

Peri Boztepe

Hi everyone, my name is Colleen Roberts and I am the creator and founder of www.colleenscoachingcorner.com.

This morning I feel so blessed and privileged to be able to interview one of my fellow coaches who did their training with the Inspired Spirit Coaching Academy (ISCA). Through this I have met so many wonderful people from all over the world and with so many different niches and expertise.



Today this special interview is with:

Name: **Peri Boztepe from Victoria**

Business: **Sexy Mindset – Love The Skin You're In**

Website: www.sexymindset.com



Hi Peri welcome to the call and how are you today?

What made you become involved in your chosen field or choose what you are doing? What is your story behind it?

Well it has been a long and gradual journey for me...

I've been overweight all my life. I'm 147 cm tall (just over 4'8") and currently a size 26. I started putting on weight with the onset of puberty around ten or eleven years old. Most of my life I've been between sizes 18 and 24.

Amazingly I always felt confident in myself, even more so than the friends with statue-like goddess bodies that I always seemed to attract into my life. I have very clear teenage memories of these friends with their "goddess bodies" who were embarrassed, ashamed, and hiding under their towels while I was quite content wobbling and jiggling down to the pool or the beach in my swimmers.

This is a tribute to my wonderfully enlightened mother and her programming my subconscious mind from a very young age. She instilled in me the belief that I had the right to be and enjoy life as I am, and if people did not like what they saw, they had the choice to look elsewhere. Another strong belief was that I had a lot more to offer than my size, therefore, if people couldn't go beyond the layers of fat and find me, it was their loss, because I was an incredible being.

Peri Boztepe

My size didn't interfere with how attractive, sexy, or lovable I felt. For twenty-four years, I've been happily married to the man of my dreams, which I manifested. I still catch his sultry desiring glances across the room making me feel so sexy, loveable, and loving the skin I'm in. My husband says it was my confidence, my beautiful eyes, and my alluring smile that he first fell in love with. I'm no more special than any other woman on this planet—so if I can feel sexy, inspired, lovable, and in love—yes, still after all this time—there is no reason why you can't.

The fantastic thing about our beliefs is that even if you didn't get a similar "sexy mindset program" installed into your subconscious mind as a young child, you can load it up now. It's never too late.

I need to be clear—I have self-limiting-belief programming like everyone else. Another memory from my childhood is bringing home math tests with 85-90% scores on many occasions and my father, rather than saying, "Well done!" would say, "If I'd been given all the opportunities I've given you, I would have reached the heavens!"

In order to get my father's approval and love, I pushed myself harder and harder to achieve more and more, not just in school, in everything I did. With time this turned into a pattern, then behavior, and then into whom I became.

This was so ingrained in me that as an adult—with two degrees, a post graduate degree, and climbing the career ladder very rapidly and successfully—I was still pushing myself to do more and more until I made myself very sick. The Universe has an interesting way of making us listen and take notice!

This was probably the most difficult period of my life. I was diagnosed with rheumatoid arthritis. Thankfully, my doctors had a holistic view to medicine and suggested I should learn to meditate to assist with pain relief. That was the beginning of my journey, the first 'yes' I said to the Universe that started a series of changes in my life.

We then moved to Asia where I found beautiful souls who played an important role in my physical and, more importantly, my spiritual healing—my journey.

The improvements in my health were noticeably quick and I wanted to share my experiences and insights. However, strong feelings of, "I'm not good enough!" and, "What do I have to offer?" were crippling me and preventing me from serving others.

Peri Boztepe

I was reading madly, attending personal development classes, learning different modalities to continue to work on myself in my own journey first, but also to assist others to help themselves.

By now I knew that our genes were not our destiny. I had studied people like Bruce Lipton, Gregg Braden, Candice Pert, Carolyn Myss, Deepak Chopra, Wayne Dyer, Eckhart Tolle, and others, who were all saying similar things.

These authors reveal that our beliefs are programmed by the age of six or seven by our parents, school, media, etc. But more importantly, if we change our beliefs we can change the way we perceive our environment and therefore change our lives.

This was very exciting. Further investigation led me to learn how our beliefs are developed, where in our brains they are stored, and, most importantly, that limiting beliefs that no longer served us could be reprogrammed—just like a computer!

