



The Holistic Lifestyle Method

90 Day Program for Busy Business Professionals to Create
Personalized Self Care Routines to Sleep Better and Stop
Feeling Spread Too Thin

WHAT IF...

- **What if...** you knew exactly what to do to get a full night's sleep and wake up with more energy so the lines in your face softened naturally and you felt confident and productive at work and at home...
- **What if...** you knew how to deal with worry, stress and overthinking so you felt calmer and comfortable in your skin...
- **What if...** you could decrease physical discomfort and pain that comes from stress like low back aches, neck aches and stomach issues so you could feel playful and connect more to the pleasure and people in your life...

...without 10 more years of psychotherapy, guessing by googling, or trying to find the right affirmation?

HERE'S THE PROBLEM...

Here's how most busy business professionals deal with their problems:

- They talk to their therapists over and over about the same issues without connecting to the roots of the real issues.
- They go to yoga or meditate feeling they can breathe the difficulties away however, they still feel tired, busy and worried.
- They have a hard time asking for help so they're researching and guessing on what on earth to do.

HERE'S THE PROBLEM...

Here's how most busy business professionals deal with their problems:

- They wonder why they feel unheard and unseen because they have done some work on themselves.
- Once in a blue moon, they'll create space in their schedule for themselves... They feel healed! All is better... except when they go back into their lives and they are no longer on their schedules.

HERE'S THE PROBLEM...

Eventually, these well intentioned folks give up and feel they need to just ignore any challenges or are getting used to the pain, lack of energy, etc. I don't blame them!
Feeling tired and stressed sucks. No pain, no gain right?!?!

But it DOES NOT have to be this way!

Hi, I'm Leslie



Hi! I'm **Leslie**, and I founded The Holistic Lifestyle Method. I know how it feels to be like a hamster on a never-ending cycle of an overthinking mind, lack of good quality sleep, and not feeling comfortable in my skin. I struggled with these just like you for many years.

Although I am an expert in my subject matter, I quickly learned a hard lesson: you can have all the knowledge & experience in the world... **but unless you take consistent and compassionate action... This will NOT change.**

So I set off on a mission 27 years ago to learn everything I could about health and wellness in an effort to go full-time as an Optimal Wellness Coach myself...

In my search to master everything about holistic practices, I was able to help many people get more rest, and feel more confident and productive in all aspects of their lives. In the process, I have created a thriving business, retreats, friendships and relationships because of this work (and play) with people all over the world.

So, I put together a program to teach my signature methodology that has allowed me to help many stay off of anti-anxiety and sleeping pills— all through personalized yoga, Ayurveda, Meditation and Somatic Practices. **That is how "The Holistic Lifestyle Method" was born!**

WHO I WORK WITH

I have found that my system works best for these two groups of people:

1. Heart-centered business people like business or other health and wellness coaches, psychotherapists, yoga teachers, healers, nurses, injury attorneys, human resources specialists, physical therapists, event planners and etc.
2. People who have done some work on themselves already like psychotherapy, yoga and meditation but still feel anxious, busy minded, low energy and a full night's rest is not happening. They are willing to receive loving and compassionate feedback and are willing to take action to try a different way of being.

WHY I'M DIFFERENT

- I'll give you a **proven system & structure** to accomplish your goals every single week.
- I've been working with people like you for **27 years**.
- I teach you how to **rest and de-stress effectively** without medication.
- I support you with LIVE interactions 1x per week, as well as unlimited weekly support.
- I will help design and tailor a nutrition and holistic self care practices FOR YOU.

WHY I'M DIFFERENT

- I support you with LIVE interactions 1x per week, as well as unlimited weekly support. You will also receive **specific customized practices** to do on your own.
- I have a very large tool box **to problem solve 99% of possible issues.**
- I'll teach you how to develop your interpersonal skills & mindset to **overcome your mental blocks.**
- I care deeply for your results, inner fulfillment, purpose, mission, and holistic transformation.

HOW IT WORKS

When you sign up to work with me, we'll start off with a one-on-one Free Optimized Wellness Strategy Session to talk about your goals and current lifestyle. From there, we will develop a customized plan to move you through the following steps:

STEP 1: Clear Vision

In week 1, we need to get clear on your desires, where you are in the moment and where you want to go so we can create a customized self care routine that allows you to easily fit into your own schedule and feel empowered in your body, heart and mind. You will have specific and personalized action steps to take by day one!

STEP 2: Compassionate and Loving Discipline

We'll then work with reevaluate your busy schedule: creating time and managing time more effectively and efficiently, while creating a state of more inner calm and relaxation. I will help you tame your busy mind. Your body will feel more at ease so that you will feel more energized and lighter.

