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Portfolio

Writing Sample

Project

Promo Email

Client Avatar

Eden Hayes is a Nutrition Wellness Coach who embraces a holistic philosophy that nurtures the complete wellbeing of her clients through balanced nutrition and mindful living practices.

Course

[The Nourish Method™](#) is a 12-week program that transforms people's relationship with food by helping them build lasting habits that nourish their mind, body, and soul – without rigid rules or restrictive diets.

Challenge

Create a Webinar Promo Email that uses social proof and exclusive bonuses to drive conversions.

Project

Promo Email

Subject Line

[The Nourish Method™](#) is officially OPEN!

Preview Text

+ how to get a free 30 min session with me

Email Body

[FIRST NAME] !

I wanted to tell you first,

[The Nourish Method™](#) is officially OPEN, and it comes with all this:

- 40+ Video Trainings (\$3,000 value)
8 Core Learning Modules - Released weekly, designed to build upon each other for lasting transformation
- 12 Weekly Group Coaching Calls (\$3,000 value)
Get your questions answered in real-time during our Live Q&A Sessions
- Private Members-Only Community
Connect with fellow students in our supportive space for accountability and inspiration
- The [Nourish Method™](#) Workbook
Your digital companion guide filled with meal planning templates and progress trackers
- Recipe Vault Access
Over 150+ mouthwatering recipes, categorized by dietary preference and prep time
- Kitchen Confidence Video Library
Step-by-step cooking tutorials to master essential healthy cooking techniques

[The Nourish Method™](#) is my 12-week program that transforms your relationship with food from stressful to sustainable, without rigid rules or restrictive diets. It's designed to help you finally find peace with food and create lasting, sustainable habits that nourish your mind, body, and soul.

Join before midnight EST tomorrow Feb 23rd, and get:

- A free 30 minute private kickoff session with me (\$300 value)
- Exclusive Access to our Meal Prep Mastery Series (\$249 value)
A Bonus mini-course on efficient meal planning and prep strategies
- Seasonal Reset Guide (\$197 value)
Your yearly playbook for adapting your nutrition to nature's rhythm

[SAY NO MORE. I'M IN.](#)

No sweat that you didn't have time for yesterday's free class.
With everything going on, it's not always easy to find the time.
We get it, so here are the Cliff's Notes...

[The Nourish Method™](#) is open for a limited time.

Doors close in 1 week.

If any of these describe you...

- ◆ You're ready to understand your body's needs and create lasting changes
- ◆ You want to feel confident in your food choices without obsessing over every meal
- ◆ You're done with an all-or-nothing approach to healthy eating and you're ready for a sustainable solution that actually fuels your life

... there's a strong chance [The Nourish Method™](#) is a good fit for you.

This program is how Sarah learned to trust her body, ditch the diet mentality, and build sustainable habits that fit her busy lifestyle – all while training for her very first marathon.

[The Nourish Method™](#) was born because we don't have to choose between the life we want and the food we eat. After helping hundreds of clients find this balance, I turned my proven framework into a comprehensive program that is easy to learn and gets real world results.

So if you want this kind of change in your life, **here are a couple choices:**

➤ The most direct path:

[Join The Nourish Method™ right now](#)

➤ Also, really good:

[Sign up for tonight's 60 minute class](#) to learn even more

➤ Also great:

[Book an intro call with me](#) to explore 1 x 1 coaching

It's your journey, so do whatever feels right for you.

Walk the nourished path,

Eden Hayes

Nutrition Wellness Coach

[The Nourish Method™](#)