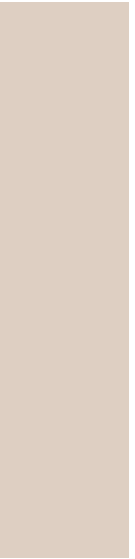




Liz Avis
DESIGNS
& INTUITIVE BRANDING



WELCOME



HELLO AND WELCOME

To "Liz Avis Designs & Intuitive Branding" where I help you connect your business vision to your brand, through intuition & imagination.

To help you, to get to know me a little better, I thought I would share a little history on my background as a designer. and where my love for art all began.

I was always that kid drawing, creating and just being in deep thought writing poems and philosophical pieces, creating is my happy place as it reminds me of how fun it is to connect to the inner child.

In High School I was that kid who was never interested in the intellectual classes, for me the intellect stemmed from the imagination as it is unbiased and not programmed to think of what is not possible but rather what is, there is no limit to what you can create and I truly valued how art and design allowed me to experience a mindset that was beyond the rules that are set out in society, my only limit was what I chose to create in my mind.

I have used this mindset approach towards everything that I have accomplished in my life thus so far, if someone says to me it can't be done I have always found a way to get it done and this is exactly how I work and co create with my clients.

I remember in grade 12 having to decide what to do as my choice career, In my mind I was either going to be an artist/Interior Designer, an elite athlete or a Personal Trainer, well the over achiever in me said why not have it all, so I did, I obtained my qualifications as Personal Trainer in 2002 and my Interior Design Diploma in 2014, and I still do both today well not so much the interior design side of things as I have swapped out those skills to be a canva and wixpert instead, as digital allows me to have the best of both my worlds of design and health, I love doing both so WHY NOT JUST BE ME RIGHT AS LIFE IS NOT LINEAR...

You see life is about creating, a vision where your heart is abundantly filled with love and joy, so why not just be BOLD, and be DARING in the pursuit of what really ignites your soul to be on fire with purpose and passion. LIVE THAT VERSION OF YOU BECAUSE THAT IS THE REAL YOU.

Together let's step into imagination and co create your vision, maybe even add a sprinkling of joy, fun and magic along the way.

With love, Liz

COMPANY VALUES

As a designer, a creator and artist we apply each of these principles to each design project that we bring to life, this made me realise that we also use these principles in service to the client.

- Balance = Bring Joy and Fun to each project
- Rhythm & Repetition = Vibrant Clear Communication
- Emphasis = Convert visions and ideas with Love & Excitement
- Proportion & Scale = Connect through visual storytelling to scale business.
- Harmony = Listen with an open heart

Each principle brings a very specific feeling when creating a space and or design project and this is the same when co creating your vision to convert your message to your direct audience.

There should be a **BALANCE** of joy and fun as this comes through with the overall energy of the branding.

RHYTHM AND REPETITION, I relate this back to communication, as when we are designing for a client, clear and concise communication is fundamental for the success of the project/s, as there are often multiple conversation at play before the project is finalised, so it is vital that communication is supported with a high level of integrity between client and creator, this then brings **HARMONY** into the business relationship because safety is creating in delivering the vision with ease and grace.

EMPHASIS on you the client and your branding, this is how we ensure that your clients are getting the best service possible, we believe **YOU** should be seen and heard with love and excitement, as this is the exact energy your clients want to receive so we match this energy in our service to you, as we know how important your clients are to your mission and purpose.

SCALE AND PROPORTION is achieved through effective story telling, however if we feel we can add to your vision we will be sure to share with you some of our million dollar ideas to help support your business to scale and grow.

THE GALLERY

Below are just a small handful of some of the logos's that I have created for both myself in my wellness businesses and client's in their's.



THE GALLERY

Flyers with QR codes to health questionnaires and e-books are just some of the other creative projects available to add value to your business.

