

*Creating a life you love begins with intentional actions  
that transform your dreams into reality.*



# The Synergy Accelerator<sup>®</sup>



*"The easiest way to build a lifestyle for  
longterm resilience and success"*

TRUE SELF



# Results Mastery

The easiest way to Breakthrough Barriers, Build Confidence  
and Create the Life You Want.

## Who Is The Program For?

The Results Mastery Program is designed for those ready to take charge of their life, break through limiting beliefs, and achieve their fullest potential. This program empowers you to develop the mindset and tools necessary to create lasting change. Through personalised coaching and actionable strategies, you'll not only gain clarity on your goals but also cultivate the confidence and determination to make them a reality. Learn to become your own best coach and take purposeful steps toward the life you've always envisioned.



## Key Deliverables From The Course

### Goal Clarity:

A deep dive into your values, dreams, and goals to identify what matters most and outline clear, achievable objectives.

### Mindset Transformation

Techniques to help you shift perspectives, overcome self-doubt, and embrace an empowered mindset.

### Action Planning

Customised strategies and actionable steps to help you achieve results and bring you closer to your ideal life.

### Support and Accountability

Ongoing check-ins and encouragement to ensure you're progressing and staying committed.

### Self-Leadership Mastery

Become your own best coach. You'll develop self-leadership skills to identify your own desires, overcome obstacles, and inspire action.

## Frequently Asked Questions

***What if I'm not sure this program is right for me?***

We offer a free strategy session to discuss your needs, ask any questions and find out if the program is right for you. Next step is to book a strategy session

***Is this program suitable for all ages and backgrounds?***

Yes! this program is for anyone ready to make lasting change regardless of age, gender or background

***What can I expect from the sessions?***

In each session, you can expect personalised coaching that's focused on your specific challenges and goals. We'll explore your values, uncover and address obstacles, and create actionable strategies to help you move forward with confidence. You'll also receive ongoing support to keep you motivated and on track.

***How long does the program last ?***

The standard duration is 8 weeks, with one session per week. However, the timeline is flexible and can be tailored to fit your individual needs and goals.



*Working with Christine has been a game-changer in my life. Her insights and processes have helped me take the action to reach a goal I didn't think I could do. I now feel inspired and empowered.*

-Mariana Simons



*I've always been goal driven and an achiever, but there was something missing until working with Christine and wow now I get it! I can really have whatever I set my mind to*

-Steve Parker

# Lifestyle Mastery

The easiest way to Master a balanced healthy lifestyle and positive habits

## Who Is The Program For?

The Lifestyle Program is designed primarily around women (has tremendous value for men as well) ready to embrace a healthy, balanced lifestyle rooted in the principles of mindful eating, fasting, exercise, and rest.

If you aspire to build a sustainable, health-focused lifestyle that fosters confidence, vitality, and overall well-being and you seek personalised coaching to help you eat well, balance activity and rest, and feel empowered in your body, Then the Lifestyle mastery program is for you.



## Key Deliverables From The Course

### Health Strategy Design:

A customised health plan that includes nutrition, fasting practices, exercise and rest strategies, all tailored to support your energy and wellbeing.

### Balance and Restoration

Insights on achieving balance through rest and mindfulness, creating a foundation for a fulfilling, active lifestyle.

### Practical Lifestyle Guidance

Step-by-step coaching on building habits that align with your health goals, making changes that last.

### Support and Accountability

Continuous motivation and support to help you stay consistent and achieve lasting change.

### Empowerment and Confidence

Tools to empower you in taking control of your health journey, leading to greater self-confidence and fulfillment.

## Frequently Asked Questions

### *What if I'm not sure this program is right for me?*

We offer a free strategy session to discuss your needs, ask any questions and find out if the program is right for you.

This program is tailored for women ready to embrace a healthier, more balanced lifestyle. Whether your goal is to lose weight, boost energy levels, or heal from the effects of a fast-paced life, this program provides the tools and support you need. Most importantly, it teaches you how to care for your body and mind during all phases of the female life cycle.

### *What can I expect?*

You'll receive a personalised plan that includes guidance on nutrition, fasting, exercise, and mindfulness. Together, we'll work to identify and break old habits, while building new, sustainable ones to support your long-term health and wellbeing.

### *How is this Different to a diet or fitness plan?*

This is not just another diet or fitness plan—it's a pathway to a sustainable and healthy lifestyle. By combining personalised health strategies with mindset coaching, this program focuses on long-term balance and empowerment, ensuring lasting results.

## How Long is the program?

**3 Months :** people already working on their health, but need structure or a push to get things moving in the right direction.

