

# NADYA NEMOVA-TATSCH



## CHANGE YOUR HABITS - CHANGE YOUR WORLD

Nadya Nemova-Tatsch created the “Pain to Power 3X3 System” to help professionals be effective in their lives and careers. Start with yourself to have a positive impact on the world. Start with building consistency in your habits of mindset, physical fitness, nutrition, and life/work balance.

Work with Nadya and be fueled with inspiration, support, and motivation to get into consistent action. She helps you build baby steps, so changes are gradual and impactful long-term. You want to work with Nadya because it is also fun!

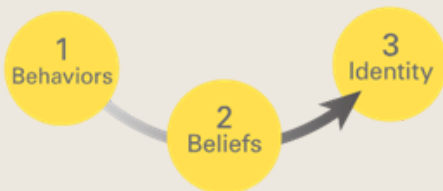
### THREE PILLARS OF HEALTH



### THREE STAGES OF SUCCESS



### THREE PILLARS OF HEALTH



## SPEAKING TOPICS

### *Breakthrough Pain to Power – Signature Talk*

Learn the power of small habits for transformative results.

### Vision Board Workshop

When ready to reflect, set a vision for the future, and make it visual.

### *Best Tools for Effective Time Management*

Discover practical strategies for juggling priorities, setting boundaries, and maintaining calm in a busy world.

### Find Your New Comfort Foods

When stress and emotional eating destroy personal health and happiness and distract from being effective in your career.

### *Healthy Holiday Eating Guide: 3-Step System How to Not Overeat*

When feeling like a failure making holiday eating choices, learn how sail through the holidays with joy.

### *Fun Fitness for Busy and Overwhelmed*

When we know we feel better if we work out but just can't squeeze it into our busy day.

## CONTACT

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Coaching by Nadya

