



REINVENT ME

How to Transform Your Life and Career

By Camilla Sacre Dallerup

Published in paperback on 20 July 2017 priced £8.99

“Camilla is the real deal: someone who has overcome adversity and simply wants to share what she’s learned so that others may do the same.”

Daily Mail

In 2008 Camilla was at the top of her game and a household name as a professional dancer on Strictly Come Dancing. But, after winning the show she made the controversial decision to quit. Performing and ‘being’ a celebrity had its perks but it was no longer fulfilling within, so Camilla set out on a successful path to reinvention... Changing her career to becoming an author, life and mindful living coach, hypnotherapist and meditation facilitator. Camilla even moved countries to make her reinvention happen, and now she wants to share all she has learned with you.

Many of us dream of reinventing our life, of clearing away the dead wood and starting again. Some of us might want to make a big life change, such as start a new career, relocate or end a relationship. Others may prefer to make small changes – perhaps find new hobbies and interests – for a more contented and fulfilled life. Some of us may not know yet what we want to reinvent – you just know that you want something to change...

Reinvent Me is a complete 8-part programme created by Camilla to help anyone who is considering reinventing any part of their life. In each section there are exercises and tools, examples from Camilla’s own life both personally and as a coach, success stories from other people and a section on overcoming barriers. Each chapter ends with an affirmation to use as you complete each part of the programme.

The **Reinvent Me** Programme in a Nutshell:

R = Recognize: work out where you are and where you need to be currently

E = Ego: learn how to free yourself from ego-based decisions

I = Innovation: plan what action you need to take to start turning your dream into a reality

N = Now: stop procrastinating and start taking action

V = Visualize: visualize your reinvented life and find the courage within to start your new adventure

E = Evolve: learn to go with the flow of life and become more you

N = Nurture: discover why it’s essential to nurture your talents and yourself as you go through the process of reinvention

T = Transformation: commit to your reinvention and embrace your new you.

Work through the programme at your own pace and see your transformation unfold.



With this clear, concise and accessible motivational programme, honed by Camilla's experiences and teachings, you can start on your new path to happiness and reinvention, and finally live the life you have always wanted to live.

"I have been fortunate to work with many clients from all walks of life, including many celebrities, and have successfully helped them to make major positive life changes. I have lifted many trophies throughout my career, but nothing beats the feeling of empowering someone else and watching that person ignite their power and confidence and step into their light. That to me is truly magical and what life is all about. That is why I wanted to write this book, so that you, the reader, can step into your own power and connect with the beauty and creativity you have inside of you."

Camilla

Camilla Sacre-Dallerup is an author, life coach and mindful living expert. She is a NLP master practitioner coach, certified hypnotherapist and a popular meditation teacher at the trendy LA meditation studios Unplug Meditation and The Den Meditation. Camilla is also the founder of the coaching business www.Zenme.tv which is based in Los Angeles where Camilla runs her practice and has helped many clients and celebrities to deal with stress, addictions and trauma. Zenme offers coaching, hypnosis and meditation in person and via skype worldwide.

She is also a motivational speaker and holds workshops in the UK and US which includes "Design your ideal partner", "Reinvent me" and "Forgive and set yourself free". Her first self-help/autobiography book *Strictly Inspirational* was published in January 2015 by Watkins in the UK and US. It's based on the premise 'how I learnt to dream, act, believe to succeed.'

Before she started her life coaching and motivational speaking business in the UK eight years ago, she spent over 25 years as a successful competitive athlete in the world of ballroom dancing. Camilla was part of the original cast of *Strictly Come Dancing* (UK's equivalent to US's *Dancing With the Stars*) and after winning the trophy in 2008 she left to focus on her wellbeing business.

Throughout her years of competing and working in the media, one thing became very apparent to her, this was that when the body and mind is in harmony, you are connected and can be the best version of yourself, enabling you to deal with everyday situations from a very comfortable place. Camilla is passionate about sharing what she has learnt through her years as a top athlete and from being in the media spotlight. She inspires others through her work as a life coach, hypnotherapist and meditation facilitator, using tools which have helped her and her clients over many years, such as NLP, hypnosis, meditation and mindfulness. Her mission is to inspire the world to meditate and take time for daily self-care.



CAMILLA IS AVAILABLE FOR INTERVIEW AND **REINVENT ME** IS AVAILABLE FOR EXTRACT OR SERIALISATION.

IF YOU WOULD LIKE FURTHER INFORMATION PLEASE CONTACT
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