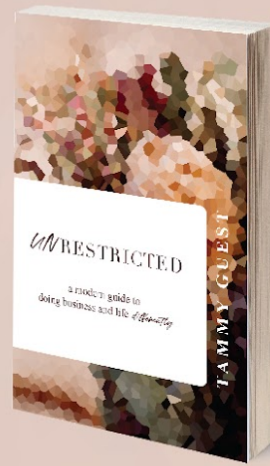


UNRESTRICTED

a modern guide to
doing business and life *differently*



TAMMY GUEST

Unrestricted: A modern guide to doing business and life differently is the essential handbook for driven entrepreneurs who want to make a real difference in the world, without sacrificing the things they value most.

Author Tammy Guest is a business mentor helping thousands of practitioners and change-makers to achieve their business and life goals.

Within these pages, Tammy draws on her experience running a hugely successful naturopathic practice to impart invaluable advice on staying authentic, grounded and open to possibility as your business evolves.

You'll find insights and tools that will support you to:

- Turn brules (bullshit rules) into fuel
- Fire up your creativity, productivity and connection
- Accelerate your business growth without burning out
- 'Grow with the flow' of your business
- Find the freedom to honour your ideas and plans
- Remove obstacles by mastering your mindset
- Work smarter, not harder by implementing key systems
- Plan the future you truly desire - without limits

What if we could see our work and our business as living, breathing organisms that are forever evolving and growing, truly unrestricted?



BIO

Tammy Guest takes people on adventures and reminds them of how to live. She spent a career working in cancer wards and studying life and death, and it shaped the way she teaches today; she reminds us of how unique and precious we are, and how important it is to shake things up.

Tammy founded the 'Natupreneur Movement' and hosts huge events around the country. She runs retreats both online and in person on leadership, business and freedom, with her 'Unrestricted' retreat pairing perfectly and powerfully with this book.

Tammy is also a mother, step-mother, wife, student helicopter pilot and artist.

CONTACT DETAILS

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CAREER STORY

- Tammy began her coaching career as a gymnastics coach in her teens whilst getting her first university degree.
- She worked in cancer research for the University of Newcastle, noticing the interconnectedness of all systems.
- Travelling through Europe, she moved into pathology and worked with patients in the medical system - rather than test tubes.
- During a year of night shift at a private hospital, she started a degree in naturopathy, which initially was just a passion project.
- She ran a multimodality natural health clinic with up to nine practitioners, serving 7,000 clients in the local community.
- She began running health retreats both in Australia and abroad, whilst writing and publishing her first book around the topic of burnout.
- She sold her practice and began the 'Natupreneur Movement', to change the paradigm of business in the healing professions, mentoring thousands of practitioners to do business differently.
- She ran three consecutive years of business and mindset conferences for hundreds of small business owners looking to embrace joy, diversity, connection.
- Tammy's passion to do things differently has also seen her join roller derby, learn to fly a helicopter, and enjoy an artist residency in a lighthouse and in the process befriend fear.
- She also created the 'Unrestricted' retreat, helping entrepreneurs overcome their blocks to doing things differently and create a life and business of their own design.

HOW CAN I ADD VALUE TO YOUR AUDIENCE?

The main topics I can offer expert insight into are:

- Business
- Mindset
- Burnout
- Doing things differently
- Career in Natural Health

Below are some potential ideas for questions and talking points:

Business

- *Moving your business online and diversifying*
- *Finding flow in your business by following the seasons*
- *Avoiding burnout in business*
- *Making your business work for you and not the other way around*

Mindset

- *Making friends with fear and stepping outside of your comfort zone*
- *Overcoming imposter syndrome*
- *How to find your purpose when you feel lost and directionless*
- *Live like you will die tomorrow and plan as though you will live forever*

Burnout

- *How to identify burnout and what to do about it*
- *Why living out of alignment with your purpose creates burnout*
- *Overcoming business burnout*
- *Zoom fatigue and the new world contributors to burnout*

Doing things differently

- *Why pivoting is not a dirty word and how it can bring longevity to your business and life*
- *What flying a helicopter taught me about creating a life you love*
- *How to create epic hybrid events that make people talk for years to come*
- *How living an unrestricted life creates the foundations of feminine leadership*

Career in Natural Health

- *Why 1:1 in clinic is not the only option*
- *How to build a thriving natural therapies business that supports your dreams*
- *The complementary and alternative medicines ecosystem and how to find your place in it*
- *Busting the myth that you can't make money from natural medicine*

Kindly send through interview questions in advance.

FREE OPT-IN

TBA

AUTHOR IMAGES

<https://www.dropbox.com/scl/fo/15dcq3nkqj89tdm1p9qtd/h?dl=0&rlkey=6ek0jhy9wq03wg1p0kykh69do>

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