**6 Months :** Perfect if you're starting from scratch, learning the foundations of a balanced and sustainable lifestyle,

**12 Months :** Designed for addressing significant health challenges or lifestyle changes at a slower pace, allowing for deep healing, gradual adjustments, and lasting transformation. Not sure where you fit? Contact us for a free strategy session

## Results Mastery

Breakthrough Barriers, Build Confidence and Create the Life You Want.

- ✓ 8 sessions One-on-one personal coaching tailored to your goals
- ✓ A step-by-step coaching toolkit to become your own best coach
- ✓ email/chat/call support between sessions
- ✓ Bonus resources to support your growth and mindset

True Value  
\$2099

**\$990**

3 months

8 sessions

True Value  
\$3399

**\$1450**

6 months

12 sessions

## Lifestyle Mastery

Master a sustainable, healthy lifestyle — and feel great in your body and mind.

- ✓ Private coaching sessions with lifestyle and wellbeing focus
- ✓ Personalised, adaptable plans designed to support hormone balance, energy, and habits
- ✓ email/chat/call support between sessions
- ✓ Bonus audios & tools to support implementation and consistency

True Value  
\$1699

**\$625**

3 months

5 sessions

True Value  
\$3299

**\$990**

6 months

8 sessions

## Synergy Accelerator

## Synergy Accelerator

Accelerate transformation across mindset, lifestyle, health and wellbeing — all in one fully customised journey.

- ✓ A tailored mix of Results and Lifestyle Mastery sessions
- ✓ Full email/chat/call and accountability support between sessions
- ✓ Custom strategies, tools, and integration based on your evolving goals
- ✓ Designed for those ready to go “all in” on lasting health, clarity, and personal success

True value  
\$8499

**\$2,250**

12 months

Fully customised program

**Ideal for:** Lasting transformation across mindset, lifestyle, health and wellbeing — supported every step of the way.

### How to Choose

Note: All prices quoted in AUD

**Start Strong :** Choose 3-month Starter to get clarity, build momentum, or reset your direction with light support.

**Commit to Real Change:** Go with a 6-month Core program for structured coaching, consistent progress, and balanced support to help you follow through.

**Go All In:** The 12-month Synergy Accelerator is your best choice for full-spectrum transformation, deep support, and lasting lifestyle change.

Ready to take the next step? Have more Questions?  
Get in touch, lets discuss options for your customised path

True value is based on coaching session time, preparation, support availability, and the depth of personalised tools and education provided.

W trueself.coach

E christine@trueself.coach

+61 (0)416 525 817

## Mission and Vision

My purpose is to help people live bravely, healthily, and authentically, building lives that reflect their true selves.

I envision a world where people feel empowered to pursue their goals with confidence, taking pride and satisfaction in their lives. Through transformative coaching, I guide clients to cultivate self-trust, balance, and growth—equipping them to become their own best guides in life.

I work closely with clients, honouring their unique journeys and fostering open communication.

My work is fuelled by the joy of helping others find fulfillment, and I lead by example, embodying the habits and positive change I inspire.

~ Christine Nicholson

## About Christine Nicholson

Christine is an ICF-approved Certified Rapid Results Coach with over 20 years of experience in coaching, leadership, and personal development. She combines her extensive background in corporate and business change management, engineering\*, and health coaching to help clients achieve their goals and transform their lives. With more than a decade of experience in corporate and business change management, and 25 years of personal development practice and teaching, Christine brings a wealth of expertise to her coaching approach.



As a Certified Fast Like a Girl Coach, Christine uses Dr. Mindy's protocol, which she has personally implemented with significant health results. Passionate about food and its health benefits, she has dedicated over a decade to exploring how nutrition can optimise well-being. Known for her light, positive, and supportive attitude, Christine fosters accountability and empowers clients to overcome challenges, build confidence, and create balanced, fulfilling lives.

Christine's coaching is deeply rooted in resilience, consistency, and a steadfast belief in her clients' potential for transformation. She listens attentively, communicates clearly, and provides practical feedback that encourages growth. Her mission is to inspire people to live bravely, authentically, and in alignment with their true potential, empowering them to achieve their goals and create their dream life.

*\*Christine is a certified professional engineer in Australia and Sweden and is a member of Engineers Australia*



*Total Confidence Commitment: I'm confident that this program offers exceptional value. If, after completing the entire program, you're not fully satisfied, simply reach out within 24 hours, and I'll happily offer a full refund. I stand by this promise because I truly believe in the results we can achieve together, and I want you to enrol today with the peace of mind that your success and satisfaction are my top priorities!*