

A photograph of Natalie Glebova, Miss Universe, smiling and holding a bouquet of flowers. She is wearing a white dress and a tiara. Her right arm is raised. The background is dark blue with some yellow lights.

# *THE* **WINNING FORMULA**

**NATALIE GLEBOVA**

AUTHOR, WINNING ENERGY COACH, MISS UNIVERSE

# Hello Winner!

Congratulations on taking a big step towards your next best self with this book!

I'm very happy to share with you everything I've learned on my path to Miss Universe and to offer encouragement (and hopefully inspiration) for your own journey to the crown!

Before I reveal my 3 secrets to winning, I would like to start with a personal story about my pageant experience, which I still regard as one of the most memorable and exciting times of my life.

When I set out to join the contest for the first time, I sat down with my journal and wrote some of my accomplishments until that date. It went like this:

- *Finishing my 3rd year of university*
- *Winning a medal in gymnastics in middle school*
- *Graduating from piano academy*
- *Living on my own and being independent*
- *Having confidence, drive and passion*
- *Being a positive person*

On another page I wrote some objectives that I had in my life.

- *Win Miss Universe*
- *Win Miss Universe Canada*
- *Get a spot for the national pageant in the regionals*
- *Graduate with a Bachelor's Degree*
- *Start a business & be my own boss at work*
- *Write a book*
- *Travel to 50+ countries*
- *Become an impactful public speaker*



This exercise has done 2 things for me...

Firstly, the accomplishment list reminded me of all the fantastic qualities I already had and what I was proud of in myself. It boosted my confidence to realize that I had already achieved a lot in my young life.

Secondly, the goals were put into a tangible form (not just kept in my mind) to help me become aware of what I wanted, to keep me accountable, and to set specific intentions.

Next, I wrote out a detailed, step-by-step plan of how I was going to achieve my next objective - getting one of the spots at the national Miss Universe Canada competition. It was an extremely detailed "to do list," where I focused on all areas of the contest: Fitness, Nutrition, Runway walk, Wardrobe, Makeup & Hair, Charity platform and Interview.

As I was preparing for the pageant, I would look over my list daily and check off the items as I completed them, or added more items to it. I was "living and breathing" my preparation: watching and re-watching previous Miss Universe shows, and learning everything I could about this industry.

I didn't realize it at the time, but I was using what's been called the Law of Attraction to manifest my dream into reality by immersing myself into pageant preparation in this way. I was not only constantly thinking about it, but I was also taking precise daily actions that brought me closer to the ideal version of myself - one that I fully believed was capable and deserving to achieve what she wanted.



**Success (and successful people) don't happen by accident.**

Any business, project or product always starts out as just an idea (or concept) in the mind of the person. It is then carefully thought through, put on paper, and executed purposefully. The same is true for any goals you set up in your mind. If you want to accomplish it, start by writing it out in detail and creating a plan of how you will get it completed.

You can try it right now - get a blank paper or open your journal and write down one intention based on your biggest priority in life at the moment. Under that, write down at least 3 clear and specific steps you can take today that will move you in the direction of that intention.

*“But what if I fail?”* you may be thinking...

Indeed, failure is an inevitable part of success, and it happens to anyone who dares to venture out of her comfort zone into the unknown. And it happened to me.

Even though I didn't win the crown on my first try, it didn't stop me from using the same approach again the following year. Writing my goals, accomplishments and a step-by-step plan for winning was the secret weapon for gaining more confidence, self-awareness and resilience that I needed to beat out 50 other contestants in Miss Universe Canada 2005.

In January 2005 at Casino de Montreal, Quebec, my name was called as the winner of Miss Universe Canada, which awarded me a once-in-a-lifetime chance to compete for the international title.

One more item was checked off my list!

At that moment I knew that the reason I won had very little to do with luck. It was a classic case of “preparation meeting an opportunity.”

I felt encouraged to apply the same system to getting ready for Miss Universe, and to my pleasant surprise it produced the same winning result!

Becoming Miss Universe has transformed my life beyond my imagination and has taken me on the most scenic route to my life's true purpose, which is something I am grateful for every day.

