MEG Church Smithson

THE Self sabotage Slayer





Rock Your Relationships

Get out of your own way

MEDIA KIT

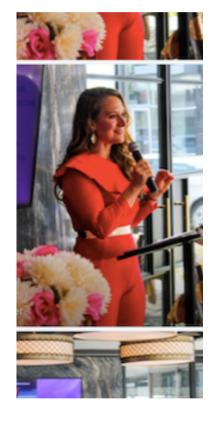
MEG CHURCH Smithson Medi<u>a kit</u>

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 |

MEG CHURCH Smithson Media Kit

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



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AUDIENCE GIFTS

BODY | BATTLE | BREAKTHROUGH KIT



<u>CREATE YOUR RESULTS!</u>

THE INTIMACY ACCELERATOR WORKBOOK



CREATE YOUR RESULTS!