-whats about what anyone else has to say about it.

Welcome to Erin Meadows Coaching - where we can have safe, judgment-free conversations about the real stuff. Where you will always have an unbiased partner and champion. Where you don't have to go it alone. And, of course, where you get to blossom into that boss-level, joyful, fully-in-love with life and herself ball of magic you've always been ...

(Cue the confetti!)

And, I'm looking forward to being a small part of your journey!

A handwritten signature of the name "Erin" in a cursive, black ink style.

Erin Meadows
Founder of ErinMeadowsCoaching.com

P.S. - If you aren't quite sure you believe you are enough, I'd be honored to tell you that each day.

Just print the following sign and hang it somewhere you will see it each day.

Then, when you are ready to fully own your enough-ness, simple replace that sign with the following one.

You'll be surprised how quickly you won't need me to tell you how amazing your are! It's inside you ... just waiting to come out.

YOU
Enough
ARE

! *Enough*
A M