



Flourish

IN
2025

The 21-Day Challenge
with
Allison Fisher & Carmel Cochrane



Table of contents

- 01 Introduction
- 02 Welcome to our 21 day challenge
- 03 Meet Allison & Carmel
- 04 Week 1 Taking Care of You
- 05 Week 2 Your thoughts and emotions
- 06 Week 3 Connection to Spirit
- 07 Where to next?

The 21-Day Challenge with Allison Fisher & Carmel Cochrane





Flourish

01 Introduction

This 21-day challenge is about developing a relationship with yourself and learning practical tools that are the foundation to help you flourish in life.

You will learn:

- How to identify your emotions so that you aren't overwhelmed by them
- Identify where your Mind is so you can reframe your thoughts
- How to take care of your physical body and environment
- Develop a spiritual practice to nourish you

This course is simply about self-love. And how you care for yourself every day.

It's about prioritising yourself, putting your oxygen mask first as you work, organising your family, and dealing with life.

01

Introduction Continued

It's about setting yourself up well to have the energy to do all you want.

We will give you simple practices that you will have for life.

You will develop self-belief and the confidence to take action while being accountable.

We want to assure you that this course will not burden you. Each week, you will complete simple, practical, but effective tasks. You won't be overwhelmed by information.

The strategies we will teach you will help you springboard and deepen your belief in yourself.



Flourish

02 Welcome

How does our challenge work?

The challenge lasts 21 days, and three live online sessions will be held on Thursday at 7 pm.

The material for each week will be dropped into your inbox each Wednesday.

A private Facebook group will be the way to connect with others to complete the challenge and ask questions.

In the live sessions, Allison and Carmel will share their experiences and tools and hear what you experience and need to achieve in this challenge.

Remember, this is your journey, and your commitment today is a decisive step towards living a life that reflects your true desires and potential.

**Let us begin this transformative
The 21-day challenge together!**

Allison Fisher & Carmel Cochrane



03

Meet Allison Fisher

Allison Fisher - Change Coach in Life & Career

If anyone came out of the womb asking, “Who am I?” and “What is the meaning of life?” it would be me!

I am from Cambridge, New Zealand, studied Education, and have lived in Auckland for 25 years.

I'm a born teacher and seeker of meaning. If a problem was to be solved, I would be there, figuring it out. As a kid, I always played the teacher and was the boss (bossy isn't a bad trait; it's powerful!). A leader who loved helping others from day one.

I started as a teacher in the classroom, I changed to working in corporates in Recruitment and Human Resources. But I still wasn't satisfied that that was really me until I discovered Life Coaching specifically Life Coaching for women.

With 20 years of experience as a Life and Change Coach, I love to quickly and efficiently identify what someone needs and where they might be stuck and provide effective, practical tools to enable them to move forward.

Outside of work, I love singing and being involved with musical theatre, swimming, being in nature and travel.



03 Meet Carmel Cochrane

Carmel Cochrane – Rongoā Māori Healer

Ko Ngā Phui, Te Uri O Hau, Ngati Whatua Ō Kaipara

I was born in Tamaki Makaura, Auckland, New Zealand, in June 1962. I am a fourth-generation Matakite Rongoā Māori Healer.

I started my early career as a Beauty Therapist and have been an educator in Beauty, Bodywork, and Healing. I have also pursued many areas of study in natural therapies, reflexology, conscious connected breathing, ayurveda, vegetarian and vegan lifestyles.

Over the years, I have taught Rongoā Rakau, Mirimiri, Te Hau, Mahu Whenua, and Honohono. I have also run workshops on Waiheke Island, Auckland, the USA, and Europe. For over thirty-five years, I have been providing healing treatments to people from all over the world.

As a spiritual healer, Carmel developed Atua Healing® in 2001, which helps release deep-seated trauma at a cellular level without a person having to relive that trauma. I use my innate abilities as an intuitive visionary or Matakite to give clarity and direction to clients on their life paths.

When not in the clinic I like to cook up a storm hang out with family and friends. Nature is my happy space.





04 Taking care of you

The Physical zone

Putting your best self forward in every aspect, whether it is what you wear or how your bedroom reflects your personality.

- You will put healthy habits in place with your physical self and the environment you live in.
- Ideally your environment is a reflection of you.
- Eating healthy for increasing your immunity
- Moving your body to increase your joy



*You have got
this!*

**The 21-Day Challenge
with
Allison Fisher
Carmel Cochrane**



— 05 Your thoughts and emotions

The Emotional and Mental zone

- Learn about the five emotions, name them and become comfortable with them so that you are no longer overwhelmed.
- Learn strategies to pull yourself out of the overwhelm.
- Identify where your Mind is, so you are no longer stuck by the noise of your thoughts.
- Learn to allow the mind to be like the sea

A woman in a green dress and high heels is silhouetted against a sunset over the ocean. She is pointing her right hand towards a stylized sunburst graphic composed of white lines. The background is a gradient of blue, orange, and yellow, with the sun low on the horizon.

*Just keep
moving forward*

**The 21-Day Challenge
with
Allison Fisher
Carmel Cochrane**



06

Connecting to Spirit

The Spiritual zone

- Learn to connect with your spirit so you can follow your wisdom
- There are many aspects to spirituality.
- Connecting with nature, lighting a candle, journaling, listening to your intuition, or using affirmation cards.
- For some, it is a specific religious practice.
- This week, learn to understand what is important to you and incorporate it into your daily life.



*You are strong
you are enough*

**The 21-Day Challenge
with
Allison Fisher
Carmel Cochrane**



07 Where to next?

We invite you to carry what you've learned and apply it to your daily life. Self-awareness and a focus on your outlined goals will guide you on your path.

Thank you again for sharing this journey with us. Be the director of your life and keep growing, learning, and thriving.

Your potential is limitless

Visit our website:

www.allisonfisher.co.nz

www.carmelc.com