Coming Soon

FIT4LOVE FITNESS TIMETABLE

FIT4LOVE BOOTCAMP
SATURDAY | 5.30 AM

PILATES
SATURDAY | 6.00 AM

EVOLUTION
SATURDAY | 6.00 AM

CONNECTION
SATURDAY | 6.30 AM

BOOK NOW www.theenergybar.com.au
all sessions are by booking only

0 8 0 1 2 2

8th JANUARY 2022

www.theenergybar.com.au . fit4love.coaching@gmail.com
Mobile: 0402 310 850, Liz Avis, Founder & Connection Coach

FIT4LOVE
JOIN OUR EXCLUSIVE VIP SINGLES COMMUNITY

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SCAN THE "THE READY TO DATE" QR CODE TO GET ON THE LIST

READY TO DATE
WITH LIZ AVIS & JESSIE PETRIE

READY TO DATE

Connection Coaching	Contact us
Liz Avis, Creative Director & founder & Connection Coach Jessie Petrie, Connection Coach, Pilates Teacher and Body Building mentor.	www.theenergybar.com.au fit4love.coaching@gmail.com 0402 310 850

HMP
THE HEALTH MOVEMENT PROJECT

HEALTH ROAD MAP QUESTIONNAIRE

A health road map is a great way to determine what your highest needs are when considering to start a health and wellness journey. Quite often we have an emotional or physical need to start a program but we may leave other areas unaddressed that are equally if not more important, the road map will help guide you towards the level of support that you need to invest in.

PLEASE RATE 1-10 FOR YOUR HIGHEST NEED

WEIGHT LOSS	1 2 3 4 5 6 7 8 9 10
NUTRITION COACHING	1 2 3 4 5 6 7 8 9 10
OVERALL HEALTH AND WELLBEING	1 2 3 4 5 6 7 8 9 10
BODY REHABILITATION	1 2 3 4 5 6 7 8 9 10
BODY TONING AND STRENGTHENING	1 2 3 4 5 6 7 8 9 10
POSITIVE MINDSET COACHING	1 2 3 4 5 6 7 8 9 10
EMOTIONAL HEALING	1 2 3 4 5 6 7 8 9 10
EXERCISE MOTIVATION	1 2 3 4 5 6 7 8 9 10
HEALTHY ENERGY LEVELS	1 2 3 4 5 6 7 8 9 10

HOW IMPORTANT IT IS TO ACHIEVE YOUR GOALS
1 2 3 4 5 6 7 8 9 10

HAVE YOU TRIED OTHER WELLNESS PROGRAMS
WHICH ONE?
WHAT SUCCESS DID YOU HAVE?
WHY DID YOU CHOOSE THAT PROGRAM?

IS PRICE AN OBJECTION WHEN CHOOSING TO INVEST IN YOUR HEALTH?
YES NO

ARE YOU WILLING TO IMPLEMENT TOOLS TO DO WHAT EVER IT TAKES TO SUCCEED
YES NO

THE HEALTH MOVEMENT PROJECT

THE SOUL POWER Experience

THE SOUL POWER Experience

THE SOUL POWER Experience

SATURDAY 9TH APRIL 2022, GOLD COAST

HEART - SOUL - HEALING

This is the type of story I hear from many women I connect with on a regular basis...
On the surface... in the external world you (they) live a pretty good life... The reality is you're living a life that was once a dream (in some area of life)...
But there is something deeper you're seeking...
An aliveness... A spark... A feeling of deep fulfillment from your soul...
As Tony Robbins often says: "Sometimes you can get so caught up trying to make a living that you forget to make a life"...
To make your spirit come alive you must be willing to jump into the unknown...
And to stop living through a schedule... Sound familiar?
What's going to make your soul feel alive?
The mundane... Structured... Planned life?
Or the moment in time when you trust your feelings and go with your gut?
What would life be like if you lived your life this way? If you trusted and were guided by your feelings and inner knowing?
How much more joy, fun, play, pleasure, spontaneity, and aliveness would you feel?
This special experience is on Saturday 9th April. I wouldn't wait.
This is your life Queen...
You are so worthy of having it all...
I Love You xoxo
Stephanie Zee

SCAN HERE FOR MORE DETAILS

The Spiritual Accountant
Abbey Benvegnu

Hi I'm The Spiritual Accountant (you read that right... that is exactly what I said) Growing your spiritually based business means operating from your own personal healing, light and divine intelligence.

