

## Prepping For Your Session: Sample Email Copy

*This is a sample email to be sent to a potential client who has agreed that they want to have a CTD conversation with you. Edit as necessary.*

SUBJECT LINE: Prepping for your Body Transformation Breakthrough session...

Hi [insert name],

Congrats on making the decision to uncover what's stopping you, slowing you down or keeping you from having the body you want....and what to do about it.

This email is all about prepping for your Body Transformation Breakthrough session, so that our time together will be super valuable for you.

This session is 60 minutes and takes place on the phone. If you can, make sure you're in a quiet, private place for the call.

It's easy to book your session - just do these 3 quick things....

1. Click on this link to access my online calendar and book a time and date [insert online calendar link here]
2. Fill out the attached Body Transformation Intake Form and email it back to me at [insert email address] prior to our session. (This will give me a chance to get to know you better so we can focus our time on helping you transform your body the RIGHT way! All information will be kept confidential.)
3. Go to my Success Stories page [link to website] or Yelp [link to Yelp] to hear others' experiences with working with me & get inspired by great women just like you who were terrified that they'd never transform their body, then finally discovered how to look and feel hotter than ever. (Woo-hoo!)

(Important note: If you have to cancel or reschedule your session for any reason, I ask that you give me 48 hours notice. If you cancel or reschedule within 48 hours of your session, I can't guarantee that I'll have a new slot available.)

If you have any questions, just hit "reply" to this email. I look forward to connecting!

Here's to your Body Transformation....  
[Insert your name]