HOW IT WORKS

STEP 3: Energetic Cleanse

You'll learn how to choose what is nourishing to your body on all levels and learn to let go of what is no longer serving you, so you can feel radiant and healthy. This step will be about energy, nutrition and healing.

STEP 4: Self-Compassion

You'll treat yourself as you would your loved ones so you don't feel like you're accommodating everyone around you or taking on other people's problems. As your body naturally settles, you'll notice a feeling of lightness and you may start looking younger. No surgery needed!

STEP 5: Trust your gut

Our goal is to help you get very clear on what the right self care practices, supplements and foods are for you right now as you continue on your own. No more guessing games or googling necessary! I'm the guide to help you become your own leader and true teacher. Your body knows the truth of you. I'll help you listen to it and follow this truth so you feel more confident in **YOURSELF AS YOU GORGEOUSLY ARE.**

RESULTS



“I really was struggling to find myself and my place in life. I'd changed jobs, my son was away at school, I'd been dealing with some health issues and put on weight. I was just trying to get through each day and didn't know who I was anymore.

I think most helpful was that we started with small attainable goals that when taken all together became huge achievements.

I didn't feel like I was overwhelmed with any of the work I was asked to do and so much of it was reconnecting with all that I loved about myself and things that made me happy. One of my biggest challenges was that I didn't believe in myself in the way that other people believe in me and now that's changed.

Instead of going to bed each night, stressed about getting through another day, I'm excited about each day and when things do get challenging I have the tools to deal with it.

~Vikki Jacobs, Universal

RESULTS



“I decided to try Leslie for one session, then immediately signed up for 3 months. My time with her has been so beneficial, I just renewed for another 6 months! Leslie started working with me on my posture and showed me breathing techniques and meditation practices to manage my lower back, abdominal, and neck pain. These methods also help me manage my migraines. I highly recommend Leslie Porter to anyone who is suffering with stress-induced pain or low energy. Her Holistic Lifestyle Method can help you recover and feel more relaxed and in control of your day.”

~Kathleen Ries-Jubenville, Business Coach

RESULTS



"Leslie is a special woman. I originally met Leslie when I joined her yoga class many years back, and I loved her energy. When she mentioned she was doing a yoga retreat, I signed up right away. Leslie is able to strike a perfect balance between focusing on the mind/body connection, while being fully grounded in the real world. Too often, instructors (or coaches) are either too focused on fitness and strength, or too ethereal and untethered to the day-to-day issues and struggles that their students (clients) face. Somehow, Leslie manages to ride that line perfectly. Sessions with Leslie are immensely helpful. Using her intuition, empathy, and elevated understanding of the body, she has helped me work through many issues that conventional therapy couldn't seem to crack. I am so grateful that she has decided to use her skills as a teacher and a healer to help others."

~Sandra Alvarez-Smith, Producer

RESULTS

“The healing I have experienced by working with Leslie has taken place physically, emotionally and spiritually. She has gently helped me find my way after feeling quite "stuck". Leslie lives what she coaches and this is inspiring and motivating. She really is a rare find in coaches. Having Leslie as a coach has proven to be a sweet gift to myself. So, thank you from the bottom of my heart. “

“Since working with Leslie, friends and family have recently commented that I seem less angry, more present with better eye contact...

I have also noticed less blaming of others. Best of all, my husband says I'm becoming more fun!”

“Leslie has an innate ability to support others who are suffering. She furthered her education in psychology with expertise in somatic experiencing and I have been referring patients to her ever since. Her strong ethics, deep knowledge base, and exemplary skills in compassionate listening make her a leader in her field.”

Holistic Lifestyle Method

The Holistic Lifestyle Method is a 90-day, high touch coaching program that gives you 1-on-1 support to help you achieve your specific goals in a way that jives with your busy schedule.

You will receive:

- ***12 weeks of detailed curriculum***
- ***1x weekly Live Session and accountability for success***
- ***Weekly training videos and recorded practices that will fit into your busy schedule***

**Ready to finally reach your
goals?**

Want to work together? Click the button below to book a Free Optimal Wellness Strategy Session with me. On the call, I'll get to know you, ask some questions about your self care journey, and learn about your goals.

At the end of our call, 1 of 2 things will happen: You'll either be a perfect fit, and I will extend an invitation to work with me as one of my clients...

Or, if it's not a good fit, that's totally okay too. There won't be any hard feelings and NO obligations on your part — I will suggest something else you can do to achieve your goals, and point you in the right direction.

Let's do this!

[Click here to book a call](#)