

ELEVATED ENERGY

Elevate to the next level of success with your 2 biggest assets in life...your **time** and **decisions**

Certified Lifestyle Coach, Tiffany Houser, gives you more time and the ability to make powerful decisions in life with her proven strategies and techniques based on neuroscience and transformational coaching through her signature coaching experience - [Elevated Energy](#).

Tiffany is passionate about the way coaching elevates people to the next level of success in life. She loves watching people's lives change in a short period of time by helping them create new habits, new beliefs and a new lifestyle.

[Elevated Energy](#) begins by clearing the clutter from your calendar, office, home and any mental clutter - setting the stage to get more done in less time while boosting your energy in life. From there, Tiffany works with you to discover the food robbing you of your energy. The work then shifts into approaching your tasks effectively from high- to low-impact allowing you to reserve your results-driven energy for what matters most in each day. During this experience, you will also discover your ideal sleep strategy.

[Elevated Energy](#) will open you up to maximize your personal effectiveness as Tiffany shows you how to implement what you are learning while supporting and holding you accountable to follow through and get to your next level of success.



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Corporate Coaching

Elevated Energy can be introduced as an interactive 45 minute talk or talk series. From there, team members and management can be coached 1-on-1, or in groups to uncover what's getting in the way of feeling completely energized, strategic, innovative, inspired and effective with time and energy throughout the day while creating ways to get more done in less time. However your team or company wants to elevate, Tiffany can get you to the next level of success. Start by booking a strategy session.

Private Coaching

Elevated Energy allows you to step forward into the way you want to feel about your job, business, health and life. Working privately with Tiffany comes with a high level of support and accountability and the experience is custom designed to reach your specific level of success. As your coach, Tiffany will help connect the dots and show you exactly how to elevate your success. Work with Tiffany via phone, online or in person - your choice.

For more details on Tiffany Houser's coaching experiences, explore working with her, or to book a strategy session please contact coach@tiffanyhouser.com

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