

FLY FIRST LOVE YOURSELF

BY *Tzara Attwater*

- Do you wonder if you'll be single forever, feeling like you've failed or are not quite good enough?
- Does it seem like all your friends are falling in love and you wonder when it will happen for you?
- Is the fear of losing your independence stopping you from finding someone?
- Or is the protective wall you've built around your heart also making you lonely?

Double your dating confidence in the next 90 days. Become more secure in all your relationships and attract a supportive, healthy, love that lasts ...

If you're over 44, chances are you started your long-term relationship before dating apps took over. Now, 1 in 4 people under 44 meet online ¹.

It means the dating scene has changed radically. More people will turn to dating apps when things get tough, instead of working through issues. Which increases the stakes in this new playing field.

Pathway to Being F.L.Y.

	Activity	Focus	% Confidence
External	5 Open Heart	Vulnerable	😊😊😊
	4 Trust	Integrity	😊😐
	3 Self Doubt	Validation	😐
Internal	2 Insecure	Safety	😐😞
	1 Anxiety	Presence	😞😞😞

The **FLY First Love Yourself pathway**, focuses on attracting rather than actively searching and chasing. You become "FLY" by bringing awareness to any un-resourceful behaviours, especially those disconnecting you from yourself. The pathway to being **FLY** starts with understanding your internal beliefs and bringing external behaviours into balance. It requires a mental shift; instead of approaching dates from childhood woundings and fears, you attract from your worth and shine from your strengths.

¹ <https://www.relationships.org.au/document/online-dating-and-the-rise-of-open-relationships/>

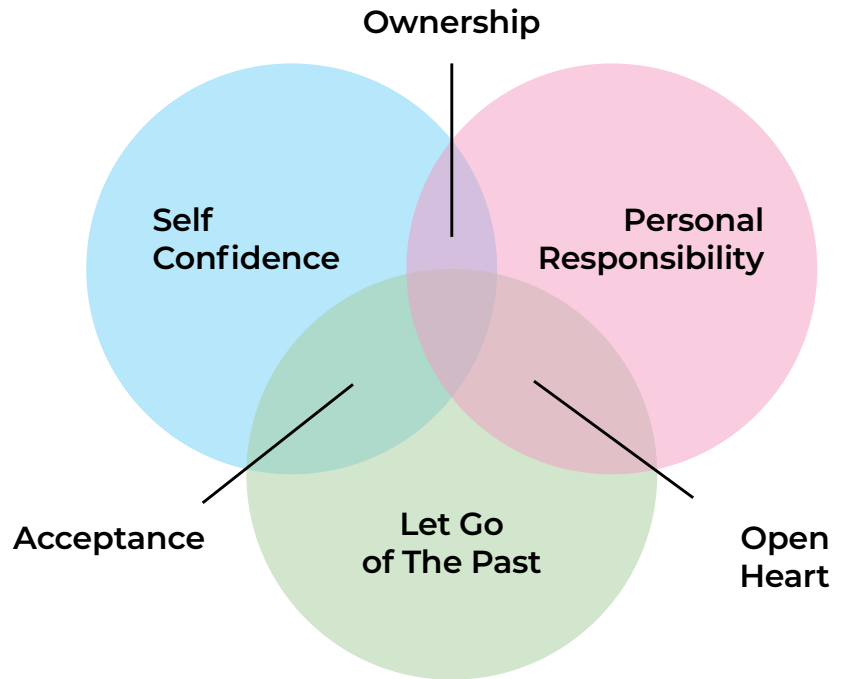
Types of skills covered in the pathway to being FLY (First Love Yourself):

- Strategies to increase self worth / self esteem
- Eliminate self doubt
- A stand out dating audit
- Understanding of attachment theory
- How to meet IRL
- How to spot red flags

The 3 key steps to being FLY:

1. Self Confidence,
2. Personal Responsibility
3. Letting Go of The Past.

The FLY Pathway is designed to guide individuals through these stages, ultimately leading to the intersecting qualities of **Personal Ownership**, an **Open Heart** and **Acceptance**.



Ownership	Open Heart	Acceptance
Embracing personal responsibility leads to ownership. You will learn to take charge of your actions and choices, fostering a sense of control and empowerment in all your relationships.	Letting go of the past enables you to approach relationships with an open heart. The program encourages emotional resilience and vulnerability, creating a conducive environment for meaningful connections.	Achieving self-confidence involves accepting oneself wholly. The program emphasizes self-acceptance, supporting you to appreciate your worth and foster a positive relationship with you.

