

Your PREMIUM lifestyle Overhaul&Upgrade



Chayah WHOLENESS

Your Premium Lifestyle #Overhaul&Upgrade

YOU-centric Coaching to build you a
LIFESTYLE YOU LOVE &
RESULTS you can **SUSTAIN.**



12 weeks	N50,000 \$129.99	24 weeks	N100,000 \$249.99
48 weeks	N200,000 \$499.99	coache@coache.ng 09055868614	

The Only or FINAL
health&fitness
program you will
Ever Need

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1.0 What is ChaYAH Wholeness?

First, it is **NOT** a weight loss program. If your primary goal is 'to lose weight', then I apologize **ChaYAH Wholeness** is **NOT FOR YOU**.

If however, you are ready to completely **OVERHAUL and UPGRADE** your lifestyle and health, then Congratulations, Sister, YOU have found The ONE.

ChaYAH Wholeness is your PREMIUM lifestyle '**Overhaul&Upgrade**', with a goal to get you PERMANENTLY on the healthy path, with support from the dream team at Jesus Girls' Nation, led by the President (and your new best friend), CoachE'

It is for EVERY WOMAN - *young or old, married or single, mommy or not, working class or student, pregnant or nursing, in Nigeria, or diaspora.*

This **YOU-Centric coaching system** POWERED by **keystone habits**, will hand you the tools, and then allow you the time and flexibility, without pressure, to create the results you want, in a process you love, and can sustain for life. It is our privilege to Champion you through.

ChaYAH Wholeness is the **ONLY** or **FINAL** health and fitness program you would EVER NEED, and we say this with our FULL CHEST.

2.0 How will ChaYAH Wholeness work?

One phrase: **Keystone Habits**

Charles Duhigg defines it as (no quote) *small lifestyle changes or habits introduced that create a chain reaction, or domino effect of even more positive changes in your overall life.*

Without knowing, we have let NEGATIVE keystone habits sabotage our health and wellness, and now, with our research-backed and results-heavy approach, we are flipping that script, helping you identify the keystone habits per time, that when harnessed, will work for you and your overall health and lifestyle instead. Best part is the changes are

1. SMALL but POWERFUL; so your success is guaranteed. You are winning with ZERO overwhelm and JOY.
2. YOU-centric: You determine your pace, your habits, your goals, and more. You created it so you can carry it well.
3. PRESSURE-FREE; Remember, the goal is not 'weight loss in 6weeks' and the likes. So you can ENJOY the winning journey
4. FOR LIFE; We seriously mean it when we say this is the FINAL or ONLY healthy living program you would EVER need. Guaranteed, as you submit to it.

(We provide a KEYSTONE Habits 'Cheat Sheet' if you need some help choosing, or we help you find a 'customized-one' for your unique person and lifestyle)

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This YOU-centric coaching will be powered by Whatsapp. After a through assessment, together we will determine your present reality, future goals, keystone habits, and process goals to help you build the wholeness life you love and can sustain. Then providing all the professional support you need, we will equip you to be your own Coach, so that you stay winning.

Remember, this is the ONLY or FINAL coaching program you would need so we will set you up for permanent YOU-powered success.

There is more to be served as we welcome you on board.

3.0 What is my investment?

From 12weeks to 48 weeks, you determine your duration. Why? Because like we promised, this is a PRESSURE-FREE zone with SUSTAINABLE RESULTS.

BASIC CHAYAH WHOLENESS PACKAGE	
12 weeks	N50,000/\$129.99
24 weeks	N100,000/\$249.99 with a VIP bonus of 2weeks
48 weeks	N200,000/\$499.99 plus a VVIP bonus of 4weeks (You are welcome :))

This covers

- ✓ One Pre-Consultation call
- ✓ One Mid or Post-Program Call every 12 weeks.
- ✓ Weekly Keystone Habit tips and tricks to help you WIN
- ✓ Tri-weekly (21-days) Progress Tracking with the Team
- ✓ Private 3-day habit tracker every week
- ✓ Functional Support system that lets you KEEP standing even after support is off.
- ✓ Affirmations and Scriptures to keep you powering daily
- ✓ Daily SMS reminders
- ✓ Private access to premium whatsapp status content and winning healthy tips from CoachE' and her team
- ✓ (Optional) Webinars for Q and A's and other exciting topics for your wholeness, from CoachE' and others

This excludes

- ❖ Nutrition Plans
- ❖ Daily one-on-one Coaching on whatsapp
- ❖ Video/Audio consultation calls, besides the ones listed above
- ❖ Serious Health conditions that require a diet change (we have a different program OPTIMIZED for that called **THERAPEIA**)

4.0 Any ChaYAH Wholeness Add-on services?

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You love the BASIC package but you want more? We *gat ya!* These add-on programs have been created to further help you WIN WIN WIN!!!