No two businesses are the same. You can have the same shop, with the same products, on the same street, with the same demographic.

However, each business will be completely different based on the core operating practices and belief structures of the owner.

Let me help you develop a very specific set of skills based on the sustainable practices I have personally developed from my years as an Accountant, CFO, Manager, Psychic and Healer.

I like to take people on a journey of growth in themselves and in their business. This will take us past the standard business course, and deliver us into the realms of manifesting abundance, prosperity and a complete vibrational match to oneness in your divine purpose.

Are you ready to receive that which you were always destined to Do, Be and Have?

Accountant · Shamanic Healing · Master Reiki · Inner Child Healing · NLP Practitioner · Hypnosis

Abbey Benvegnu

THE GALLERY

Below is an example of one of my latest wellness e-books, hosted with a library of resources to help a client stay accountable.



Hello and Welcome TO LIVE YOUR BEST LIFE CHALLENGE

Living your best life and what that looks like is so very unique and individual to us all, for me personally it is doing what I love, which is to serve and create impact through health and wellness.

Hi my name is Liz, and for the last 20+ years I have been supporting both men and women in their health journeys. Since a very young age I have always played sports and competed at high levels, I am pretty sure my mum enrolled me into every sport because I had so much energy that she did not know what to do with me.

Over the years I came to realise that I was over using my energy, emotionally, physically and spiritually I was giving it all away and not filling my cup back up.

It was only when I was in a bedridden state that I realised how much I had given away, then the slow build back to wellness is where I witnessed how far down the rabbit hole of poor health I had actually gone.

The reality was if I kept focusing on just my health and not looking at the other areas of my wheel of life then I would still be in a bedridden state, you see you simply can not change your state unless you shift the energy towards what was creating the lack in the first place, what was the area/s of my life that created the disease?

This was my turning point...

Living your best life is having so much belief in yourself that success is the new normal, it is saying fuck yes to the things that you light your soul on fire, it is feeling so alive that everyone around you wants to know your secrets to living a phenomenal life.

How you live your best life is up to you, the question is will you do whatever it takes to achieve it...?

It is my absolute blessing to support you in anyway that I can so let's do this together and all be living our best lives.

With Love and Blessings

Liz Avis
Connection Coach
@ The Energy Bar and Fit4Love

30 DAYS DAILY Fitness Challenge

EXERCISE	Day 1	Day 2	Day 3	Day 4	Day 5
Push Up	6 reps	10 reps	12 reps		8 reps
Squats	20 reps	30 reps	40 reps	Rest Day	30 reps
Lunges ea leg	10 reps	12 reps	14 reps		16 reps
Crunches	20 reps	25 reps	30 reps		35 reps
Mtn Climbers	1 min	1 min	1 min		1 min
EXERCISE	Day 6	Day 7	Day 8	Day 9	Day 10
Squats	20 reps	30 reps	40 reps	40 reps	50 reps
Step ups	12 reps	14 reps	Rest Day	16 reps	20 reps
Butt Bridges	10 reps	12 reps		14 reps	16 reps
Box Crunches	20 reps	25 reps		30 reps	35 reps
High Knees	1 min	1 min		1 min	1 min
EXERCISE	Day 11	Day 12	Day 13	Day 14	Day 15
Jump Squats	10 reps		12 reps	14 reps	16 reps
Squats	10 reps	Rest Day	12 reps	14 reps	20 reps
Donkey Kicks	12 reps		14 reps	16 reps	18 reps
Lunges ea leg	14 reps		18 reps	20 reps	24 reps
Bicycle Abs	1 min		1 min	1 min	1 min
Mtn Climbers					
EXERCISE	Day 16	Day 17	Day 18	Day 19	Day 20
Star Jumps		14 reps	18 reps	20 reps	Rest Day
Squats	Rest Day	30 reps	40 reps	50 reps	60 reps
Lunges		18 reps	20 reps	22 reps	20 reps
Leg Lowerers		10 reps	12 reps	14 reps	14 reps
Push ups		1 min	1 min	1 min	1 min
EXERCISE	Day 21	Day 22	Day 23	Day 24	Day 25
Curtsey Lunges	12 reps	14 reps	16 reps		18 reps
Squats	16 reps	18 reps	20 reps	Rest Day	20 reps
Jump Squats	16 reps	18 reps	20 reps		20 reps
Tricep Dips	14 reps	16 reps	18 reps		20 reps
Russian Twists	1 min	1 min	1 min		1 min
High Knees					
EXERCISE	Day 26	Day 27	Day 28	Day 29	Day 30
Step ups	20 reps	20 reps		30 reps	40 reps
Squats	40 reps	40 reps	Rest Day	50 reps	60 reps
Push Ups	12 reps	14 reps		16 reps	18 reps
Crunches	20 reps	30 reps		20 reps	30 reps
Mtn Climbers	1 min	1 min		1 min	1 min