1. Self-Confidence:

Goal: Boosting self-assurance is crucial. The program focuses on empowering individuals to recognise and embrace their strengths, fostering a positive self-image. Thus eliminating any self doubt or self sabotage thinking. So you can hit the reset “you are amazing and worthy” button...

2. Personal Responsibility:

Goal: Taking ownership of one’s actions and choices is key to building healthy relationships. The program helps individuals navigate self-reflection, encouraging accountability for their role in relationships. This deep dive empowers you to understand someone’s ‘partial truth’ without falling into the blame game

3. Letting Go of the Past:

Goal: Releasing emotional baggage is essential for personal growth. The program provides tools and strategies to help individuals overcome past hurts, allowing them to move forward with a clean slate. This is where you learn to swipe all the learnings from the past and let go of the rest, with acceptance and appreciation for how far you have come, in your journey of love.

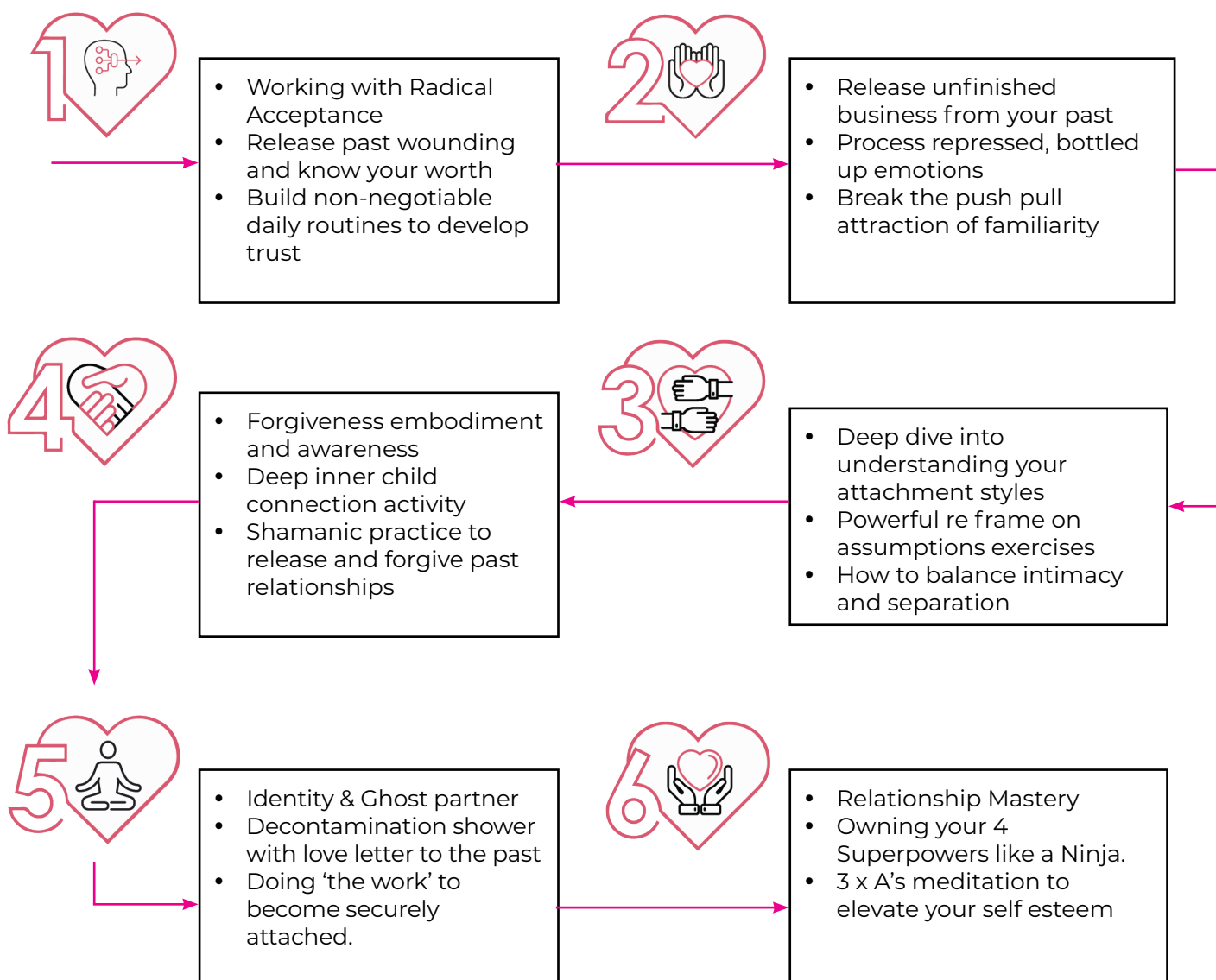
Walk away from these sessions with:

- A clear understanding of the fears and insecurities blocking you from dating and finding your special someone.
- Strategies for how to meet someone on or off the dating apps with confidence
- An ability to see someone’s ‘partial truth’ without falling into the blame game
- A renewed sense of appreciation for who you are and what you’ve achieved in life and love.
- The courage to open your heart with a willingness to be vulnerable, by letting go of the past.