This was fantastic! There was only one question staring me in the face: the how? How to reprogram my limiting beliefs? I came across a process called PSYCH-K[®], which was founded by Dr. Rob Williams. This process is simple, direct, and verifiable. It utilizes the mind/body interface of muscle testing (kinesiology) to access the self-limiting 'files' of the subconscious mind. It makes use of the left brain/right brain integration techniques to effect swift and long-lasting changes.

With PSYCH-K began the next chapter of my life. I used PSYCH-K to undo my self-limiting beliefs around my self-worth and my capabilities.

This was the catalyst for starting my own practice and working with clients one-on-one to help them create the lives they desire and love the skin they're in. I've worked with thousands of clients serving and helping them create amazing outcomes.

Then came the next crossroad. I was stuck in growing my practice and taking it online. So I did another PSYCH-K balance and viola, I attracted into my life the Coaching Course that showed me how design an online coaching business.

I've learned how to apply proven and savvy Internet business model to take my practice further in leaps and bounds.

Peri Boztepe

As a “Sexy Mindset” Coach using PSYCH-K and Law of Attraction, I’m helping women worldwide create swift and long-lasting change. I serve courageous women who are ready to break through their limiting beliefs, be sexy, inspiring, loveable, abundant, and to love the skin they’re in.

I attracted and created more than I could have ever dreamed of. I have a successful online international coaching practice and I’m a published author.

This all came about because I decided to take responsibility, take action, and reprogram my self-limiting beliefs to live my heart’s desires.

You too can do this. We all come to this earth plane with the same power to live a life beyond our beliefs and to love ourselves unconditionally.

Please tell me what inspired you to create your business and website or how it came to be?

I love the idea to be able to serve women all over the world best way I can.

Describe your ideal clients, customers or how the information you have learnt can benefit your clients or other people?

My ideal client is a woman who is aware that she needs to change her way of thinking about her body. She has always worried about her body image and how it affected her success and relationships. She is ready to make changes but does not know where to start. She knows she will need a support person, a confidant and a person that will challenge her limited beliefs and is able help her change these limiting beliefs. Her age is anywhere from 30-35 plus. She is ready, committed, and is willing do what it takes to change her life and free her mind from this negative chatter that is stopping her from achieving her full potential. She is looking forward to breaking through her limiting beliefs to feel and be sexy, inspiring, loveable, and to love the skin she’s in.

Learning to love ourselves, our bodies just the way it is - is one of the most fundamental tasks we need to undertake in this journey we call life. If we are not capable of truly accepting and loving ourselves as we are, right here and right now we cannot accept and love another. This then flows onto our career, our success and the relationships we build around us

I provide a range of services and products in this area, including one-on-one coaching.

Peri Boztepe

What challenges have you faced since creating your business?

My main challenge has been around technical side of my business and getting the website looking like what I want to. Although I'm not totally satisfied with my website I feel it is a work in progress. It will develop, change and grow as my technical skills will.

What was your ultimate goal when you decided to open your business and has that goal changed?

My ultimate goal when I started my business was to share my story, my journey and help other women around the world break through their self doubt and live amazing sexy, loveable and inspiring lives. That has not changed

And finally Peri what are your achievements or do you have anything that you would like to promote?

I am currently in the process of creating a new website 'SexyMindset.com' you can soon find my products and services there including but not limited to:

- *Free Love and Compassion meditation mp3 download.*
- *E-book – Detox Your Mind & Love the Skin You're In*
- *Online Study Course – Love the Skin You're In: 3 steps to a Sexy Mindset*
- *Online Study Course – Voluptuous and Successful*
- *One-on-one Coaching*
- *PSYCH-K session to easily and quickly change your limiting beliefs, and the nagging self-talk.*

That now brings us to the end of our interview with Peri today. Peri can be contacted through her website at www.sexymindset.com or on Facebook Page: Sexy Mindset – Love the Skin You're in



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-  **Blogs**
Full website setup and installation with any domain name and your own hosting account.
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Peri Boztepe

So until next time, remember you don't have to do things by yourself - hire a life coach - we are in your corner each step of the way.

Thank you so much Peri. Have a fantastic and wonderful day!!

Colleen

Prosperity & Self Esteem Life Coach

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