

HAPPINESS

BECAUSE YOU CAN'T KEEP RUNNING ON EMPTY

on tap

**A mindset & life
alignment program
for women who want
to do good work—and
feel good doing it.**

Get ready to feel calm,
confident, and clear—
*and finally in control of
your time, energy, and life.*

**Redefine success.
Reclaim your time.**

**And remember who
you freaking are.**



You can make an impact without burning yourself out!

YOU CHECKED *all the right boxes...* SO WHY DOESN'T IT FEEL RIGHT?



YOU'RE SMART, CAPABLE, AND DRIVEN. YOU'VE WORKED HARD TO BUILD A MEANINGFUL LIFE—CAREER, FAMILY, COMMUNITY, PURPOSE.

But somewhere along the way, you got lost in the busyness of it all. Now, you're exhausted from trying to keep everyone and everything afloat.

You know you can't keep doing this, but the idea of making a change feels overwhelming. And you're not even sure how *"feeling like yourself"* feels anymore.

You've been in go-mode for so long that the idea of slowing down feels foreign. But what if the answer isn't changing what you do, *but doing it differently?*

A YEAR FROM NOW, YOU COULD FEEL COMPLETELY DIFFERENT.

Imagine waking up with energy and clarity. Feeling calm and confident in your decisions. Having boundaries that actually stick...*and not feeling guilty about them.*

Having space for the priorities, people, and little things that make you feel like you.

You'd be more present.
More purposeful.
More you.

And here's the best part—it'll probably cost you less than your monthly takeout and latte habit.

"I had pushed so much of what was important to me to the side. Now I'm finding who I am again. I'm prioritizing myself and what makes me happy—and even my daughter noticed. She told me I look happier than she's seen me in a long time."

It's not about doing more—it's about doing what matters, and feeling good while you do it.



IT'S TIME TO REWRITE YOUR STORY *your way*

"I was working my ass off in a private practice, feeling trapped and frustrated. Emily helped me reframe everything so it actually felt possible to start my own—and I did! I'm clearer, more confident, and making the impact I always wanted."

"I felt like I'd been put into a box doing all the 'right' things. Now I'm clear on what I want and taking action toward it. For the first time in years, I feel like myself again."

YOU'VE BEEN DENYING YOUR OWN NEEDS FOR WAY TOO LONG. AND NOW, TRYING TO FIGURE OUT WHAT'S NEXT—OR HOW TO MAKE IT HAPPEN—FEELS LIKE TOO MUCH.

Whether you're dreaming about starting something new, pivoting in your career, or simply craving more peace and balance, the first question to ask is:

What do I actually want my life to look like?

Because until you know that, you'll keep spinning your wheels—trying to stop the stress cycle instead of creating something new.

Whatever you want, you can have it. And once you get clear on what that looks like for you, across all areas of your life, *everything starts to change.*

That's where Happiness on Tap comes in—to help you:

- ☑ Get that clarity.
- ☑ Build the habits, routines, and mindset to make it real.

Your life. Your terms.
You deserve it. You're worthy of it.
And you absolutely can make it happen.

Turn the page to learn how the H.O.T. method works.

THE H.O.T. METHOD

*a clear path
back to you*

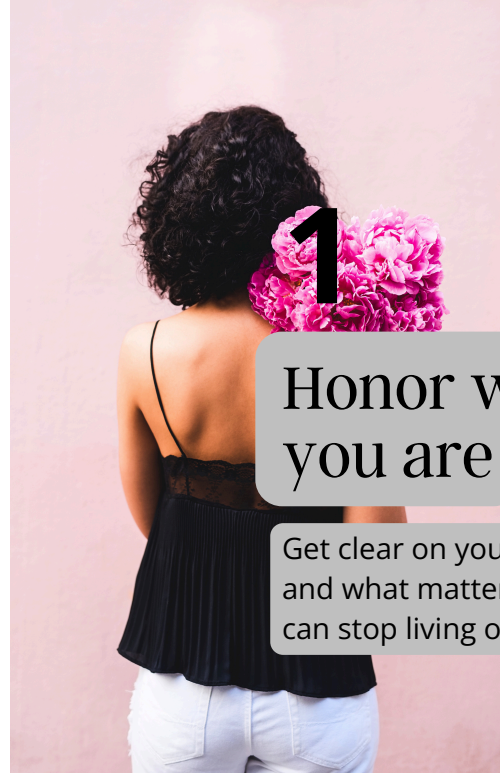
BECAUSE GETTING UNSTUCK
ISN'T ABOUT DOING MORE.
IT'S ABOUT FINALLY ALIGNING
WHO YOU ARE, WHAT YOU
WANT, AND HOW YOU LIVE.

Happiness on Tap (aka H.O.T.) is a 12-month
mindset + life alignment program designed
to help you feel good while doing good work.

You'll learn how to:

- Reconnect with who you are (*beyond the roles and responsibilities*)
- Get clear on what you actually want in this next season
- Build daily rhythms and habits that support your peace, energy, and goals
- Redefine success in a way that feels good — *not exhausting*

"Hiring Emily was the best investment I've ever made in myself. I felt lost and frustrated—but working with her helped me find clarity, confidence, and real happiness again."



