

CONSCIOUSLY
OVERCOMING™

Everything!

Christina Renée Joubert

Transformational Speaker | Teacher | Leader

Christina's powerful tools and strategies - coupled with her profound vulnerability and authenticity - give people the knowledge and courage necessary to break old patterns and reframe their experiences so they can go through life as masters of themselves, their lives, their work, and their experiences.

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TOPICS:

Consciously Overcoming™ (Everything!)

Interactive Live Q&A Breakthrough Coaching

Our Hardships Prepare Us for Living Our Purpose

Learning to Love Ourselves - And Our Lives - From the People and Circumstances That Hurt Us

Turning Pain into a Superpower

Using Life as the Training Ground for Growth

Causing the Effects You Want to See, the Journey to Self-Mastery

Christina turns traditional, paralyzing beliefs, behaviors, and patterns on their head and gives people a new, refreshed way to look at the same old problems and the same old dysfunctional patterns that show up in life -- so they can change them. In doing so, she gives people the knowledge, wisdom, tools, and strategies necessary to break the patterns that have kept them stuck and let go of the anger, resentments, insecurities, blame, shame, judgments, addictions, and fears that have forced them to live pattern-driven, fear-based, less-than-joy-filled lives.

- ✓ Interactive experience
- ✓ Live Q&A Coaching
- ✓ Powerful reframing
- ✓ Deep sharing
- ✓ Raw, vulnerable storytelling
- ✓ Compassionate listening
- ✓ Life-changing, new perspectives
- ✓ Inner peace tools/hacks for immediate relief
- ✓ Emotional breakthroughs
- ✓ Getting Unstuck
- ✓ New Ways to Overcome Old Emotional Triggers
- ✓ Enlightening and Emotionally Uplifting
- ✓ Breaking Old, Worn-out Patterns & Cycles