



We all need help from time to time to understand that we are not the only ones who feel low self-worth. We all are inherently worthy, sometimes we need help to start trusting ourselves, to feel whole. We all have this strength inside us, let me help you find yours.



# Lucy-Anne Lewis

Brain Training For **Rebel** Mums



**MORLEY**

Screw the world telling you you're not good enough.

Be a Rebel.

**CONNECT**

Love who you are.

[hello@lucyannelewis.com.au](mailto:hello@lucyannelewis.com.au)

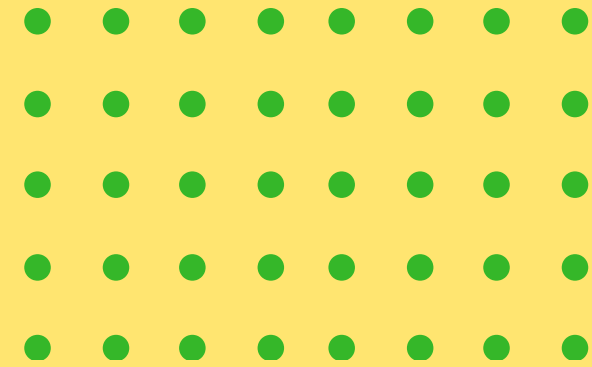
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Diploma of Counselling  
Advanced Certified NeuroOptimal Neurofeedback

# YOU THINK YOU'RE NOT GOOD ENOUGH.



Hi! I'm Lucy! I'm a rebel and supporting Mamas to find their inherent self-worth, learn to love who they are, and know they are good enough is my jam.



You have low self-esteem, you're battling with anxiety, depression, feeling like you're not worthy. The mental load of motherhood, heck, womanhood is weighing you down. You feel like a burden to those around you, those you love. You feel like you're not showing up for your kids in the way that you should. You hate your body. You're ready to step out of this overwhelm. You deserve more. I'm here to show you that you're enough. To guide you to a position of inner strength. Because once you believe in yourself, you can do anything. Go on, be a rebel. I am.

