

# Ko've Holistic

We are bestfriends of fifteen years and now business partners who use science and spirituality to provide an alternative view on mental health and relationships. Emily and Kat are certified coaches who specialise in dating, relationship, mental health and empowerment coaching. We look to give those who are struggling in life an alternative approach that we know works.



## About

### Em

Em is a psychology teacher and certified life coach and NLP practitioner who was diagnosed with a major mental health condition at 22 years old. She was able to use a method that she now teaches that has allowed her to live a mentally balanced life. Em has struggled with codependency and is passionate about using NLP to rewire attachment styles and traumas which are causing women to stay in toxic relationships.

### Kat

Kat is an ex-lawyer turned empowerment coach who uses her gifts with energetics to guide women to achieve balance in their lives. After years of toxic relationships Kat is happily married and has created a life of abundance. It is now her mission to help other women do the same for themselves. Kat has successfully overcome addiction and anxiety using the method Em and Kat teach in their courses.

# Break up with your toxic behaviours



## Upgrade your entire life

# Our Offerings

Every Women's Expo - June 2023

A Broken Society Book- June 2023

Ko've Holistic Launch Party - July 2023

Magnetic Me - 28 Day Container - July 2023

Lasting Love - 28 Day Container - July 2023

Magnetic Me Teen - 8 Week Program - August 2023

Magnetic Me Teen Retreat - September 2023

Magnetic Me Retreat - January 2024

# Podcast

It's a Vibe Podcast  
available on youtube and  
spotify



# Contact Us

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# IT'S A VIBE



*With Em & Kat*

@koveholistic