Fitness GOALS

MY TOP FITNESS GOALS	STEPS I WILL TAKE TO BE ACCOUNTABLE
AFFIRMATION	My healthy future vision for my fitness goals and what it looks like for me:
MY WHY	Why I must succeed at achieving my goals:

Magical MANIFESTING

Everything that you desire is already in existence, the difference between were you are now and were you want to get to all depends on how much space you have in your heart to allow the natural order of abundance to flow into your life.

Manifesting is available to us all, but not everyone masters it, but you can simply by being in a state of Love and having belief, you are creation which means that you create your reality.

For this exercise you are going think of the different things that you truly desire in your life, there is no limit to what you want, the world truly is your oyster, then your next step will be to write all the obstacles that are barricading your success, followed by a strategy to manifest it into life, THE ACTION.

Everything is figureoutable in life if there is a block in your life there is also a strategy available to unblock as energy is always freely flowing, just like a river system the water will always find a way to flow down stream.

What I Truly Desire	Current Life Obstacles	Future Strategy
New Car	Finances	Set up a car savings account

The Wheel OF LIFE

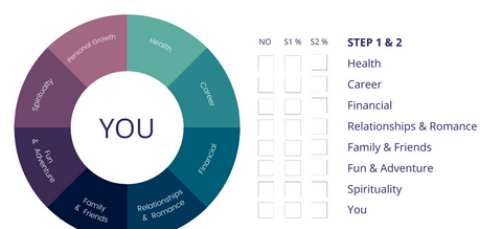
Life is a kaleidoscope of colours, with a varying array of different palette's that contribute to how we fill space in our life. Some of those colours on our chosen palette may have a higher investment based on what we value most in that season of growth.

What we choose to invest in and the percentage of balance between each colour, will be so very unique to each individual even at a genetic level. When we have more balance in our life, we are able to experience a full explosion of colours.

My current visual on life:

Step 1: Write down below in order of hierarchy what is your highest value based on the wheel categories, also place a percentage number next to how much you are currently committing to that number.

