



**NEXT LEVEL COACHING**  
CHANGE YOUR MIND | CHANGE YOUR LIFE

**Discover how Yaa Helps  
Professional Women  
Uncover Their Purpose,  
Reclaim Their Power  
and Reach Their Potential**

# Welcome to Next Level Coaching



Hi! I'm Yaa, the "*Meant for More*" Mindset Mentor.

As a Peak-Performance Coach and Lifestyle Architect, I help Professional Women who are ready to reach their next level eliminate negative self-talk and breakthrough what's been holding them back. So they can reach clarity, confidence and prosperity in their career and lifestyle.

I created Next Level Coaching with one main purpose in mind - **to help professional women uncover their Purpose, reclaim their Power and reach their Potential.**

I want everyone who comes into contact with my business to know change is possible, that they are not alone and there

is an alternative way forward because when you change your mind, it will change your life.

I know from working with women for over 10 years, the number one thing that stops us from making a change and finding happiness in our lives - the happiness we deserve - is our mindset. But when you change your mind, it will change your life.

Let me show you how!

*Yaa*

**Yaa Antwi-Nsiah**

Peak Performance Coach  
Lifestyle Architect  
Founder, Next Level Coaching

# 10 Reasons to Change Your Mind

Imagine...

1. no longer worrying about what people think.
2. putting yourself forward for that promotion with confidence and getting the job.
3. starting the business, you've always wanted, but never had the courage to.
4. going to sleep at night with no more negative self-talk and chatter in your head that makes you feel that you're not good enough.
5. trusting your instincts and no longer feeling uncertain to take the next step.
6. having the clarity and confidence to take control of your life.
7. living the life that you've always wanted to live and loving your lifestyle.
8. having a mindset that allows you to think outside of the box and beyond.
9. finally breaking through the thing that's been holding you back from living your best life.
10. being able to tap into your Creativity and designing your Successful Future.

So, if you're a professional woman looking to uncover your **Purpose**, reclaim your **Power** and reach your **Potential**, Next Level Coaching has been designed for you.

[www.nextlevelcoachinggroup.com](http://www.nextlevelcoachinggroup.com)

# Here's How We Do Things

Your Pathway to Prosperity...

## 1. We take you from Stuck to Unstoppable

First, we address the limiting beliefs and blocks that are keeping you stuck and preventing you from reaching your potential. We do this through our *Stuck to Unstoppable* event.

*Stuck To Unstoppable* is a 2-hour seminar where you get clear on your blocks. You will gain clarity on what's been holding you back from making a change. There's a sense of relief when you know that someone else gets it, you are not alone and that there is a way forward. This event will leave you feeling excited and inspired to take your 'best' next step.



**“** *This event was enlightening and helps you to see you are not alone! Sharing your fears and your dreams with like-minded people is refreshing and makes you take the next step towards your goals.*

**Monika, Kingston**

**”**

## 2. It's Your Time to Shine

Next, we breakthrough what's been holding you back, identify ways to build your confidence and give you the tools to tap into your creativity and design your successful future. We do this at our *Time To Shine* event.

*Time To Shine* is a one-day workshop focusing on your Purpose, Power and Potential. You will uncover your limiting beliefs and identify ways to build confidence. You will identify your key skills and talents and how to use them practically to create an action plan to achieve your dreams and goals. You will also be able to recognise the importance of being in a positive environment that you can thrive in and become a part of a community of like-minded women.

**“** *I have never felt so fulfilled by the end of a course. it delivered all it set out to do. Watch this space – I am achieving my dream!!!* **”**  
**Jennifer London**



### 3. Level Up Your Life

Finally, we build your emotional intelligence and instil a growth mindset so you can be the driver of your own life and ultimately love your lifestyle. We do this at our *NL Elite* event.

*NL Elite* is a 2.5-day immersive retreat where we focus on discovering how you can be Your Best Self. You will learn how to positively influence your environment and create win-win relationships, making your community of like-minded women even stronger. You will move from your comfort zone and breakthrough into your strength zone creating a Personal Blueprint for how to be Your Best Self.

**“** *I expected to learn techniques to improve confidence, but this this was so much more! It made me think about the bigger picture – my goals, dreams and fears. I have learnt that I should be happy being me and set that as my boundary. Such an insightful, raw and honest event. I would definitely recommend it to everyone – the most useful event I've been to.* **”**  
**Chelcie, UK**



## Take the first step...

Join us at our next **Stuck to Unstoppable** event

**Stuck to Unstoppable** is a free 2-hour seminar specifically customised for professional women looking to make a change and level up their life.

In just two hours I break down the barriers that have been keeping you stuck and holding you back and share my secrets to designing a purposeful life filled with clarity, confidence and self-love.

If you are someone who is looking for change, this is a great place to start. To learn more and book your place visit:

[nextlevelcoachinggroup.com/StuckToUnstoppable](https://nextlevelcoachinggroup.com/StuckToUnstoppable)

## Meet Yaa



Let me tell you a little about me and why I'm so passionate about supporting you to be your best. I believe that the number one thing that stops us from having the success and happiness we desire in life is our mindset.

I was once very insecure and unconfident. I lived my life for everyone else – doing the things I thought I should be doing, but it didn't make me happy.

Eventually, I got to the point where I had enough so I decided to do something different – I decided to do me! This was the beginning of the change in my mindset and motivated me to embark on my self-development journey to becoming the “Meant for More” Mindset Mentor.

Read my full story [here](#)