The F.L.Y. Pathway:

Book a [strategy call](#), to determine your coaching pathway.

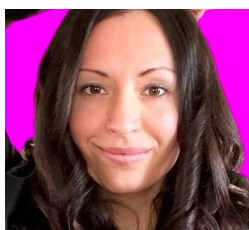
This is to establish the pathway that will be a good fit for you.



"I have been struggling with finding my dream man. I kept dating men who were emotionally unavailable. I'd get disappointed & think I was the problem.

Tzara's program helped me see that there is nothing wrong with me. Her coaching style made me feel very comfortable. She had a way of guiding me to see between the cracks of the walls I'd put up.

With my new awareness thanks to Tzara, I am excited to start dating again and making new connections with some highly attuned men."



Brittany 42 yrs

"For anyone considering working with Tzara, or doing this program, just jump!

It changed my life... could not be happier nor more proud of the woman I am today – a massive change from 12 months ago. ♥

Thank you Tzara."



Leesha 41 yrs

FLY Pathway

	Complete package
	You want access to the online program, are self motivated and on a limited budget
This is for you if:	You are comfortable with a self modulated program and nominal coaching support
Unlimited lifetime personal access to the course valued at \$5,000	✓
Copy of Tzara's book "3 Big mistakes made after a breakup" Valued at \$29.95	✓
Audit of your online dating profile - to give you an unfair advantage. Valued at \$500	✓
Dating again cheat sheet. Do's and don'ts, step by step guide to dating genuine people not time wasters. Valued at \$250	✓
"Cutting the cord" - meditation practice to energetically break free of someone who is difficult to let go off. Valued at \$250	✓
Attachment Theory Quiz, to understand your attachment style	✓
Enneagram test to understand your distinct personality traits when relating to others. Valued at \$500	✓
Native perspective test to understand what is operating outside conscious awareness. Valued at \$550	✓
A self assessment attachment style workbook. Valued at \$199	✓
Private facebook community to meet and support other like minded FLY member	✓
Number of private coaching sessions. Valued at \$800	2 x 1 hours
Total value	\$3,997
Your investment	\$1,497 + GST

Sessions are held online via zoom, so that you are safe and comfortable in your own space

Break the unhealthy patterns of the past and FLY today

Contact **Tzara 0413622271** or www.myconfidencecoach.com.au

[BOOK A STRATEGY CALL](#)

Unless you are still with your childhood sweetheart, you have probably experienced a relationship breakup and learned they're not pleasant and can often be very painful. We all go through this, and some of us keep going through this because we have habits that are holding us back from getting the love we deserve.

Saying 'yes' to the following means this book is for you:

- Do you continually attract the wrong type of partner instead of getting the love you deserve?
- Are you being treated like an afterthought?
- Are you drawn to the playing-hard-to-get rejection style of attraction? You know the ones, the players... the ones that don't commit.
- Does the push-pull dynamic excite you, or if a relationship doesn't trigger, do you find it boring?
- Are you unable to say 'Yes!' to a healthy and available partner?
- Would you like to know how to stop feeling emotionally drained and used?



Yours for FREE when you join the FLY Pathway. **Valued at \$29.95**

[BOOK A STRATEGY CALL](#) or visit

www.myconfidencecoach.com.au

Hello!

I'm Tzara, a certified and accredited relationship development coach.

I've worked and studied with leading experts in neuroscience, NLP and behavioural psychology for over 17 years

I've created 4 online coaching programs. In particular the 'F.L.Y. pathway' which is a unique coaching program designed to help successful men and women transform their relationship reality from broken and un-resourceful to confident, meaningful and fully engaged both professionally and privately.

My style of developmental coaching is about empowering people to be their best and to achieve more than they thought possible, so they can 'develop - mentally'. I use various lenses, strategies, and techniques to do that. Ranging from Enneagram typology, integral coaching methodologies and advanced NLP practices.

I sincerely look forward to working with you & helping you achieve your greatest human potential, today!