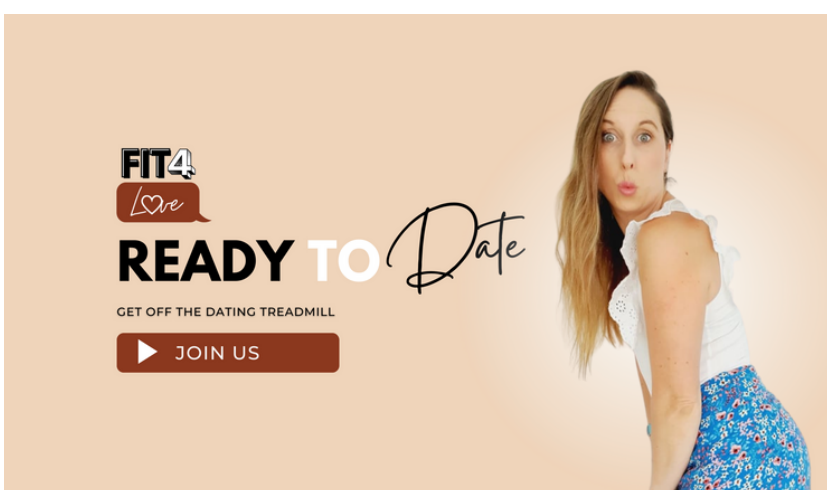
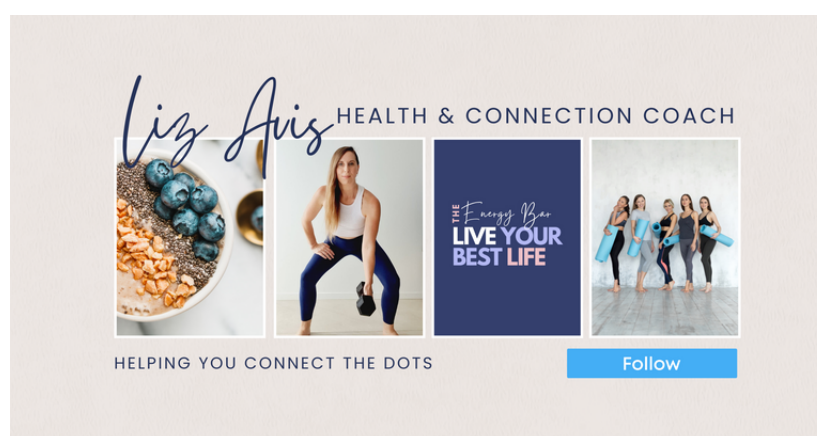
Step 2: Looking over the colours that are lower in life focus, write down a percentage number that you know you are 100% available to contribute towards increasing that number followed by a strategy to increase it, even it is by 1%.



What have been your main contributing factors as to why some areas have had more focus than others?

THE GALLERY

Facebook banners and YouTube thumbnails, I have a certain size that I prefer to work with when it comes to your business shopfront digital advertising the emphasis should be on your business so I ensure that with my reverse engineering skills that we make that happen.



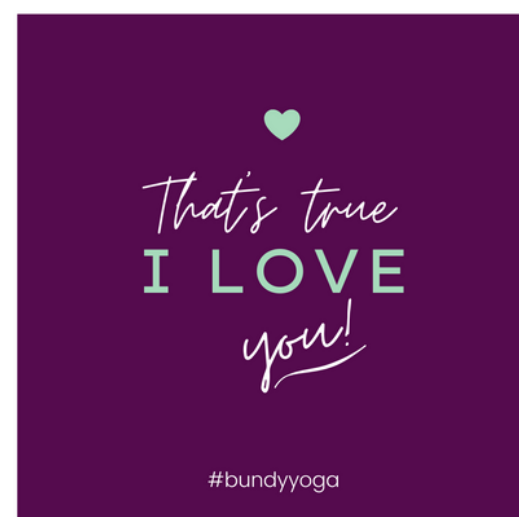
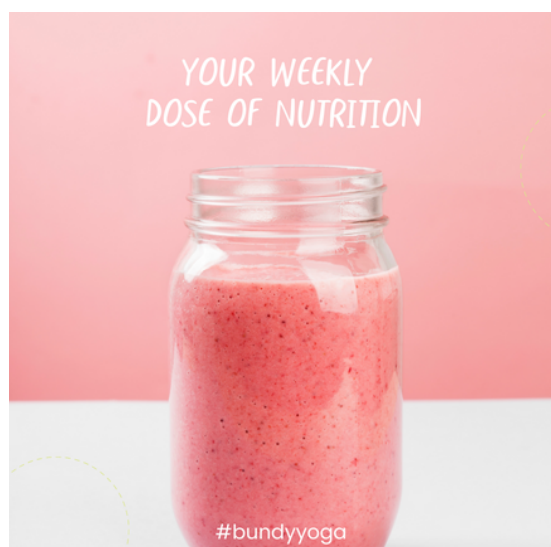
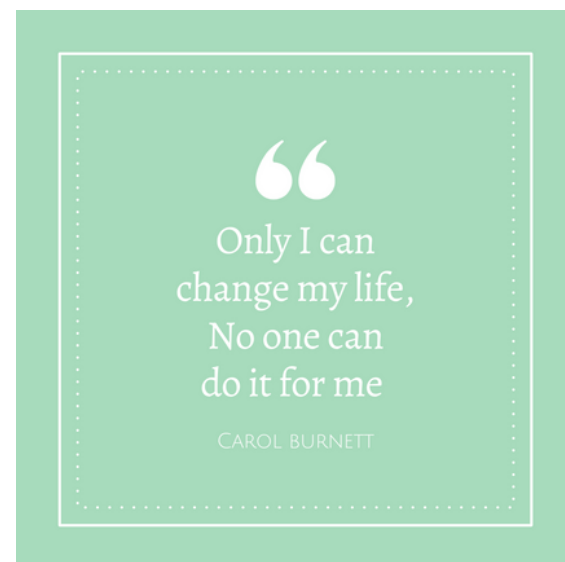
THE GALLERY

