

BUSINESS WEBINAR

The Regulated Practitioner: Nervous System-Led Business Growth for Modern Health Professionals



Presented by:
Amy Mingin, Naturopath
and Business Mentor

Presenter | Amy Mingin



- **Amy Mingin** – BHsc (Nat)
Naturopath and Business Mentor (founder of Woman of Value coaching community)
- Amy works at the intersection of health, nervous system regulation, and conscious business. She helps health professionals build sustainable, values-led practices without burning out in the process.
- Graduated 2009 – over a decade of experience across clinical practice and practitioner coaching
- Yoga and meditation facilitator
- Hypnotherapy and Master NLP Coach – creator of Beyond Breath breathwork course
- Wife and mum on the Gold Coast, Australia

Host | Chantal Oxley

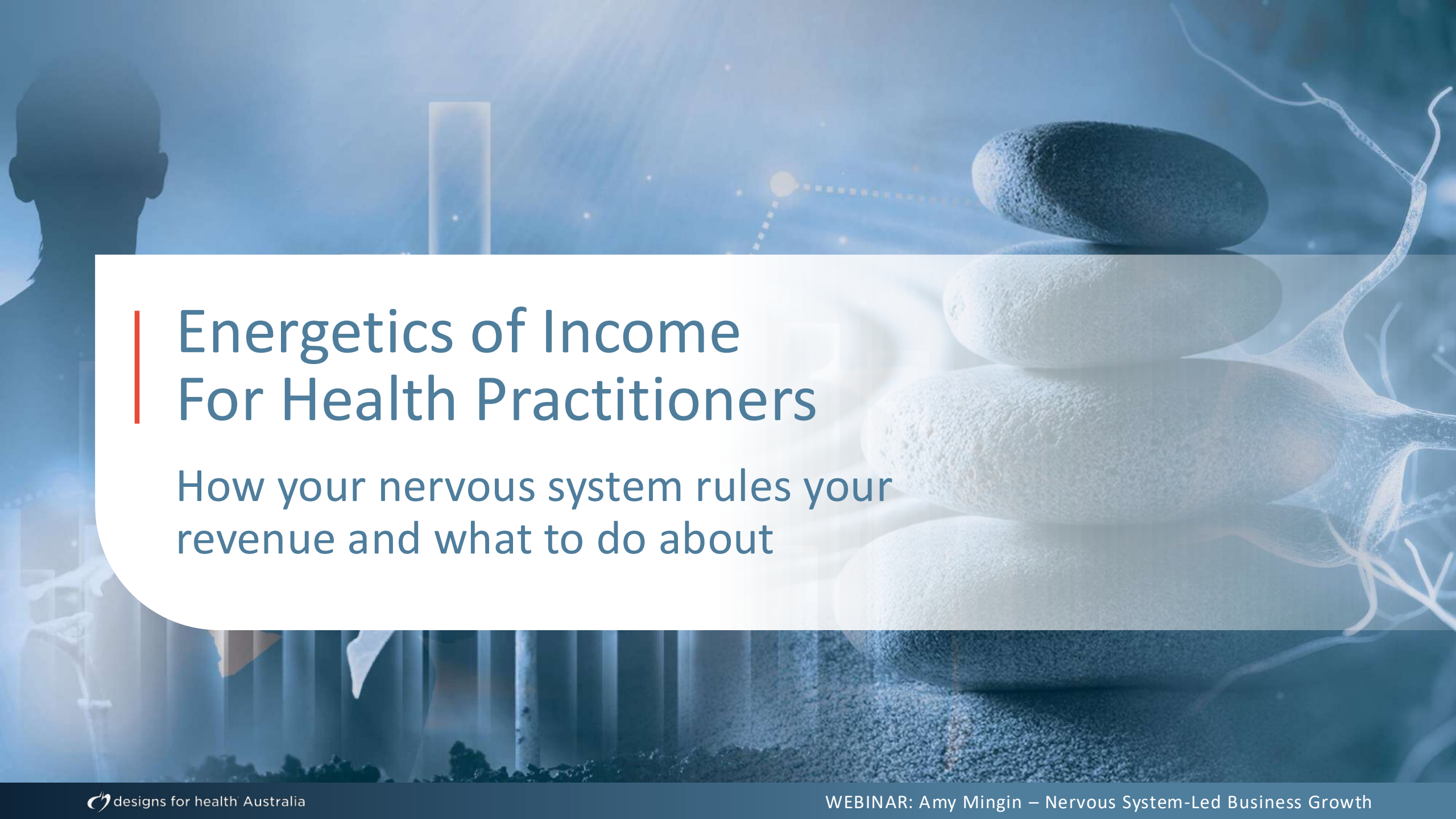


Chantal Oxley is a qualified Naturopath and Reiki Practitioner who provides health education services for Designs for Health practitioners. She also maintains her own natural health practice, where she supports women through a blend of naturopathy and energetic healing.

Chantal has a special interest in:

- Nervous system regulation and embodied wellbeing
- Women's health, fertility, and emotionally challenging life transitions
- Energetic healing and removing blockages that keep clients feeling stuck

Chantal will moderate the Q&A discussion for this webinar and engage our live Designs for Health Practitioner community to bring insights and practical takeaways for all.



Energetics of Income For Health Practitioners

How your nervous system rules your
revenue and what to do about

Learning Outcomes

- 1 Understand how nervous system regulation directly impacts business growth, income, and capacity
- 2 Identify signs of dysregulation influencing clinical work and business decisions
- 3 Shift away from outdated burnout inducing business models
- 4 Apply practical regulation tools to support clarity, boundaries, and enjoyment
- 5 Reframe abundance as a state of safety and taking aligned action
- 6 Begin building a business that supports long-term health and enjoyment of life

| Inconsistent income?

The reason your income is inconsistent has nothing to do with how good you are at what you do. It has everything to do with how safe your nervous system feels.



| The audit – short experiential exercise

- How many hours do you spend in business?
- How do you feel seeing clients?