1

Honor who
you are

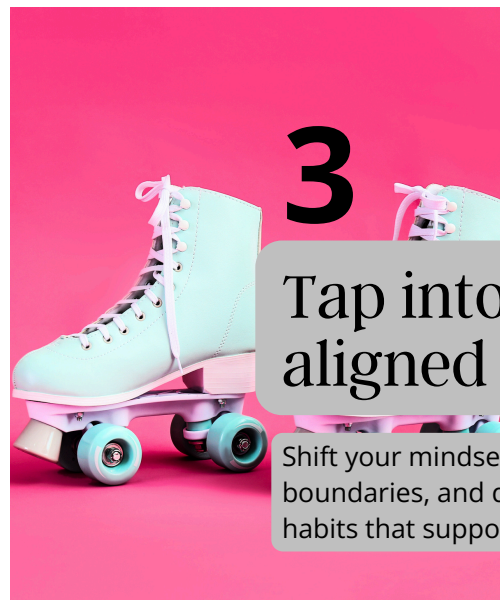
Get clear on your values, energy,
and what matters most so you
can stop living on autopilot.



2

Own what
you want

Understand what your vision
looks like in every area of your
life—*career, health, relationships,
creativity, and more.*



3

Tap into
aligned action

Shift your mindset, set
boundaries, and design realistic
habits that support you.

Inside HOT, you'll get:



12 months of private coaching for **clarity, accountability, and strategy.**



Simple **self-care systems that actually stick**—without adding more to your plate.



Personalized support every step of the way to **make what you learn work for you.**



Guided frameworks + mindset tools to **reset your energy, calm your mind, & take aligned action.**



Direct messaging access for quick **support, encouragement, & accountability** when you need it most.



Accountability + connection—a safe, judgment-free space where you're reminded **you're not alone—and that change really is possible.**

*It's not about changing who you are.
It's about getting back to the real you—
and building a life that fits.*

By the end of the year, you'll have:



A **clear vision** for your life and what you want next—one you're actively creating.



Confidence in your decisions, your boundaries, and yourself.



Habits and routines that **fuel your energy and peace.**



Space for **joy, creativity, and connection.**



HI! IN CASE WE HAVEN'T MET YET, *I'm Emily*

I work with women who care deeply about others, who want to make a positive impact, and who are tired of feeling like they have to lose themselves in the process.

I get it—because I've been there too.

There was a time when I was working long hours in community mental health, struggling with unexplained infertility, and running on stress, caffeine, and sheer willpower. From the outside, I looked like I had it together. Inside, I was exhausted, overwhelmed, and unsure of what to do next.

And then life forced me to step back and make a change.

I had to learn how to put my health and happiness first—to stop spinning out on what wasn't working and start focusing on what I truly wanted instead, even when it wasn't practical, realistic, or statistically probable.

Taking a stand for yourself—your well-being, your peace, your dreams—is how you start to feel like you again. It's how you build a life that feels true to who you are.

That's why I created Happiness on Tap (HOT)—to help women do exactly that. Not the surface-level “positive vibes only” kind of happy, but the deep, in your core, *I'm good with who I am and the life I'm living kind of happy.*

HOT gives you simple, research-backed tools and mindset strategies to help you build the habits and routines that support the life you actually want to live—*without burning yourself out.*

It's the same framework I've used to realign with my own purpose and values—and the one that's helped hundreds of women reclaim their time, energy, and confidence.

I'm so excited to share HOT with you—and I can't wait to see what this next chapter looks like for you!!

“Working with Emily helped me break free from my overthinking and self-doubt. I can finally sleep. My communication is so much better—at work and with my family—and I feel like I'm in charge of my life again.”

**YOU CAN CREATE A LIFE
YOU ACTUALLY LOVE**
HOT will show you how

APPLY NOW



"This program helped me get back to the person I lost. I feel more balanced, grounded, and in control of my life—and I actually have the tools to stay that way."

HAPPINESS ON TAP PROGRAM LEVELS & PRICING STRUCTURE

LEVEL 1—FULL SUPPORT

The complete HOT experience for women ready to go all in on creating real, lasting change.

- ✓ 12 months of private coaching (two 1:1 calls per month for clarity, accountability, and strategy)
- ✓ Unlimited direct messaging access between calls for real-time coaching + support
- ✓ Full access to the HOT platform, with all lessons, resources, and downloads for a full year
- ✓ Downloadable resources + lifetime ownership of all completed materials
- ✓ 90-minute Deep Dive Kickoff Session to set your goals + vision for the year.

*\$7,000—Pay in full and get one month free (\$6,500 total) or
12 monthly payments of \$500*

LEVEL 2—LIGHT SUPPORT

Steady, focused support to help you make consistent progress at a manageable pace.

- ✓ 12 months of private coaching (one 1:1 call per month for clarity, accountability, and strategy)
- ✓ 1-hour of direct messaging access between calls for check-ins + accountability
- ✓ Full access to the HOT platform, with all lessons, resources, and downloads for a full year
- ✓ Personalized action steps after each call to help you stay focused + aligned

*\$3,000—Pay in full and get one month free (\$2,750 total) or
12 monthly payments of \$300*

"I have so much clarity and confidence in what I'm doing now. It's been amazing!"