Social media tiles are a great way to stay connected with your clients especially if you have an event that requires promoting.



BRANDING KIT

If you are just starting out and or re branding a colourful branding kit is the perfect what to add rhythm and repetition to your social pages and stand out to your audience.



THE GALLERY

Photography is a the perfect way to bring authentic branding to your business. The below photos are my work, it is amazing what natural lighting and a white wall can do, oh and a little imagination, however I do have a team of incredible photographers with more talent than me to support your branding Images, however when the need arises I can jump in with some candid shots.



CREATIVE PROCESS

How I work is quite an intuitive process, firstly you will share with me a little about your overall vision, theme, colours etc, I then get to work creating a mock version of the project and a vision board to capture the feeling of your message and then email you what I have tuned into based on your ideas and emotions.

It is that simple....

So how can you work with me...?

Simply fill in the google form below:

Liz Avis Designs Branding [INQUIRY GOOGLE FORM](#)

Once the form is completed we can book a phone consult to discuss your vision further.

Alternatively you can also contact me via email:

Email: lizavis33@gmail.com

Mobile: 0402 310 850

PACKAGES

I believe each business project is unique as are your needs to grow your business which is why branding should make a statement. Together we can customise a package that meet's the needs and current growth of your business.

BELOW IS A ROUGH PRICE GUIDE OF MY BRANDING SERVICES

LOGOS =	\$150 - \$350
WEBSITES =	\$1500 - \$5,000
BRANDING KIT 25 TILES =	\$250 - \$500
ADMINISTRATION =	\$35pr hr
CUSTOM =	\$150 - \$10,000

You can also high me under administration for any events and or projects that you have were you need a VA in your life short term.

If you would like to be the CEO of your own creations I will also be hosting workshops on how to maximise your brand and become the VAN GOUGH of your branding marketing messages. In the workshops I will be teaching you all of my creative hacks to help you be the chief creator in your business using CANVA and WIX.

Check out my socials for INSPO

[WEBSITE](#)

[FACEBOOK PERSONAL](#)

[FACEBOOK BUSINESS](#)

[INSTAGRAM FIT4LOVE](#)

SHHHSH I HAVE A SECRET TO TELL YOU, DID I TELL YOU I AM BY REFERRAL ONLY...

Because all of my clients are all word of mouth, I am keeping this part of what I do exclusive, this means I get to work with you more 1 on 1, with the benefits being of a higher calibre as you have more access to me for your branding needs.

Liz Avis

Mobile: 0402 310 850

Email: lizavis33@gmail.com

Website: [Welcome | Fit4Love \(theenergybar.com.au\)](http://Welcome_|_Fit4Love_(theenergybar.com.au))