- Imagine adding 10 new client bookings this week – how does that feel?
- Write down what comes up for you and how it feels in your body. There's no right or wrong here, It's feedback for your nervous system.

| Your energetic imprint

What you just felt is your energetic imprint. And it has been quietly making decisions in your business every single day.

Stomach

=

Self worth

Shoulders

=

Responsibility

Head

=

Do I know
enough?

Throat

=

Is it safe to
express myself?

| Introduction to the 5 patterns

1

The outdated
business model

2

Burnout and
overgiving

3

Comparing
prices

4

Ignoring
numbers

5

Fear of
being seen

1 The outdated business model

- One-off sessions.
- Chasing the next booking.
- Massive to-do list.
- Constantly checking DMs and emails.
- Can't leave a message unread.
- Has to respond immediately.
- FOMO — terrified of losing the client if not available 24/7.

This is hypervigilance. The threat detector is always on.

2 Burnout and overgiving

- Clients overstay their appointment. You say nothing and charge the usual rate.
- Hours spent researching after the session has ended.
- Treatment plans that take far longer than they should.
- Answering questions about family members for free.
- Giving everything.
- Quietly resenting it later.

*This is the fawn response (people pleaser),
earning your place to feel safe.*

3 Comparing prices

- Following more practitioners than creators & calling it inspiration.
- Waiting years to raise prices. Then only by \$5.
- Feeling guilty, so discounting existing clients anyway.
- Never actually getting ahead. Always feeling like you've got 'just enough'

This is threat scanning & shrinking to stay safe.

4 Ignoring the numbers

- Booking clients. Sending prescriptions. Staying busy. No idea what the profit margin is. Or what to claim.
- Waiting for the accountant to say how things are going.
- But cringing every time you tap your card/phone, just in case.

*They feel safe not knowing. But the body knows.
And it's terrified.*

5 Fear of being seen

- Sits down to create content. Doesn't feel inspired. Scrolls instead.
- Comes up feeling worse. Copies someone else's content. It doesn't work.
- Wonders why everyone else is consistent and confident.
- Opportunity arrives. (podcast, speaking gig, collaboration). Something happens. Flat tyre. Lose their voice.
- The body finds a way.

This is freeze.

The nervous system keeping you safe by keeping you small.