Add-On	Cost
10-day Customized Nutrition Guide	N25,000/\$65
Nutrition Plans for special health conditions	On consultation
Weekday daily scheduled check-ins on whatsapp	N12,000/\$30 for 4weeks
Extra Consultation/Coaching Calls	N10,000/\$25 for 15mins
Any other Add-on you want	On Consultation

Bank	World Remit or Western Union for International Moms
CoachE' Squad Ltd. 0328799715	Phone number: 234-9055868614
GTBank	Name: Coach E'Squad Ltd. Email: eziarx@yahoo.com

Or via Flutterwave here

Please send proof of payment, complete with name, and date to whatsapp number 09055868614 and your WHOLENESS journey begins

5.0 I have QUESTIONS. (If your Q is not featured here? Please email us at coache@coache.ng or whatsapp 09055868614.

Q: Will you be daily available on whatsapp to coach me?

Yes, my well-trained, passionate team will be on-hand **on weekdays at scheduled times** to coach you, should you subscribe to the add-on service.

Q: Do I get a Nutrition Plan?

Yes, a 10-day **Nutrition Guide**, which is an add-on service we are happy to provide.

Q: Will I have daily access to CoachE' on demand?

You signed up for a lifestyle overhaul&Upgrade, and that is what you will get, from not just CoachE', but her well-trained team of Domestic Queens. Coaching hours are scheduled and optimized for the success of your journey. Detailed schedule to be shared as we welcome you on board.

Q: Can pregnant women join this?

If the goal is WHOLENESS, every woman in every stage of life is welcome. ChaYAH isl customized to your life and season.

Q: *...but I want to lose weight, Coach.*

Let's call this a '**Buy One, get one free**' package. While weight loss is not our primary goal, we are convinced that as you GAIN WHOLENESS, you will LOSE any extra WEIGHT. You buy 'ChaYAH Wholeness' and you get WEIGHT LOSS for free (*Say Hello to Santa E'*)

Q: This is SO GOOD. Can men get in on this goodness?

Sure, if you have a woman that we can liaise with, then welcome, Sir.

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6.0 Meet your ChaYAH Wholeness Coach and the backstory

Hey Sister,

My name is Eziaha Bolaji-Olojo (CoachE'), a wife and mom of two boys, and I am SO excited to take you on this journey, especially because it is very personal to me.

In 2015, following the birth of my first son, I gained a whooping 40kg, and on my post-partum weight loss journey, I would lose 30kg in about 4 months. Building on that incredible success, I launched my faith-based fitness company, CoachE'Squad Ltd. helping women around the world lose weight and bring healthy back. I would then go on to have my second baby, gaining under 12kg, and losing it all almost immediately post-delivery. This gave me the platform to help pregnant and nursing moms rock out their bump and nursing season with discipline. I have also had the privilege of raising a THRIVING healthy family that embraces the healthy lifestyle, and sustaining my wins.

This ride has been fulfilling, humbling and deeply satisfying as we have seen results beyond weight loss, from healing, to conception, restored homes and relationships, and more. However, I started to notice that while we had incredible results with weight loss, about 75% of my Clients seemed to relapse after months, and would find themselves coming back over and over again. The results were present, but weren't sustainable. I knew there had to be a better way that guaranteed lasting results. That got me into deep thinking, researching and strategising.

The RESULT?

ChaYAH Wholeness. Your Premium Lifestyle 'Overhaul&Upgrade'.

By involving you MORE in the process, handing you tools that make you WIN independently, while utilizing the concept of 'keystone habits', ChaYAH Wholeness guarantees sustainable results (beyond weight loss), at a pace that is pressure-free, and built with a system that has been optimized for your life and success. It is a complete lifestyle overhaul and upgrade. You will find it hard to downgrade after this. Let's call it '*Coaching from the future*'.

Personally, I have applied this concept to my healthy lifestyle, and other areas of my life, and the JOY I have from winning is the same JOY you will experience.


F I N A L J E S U S G I R L S ' N A T I O N N O T E

The Hebrew Word **ChaYAH** means to *LIVE in the BEST kind of way, not just merely keeping the body alive*. It is the kind of life preserved by food, water and wisdom, God's wisdom.

Our VISION at **Jesus Girls' Nation** (former *CoachE'Squad Ltd*) is to create a healthy world of women, by extension, families, who are completely committed to a lifestyle of WHOLENESS beyond weight loss, and combating the JUNK global pandemic today, so we can all truly live and enjoy their BEST LIVES.

It is such a privilege and honestly we are humbled, you would choose us to guide you into it.

Let's do this, Sister

To your BEST LIFE ever, 
Eziaha
President, Jesus Girls' Nation

October, 2021