

**MEG
CHURCH
SMITHSON**

**THE
SELF SABOTAGE
SLAYER**



- **Slay Self Sabotage**
- **Rock Your Relationships**
- **Get out of your own way**

**MEDIA
KIT**

WWW.MEGCHURCH.COM

MEG CHURCH SMITHSON

MEDIA KIT

BIO

Meg Church Smithson is known as the Self Sabotage Slayer. Her mission is to help you *“get out of your own way.”* Meg uses her arsenal of teaching tools to help you SLAY self sabotage & ROCK your relationships.

She combines her culinary, integrative nutrition, & physical training, plus her obsession with personal development & faith to help realign your relationship with yourself.

Meg uses her own self sabotaging journey openly as a catalyst to connect more deeply, after years of feeling isolated, shame, rejection, & betrayal after struggling with her own body, relationships, business, & faith. She teaches using online programs (Bulletproof YOU and The Relationship Revolution), 1-on-1 high level coaching, and speaking platforms to reach you right where you are.



Her motto is: | **Lead. Love. Learn. Live On** |

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CONTACT

SOCIAL MEDIA

Self Sabotage Slayers Facebook Community
www.facebook.com/groups/selfsabotageslayers/

Facebook

Megan Church Smithson

Instagram

@MegChurchLLC

EMAIL

Meg@MegChurch.com

WEBSITE

www.MegChurch.com



MEG CHURCH SMITHSON

MEDIA KIT

AUDIENCE GIFTS

BODY | BATTLE | BREAKTHROUGH KIT



THE INTIMACY ACCELERATOR WORKBOOK



CREATE YOUR RESULTS!

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