Reframe you didn't know you needed

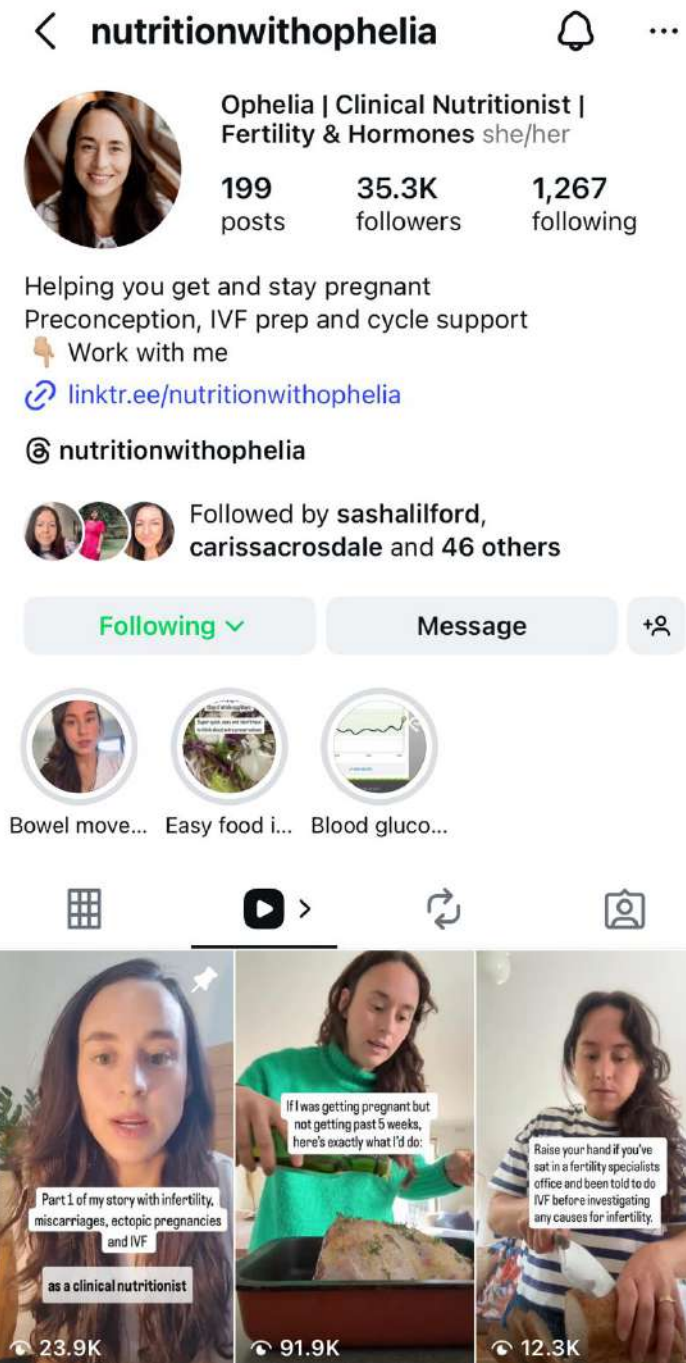
- This is a capacity problem.
- The good news is capacity in the nervous system can be built.

| What is capacity?

- Capacity is the level we are anchored to, even when we consciously want to rise.
- Until that anchor shifts, all the strategy in the world will bring you back to the same place
- Write down in your notes, how has this pattern shown up for you?

| Ophelia's story

- Nutrition student. 400 Instagram followers.
- Scared to show up. Scared to get it wrong.
- Sold packages anyway.
- Made \$7000 in her first months in business.
- Went viral. Grew to 35k followers.
- Now shows up with ease in business, as a mother, as a wife

