



Signature Talks

NO MORE NICE GAL!

Stop Giving Yourself Away To Be Loved

WWW.NOMORENICEGAL.COM

NO MORE NICE GAL

**STOP BEING TOO NICE TO BECOME YOUR MOST
CONFIDENT, SELF-ASSURED, SELF-LOVING,
STRONG AND SASSY SELF.**

**MARYJANE IS A BLEND OF COMPASSION, INTUITION
AND UNDENIABLE INSIGHT.**

She is known for her ability to educate, inspire action and evoke healing emotion. Audiences learn how to overcome Nice Gal Syndrome and the habit of giving themselves away to be loved, liked and accepted. Finding freedom from over-giving, pleasing, accommodating and perfecting by returning to a natural state of self-worth, confidence and authenticity.

All it takes are big doses of self-love and sass. Maryjane shines on stage with genuine care, straight-up sassy wisdom and teachable steps that guide real, powerful change. Her core message... You're worth loving.

Maryjane can customize or design presentations just for your audience.



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*No More Nice Gal Signature Talks
With Life, Love & Dating Coach Maryjane Kapteyn*

Nice Gals Finish Last (& how to finish first)!

Do you feel over-extended, over-worked, overlooked, undervalued, pissed-off and worn-out? Is over-giving and over-doing a habit or expectation that has others confusing you for a pushover and doormat?

Playing nice isn't working (and becoming bitter, closed off or bitchy isn't the answer either). Learn how to get the respect, support, appreciation and connection you crave without playing the role of go-to-gal, understanding helper, people-pleaser and forever yes-woman. Let go of the fear you'll be alone if you stop being everything to everyone and invite mutually loving and supportive relationships. Value yourself and stand up for your worth, so others will treat you as the high-value woman you truly are. Plus, get my secret formula for saying no, kindly.

Why Nice Gals Never Get the Guy

Ever wonder why some women easily attract love and adoration from men, and why you're still single? Identify the nice gal triggers that turn good men off or attract the wrong kinds of men. Break the NG trap and learn the exact steps you need to take to attract support, adoration and commitment from your high quality, relationship ready man. Unleash the irresistible, sassy, self-loving woman you are within- making a man want more!



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Nice Gals Fear-Factor

Disappointment, heartache, betrayal and rejection have piled up and instead of wearing your heart on your sleeve you walk into every date dressed in fear. All that fear makes you come across as desperate, needy, pressured, insecure, anxious and unsure. Everything you are NOT! Dating becomes a chore, love is a struggle and you start to question if something is wrong with you. Trust me, you're fine and more than worthy and good enough, a man will see this when the fear-factor is gone. Reclaim your confidence so you can attract love from a relaxed, secure place inviting a man to fall in love because he sees the real you.

Sexy, Sassy & Self-Loving

Self-love is the most powerful and transformative practice to ignite self-belief, creativity and energy. It elevates your standards, empowers your dreams and gives life meaning and zest, plus big doses of happiness. Get inspired to implement self-love in simple, everyday ways nurturing feelings of trust, inspiration and positivity. Get lit up, passionately living life and attracting love in all relationships with your most irresistible self.

From Heartbroken to Happy

Overcoming heartbreak isn't just about healing the loss, it is about shifting the habit of seeking love outside of yourself to feeling completely safe, secure and fulfilled within. Break the cycle of less than and not good enough. I'll share how to reclaim the lost pieces of yourself regaining your energy, self-esteem and enthusiasm: plus, how to rewrite the story of disappointment and defeat to personal power and trust. You're worth being loved.



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How to Be A Nice Gal Badass: Get What You Want (Without Being a Bitch, Shutting Down, or Turning Away)

Learn the 'No More Nice Gal' secrets to stand up for yourself, put your happiness first and get what you want, without stepping on toes, manipulating or being a bitch. Learn my secret-sauce, high voltage attraction techniques to open your heart and connect authentically and passionately. Vulnerability just got sexy.

Biz Success No More Nice Gal Style

Rock female entrepreneurship with sassy biz tips from a lovepreneur. Learn how-to stay creatively inspired, wow your clients, and be authentic to your own style. Plus, how to overcome fear of not being good enough and avoid perfectionism.



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What People Have Said...

“I listened to the Maryjane audio tonight ‘5 Nice Gal Mistakes’ and boy was it something else. Listening to it felt like a running list of all of the mistakes I’ve made in past relationships in one way or another. I wish I had known of Maryjane then! This was so powerful and it really made me take inventory. I feel as though I am having a rebirth and will be able to approach my relationships in a whole new way, and open up to me. While these are things I wish I had known all along, I realize that I had to go where I’ve gone to get to where I am now. While a lot of what she said was hard for me to face, it was very, very helpful. Hugs and blessings.” Sylvia (via Michelle Marchant Johnson)

“I had two great dates this weekend Maryjane and both were gentlemen I met on online dating. I’ve been attracting high-quality men ever since I followed your advice and started valuing myself more. It has been a 360° experience. No More Nice Gal! I am confident, radiant woman, strong in my feminine energy. Thank you for your support.” – Susan

“Wow! You’re amazing. Before I didn’t see what crap I was settling for. I am so guilty of over-giving, I did everything for my ex and he took me for granted. It’s crazy, frustrating and degrading to be brainwashed into believing this is how a woman is suppose to be. A light has gone off for me.” Maggie

“I am blown away by the interview with Maryjane Kapteyn! It hit so many things that were problems for me especially with my ex husband. It’s so beautiful to hear about ways to grow and heal from the past heartache. I wasn’t sure I’d be able to do this series because I was afraid I’d still be too skeptical but it is proving to be more healing and helpful than I ever expected! I won’t ever be ready for my divine Soul mate if I don’t work on myself first and heal and grow. Thank you! This series is resonating for me more than I ever expected!” Jackie (via Heart Magnets Attract With Bex Burton)