

Welcome Emails

Email 1 - Delivering the opt -in freebie and building excitement

Hey [subscriber name]!

I'm so excited that you've requested my 5 Ways to Say No Without Feeling Guilty guide!

You're on the right track for setting healthier boundaries and taking back control of your time and energy.

I'm here to help you every step of the way. With me in your corner, you're going to feel super confident in doing what works for YOU.

Here's your guide.

See you again tomorrow!

Alex x

P.S. I've got an awesome FREE webinar coming up that I know you'll love. It's happening super soon so keep an eye out for more details! And don't forget, you can schedule a 1:1 with me in just a couple of clicks [here](#).

Email 2 - Introduce yourself and get them to know and like you more

Hi again, [subscriber name]!

I wanted to tell you a little bit more about me and what I do.

I'm a life and mindset coach and I absolutely LOVE helping women like you to get their energy flowing in the right direction. I see so many women who are putting themselves on the backburner and bending over backward to put everyone first, and there's nothing left for them.

I've been there too. As a busy mom with a full-time job, there was hardly any time for me as it was. But I still said yes to everything people asked of me. I started to resent every request but I felt so guilty about saying no. So I kept saying yes, even though it was no good for my wellbeing.

It's exhausting, right? And by the time women reach out to me for help, they've often already started to burnout. And not saying no is a major factor in this.

Having been there myself, I'm super passionate about helping other women to take charge of their time and energy.

See you again tomorrow!

Alex x

Email 3 - Addressing biggest pain points

Hey [subscriber name], it's Alex!

Do you know the ONE thing my clients want to know about setting boundaries? How to do it without feeling a ton of guilt.

When you're so used to people-pleasing, it's really hard to break away from that mentality.

Hopefully you got some tips for this in my guide but I dive so much deeper into it on my 1:1 sessions and in my program.

Together, we'll work through your roadblocks and help you ditch the thoughts that are keeping you stuck saying yes when you really want to say no.

You can schedule a 1:1 with me in just a couple of clicks here.

See you tomorrow!

Alex x

Email 4 - What people want to know before they work with you

When people ask about working with me, they always want to know how it works. This is super understandable since it's an investment to book sessions with me.

But working 1:1 lets us work really closely together. We can dig deep into what's affecting you personally and how you're doing in putting our work into practice. If you find yourself having trouble setting boundaries in particular situations, we can jump on a call and talk it through so you can do things differently next time. Pretty neat, right?

Are you ready to schedule a 1:1 with me? My clarity calls are completely FREE so let's start talking about what's holding you back. I'm so excited to see where I can help you to reclaim your energy. I can't tell you how liberating it is to say no and stand by it - no guilt included!

See you soon!

Alex x