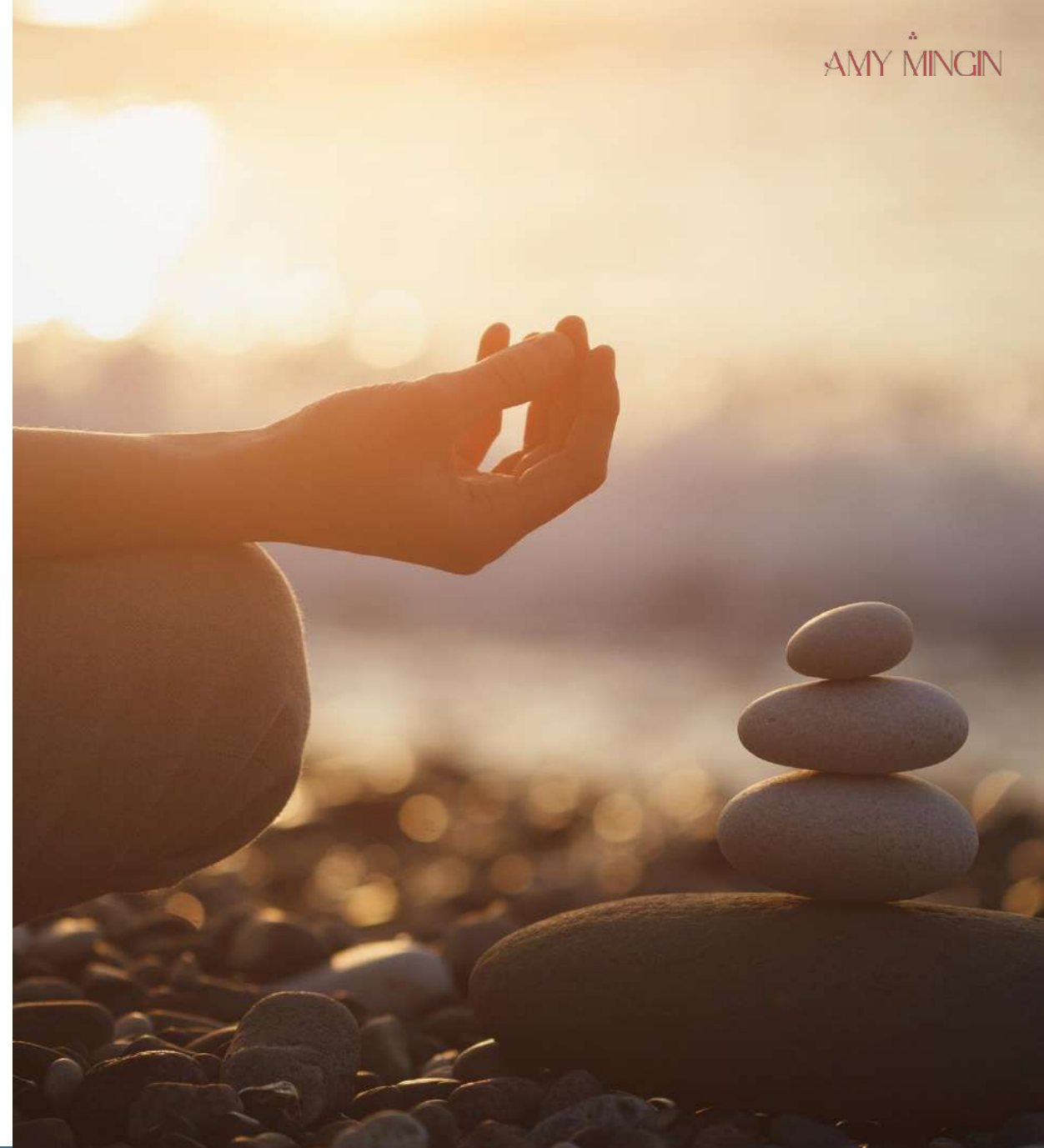


| How she did it

- She never felt ready.
- Every single day she recalibrated her nervous system toward her goals.
- That is how capacity is built. Not in quantum leaps. In daily practice and facing fears.

| Daily practice

- Get clear on what you want.
- Feel the fear and notice it without becoming it.
- Heart coherence, recalibrate, take aligned action.
- Repeat.



| Live exercise

Let's do this together and shift your nervous system.



| Your free gift

- The heart coherence meditation I give all of my clients. The one Ophelia used every single day.
- Drop your email and I'll send it to you personally.



| Fork in the road

- Right now you are standing at a fork in the road.
- One path is familiar. You know exactly what it feels like.
- The other path is the one Ophelia chose.
- Recalibrating toward what you actually want every day until your capacity matches your vision.
- Which path are you choosing today?



| Special offer

- Packages are the Answer + Presence Two courses.
- One investment.
- The business model shift AND the nervous system recalibration.
- You need both. One without the other is why most practitioners stay stuck.

Today only: \$67



| Connect with me

- I'd love to hear what came up for you today?
- www.amymingin.com
- @amymingin on social media



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