



Thank you for agreeing to give us a video testimonial. This will definitely help us spread the word about how powerful this program is for growth, healing, and transformation.

Here are a few tips on how you can record a heartfelt video testimonial:

Please focus on the following and include in your video:

- Who you are and what your title is.
- What was your challenge before you took the program (*examples: emotional resilience, overwhelm, stress, in your leadership, and please get specific*)
- How this program helped you (*examples: helped optimize your performance by processing past trauma that was depleting you in the background, helped connect you to your emotions and body in a way that led to a more embodied presence and higher confidence impacting your performance at work, healing your body from your trauma and connecting with your feminine divine energy so you can allow real true and supportive love into your life, etc.*)
- What the result was (*examples: my energy doubled in less than a month, I was able to get into the kind of relationship I desired for a long time, I became more available emotionally and as a result got a promotion, I learned to connect deeply and be present in my relationships leading to more caring and love, etc.*)
- Lastly, how is this program unique/different than other programs? What did you like most about it?

SUPER IMPORTANT!!! Be sure to speak it from your heart and not read it, or it comes across as inauthentic.

Here are some more useful pointers:

- **Length should be max 2-3 minutes.**
- If you use your mobile phone to record, please do it in landscape mode, not portrait mode.
- Make sure you are dressed for success and the lighting is good.
- Use a headset to block out any background noise and so we can easily understand what you are saying.
- If you're not sure if you'll go over time, first write down the points you would like to hit, then practice them with a timer once or twice to see how long it takes you. Then record.
- Do what feels good to you. Have fun with it!

If you need more guidance, don't hesitate to send us an email at mina@lizrachen.com.