

Your Next Best Guest

Zilla Carina

Zilla is an inspirational Coach, Mentor, Teacher, Speaker and "bounce back" queen. Over three decades she has successfully trained and mentored over 1000 people in a variety of disciplines.

Zilla says "in order to live your best life no matter how young or mature, we must master our health first, it is imperative we understand and acknowledge who we actually are and that we truly are the writer of our own story."

Having overcome immense personal challenges, Zilla is an exceptional and experienced life coach, passionate about helping people find clarity and success. She empowers those willing to take responsibility for living consciously, in order to transform, and up-level their lives.

Zilla is a certified Hypnotherapist, Time-Line Therapist, Neurolinguistic Programming Coach, with a Bachelor Degree in Environmental Science. She has also worked in corporate management positions guiding teams of people to successfully achieve goals and complete programs. More recently, she has fine tuned these skills to enable her clients to achieve their desires through nurturing a level of trust and proven strategies.

Zilla now specialises in menopause and empowerment coaching, working with women across the world who want to take charge of their life and support them to work towards living a life they absolutely love!

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Talk Topics:

- **Mastering Negative Self Talk:** Turn your self-sabotage into self mastery.
- **Modern Menopause Mindset:** Utilising knowledge, information and individual strategies to grow into the next phase of life with vigour and purpose.
- **Empower Yourself to Realise Your Dreams:** Create a mindset of calm and growth through creating mini habits.
- **Fear to Freedom:** Turn living a life of fear into living a life of freedom.
- **Becoming the Love of Your Life:** Building the foundations to realise that *you* are the love of your life and to become a magnet for love.