A year after winning Miss Universe, I went back to my old apartment in Toronto and found the journal where I wrote those goals and accomplishments at the beginning of my transformation journey. I noticed an unchecked item - “Win Miss Universe” at the top of the list, and in an instant of astonishment of realizing the magnitude of my accomplishment, I put a checkmark next to these words with gratitude and a sense of personal fulfillment. I felt like I made my dream come true!

To this day, I've put checkmarks next to all of those aspirations from my list. And I keep adding new ones every year as I get most of them completed.



Since the method described above has worked so well for me, I decided to share it with others who are on a similar path in this industry. That's why I wrote this book and created an online Masterclass called **WIN THE CROWN - Holistic & Integrative Pageant Training**.

My vision is for every young lady, who ambitiously aims to become the next best version of herself to have a clear roadmap and a system that will make her more likely to succeed. Today I speak and write books about having a winning mindset. Each of us has an incredibly powerful mind, which can be our greatest tool but also our biggest obstacle.

Having the right attitude about how you choose to perceive yourself and your life, and the ability to reframe each thought to make it work in your favor, can make you a creator of your destiny and a designer of your dream life.

Get a journal, if you don't already have one. Write down your intentions, dreams and achievements. Make a detailed action plan for your most immediate goals. Take purposeful steps daily to inch your way closer to becoming the woman you are proud to be - one who deserves that crown!

I believe that if you take action on your vision with care and patience, what can seem as impossible could eventually become reality.

And my hope is that you apply the winning methods in this book not only to your pageant experience, but to every aspect of your life.

Winning vibes your way,

*Natalie  
Glebova*

# We Will Start At the End

It's 10AM, the morning of May 31st 2005 in Bangkok, Thailand.

It all feels like a dream as my name is being called the winner of the 55th annual Miss Universe pageant.

“And the new Miss Universe is..... CANADA!” exclaims the co-host of the live telecast, Billy Bush.

The crown, the flowers, the blinding flashes of cameras and stage lights – everything seems like one big blur. But the feeling of accomplishment of my goal is starting to sink in as the waves of joy and exhilaration hit my conscious awareness!

Countless hours of practice, visualization, and discipline are behind this moment of victory that awarded me the prestigious title of beauty, elegance and female empowerment on a global scale.

## ***Did this victory happen by accident or pure luck?***

I wasn't born a beauty queen, nor did I ever think I was going to win the world's most prestigious beauty contest. In fact, at one point in my life I was a girl with severe self-esteem issues and shyness so deeply rooted that it soured my highschool experience.



*Natalie as a teenager in London, Ontario, Canada - 1998*

As an immigrant from the former Soviet Union (currently Russia) in my formative years, never did I dare to dream that one day I would be proudly representing Canada on the international stage amongst the world's most beautiful and accomplished women.

Read more about how I overcame self-esteem issues and rewired subconscious beliefs about myself in my book ***I AM WINNING*** - available on Amazon.

# First Shot at The Crown

My first thought of participating in pageants came after a friend sent me a link to the Miss Universe website in 2002. I looked through the list of contestants and immediately zeroed in on Oxana Fedorova, Miss Russia as my favorite.

Besides the glamor and notability of this international event, what excited me most about it was the vision that one day I would tell my grandchildren that their grandmother was one of the contestants in the Miss Universe pageant.

I wanted to leave a legacy, to make history, and to be able to tell them that an immigrant from Russia became Miss Canada. I imagined telling my grandchildren stories of how I walked across the stage, proudly wearing the "Canada" sash as the world looked on. I filled out an online application on the website and sent it in. Then I waited to see what would happen.

Months later, I received an invitation to attend a personal interview at the Miss Universe Canada headquarters in Toronto. After passing the first interview, I was accepted as one of the contestants to compete at the regional level - for the province of Ontario. 12 contestants were chosen from that pageant to compete for the national pageant to be held the following year. I achieved my first goal!



*Natalie Glebova in Miss Universe Canada 2004 evening gown and swimsuit competitions*

I was ecstatic that I was going to get a chance to compete for Miss Universe Canada, and started intense preparations for the contest by focusing on exercise, eating well, practicing my runway-walking skills and participating in community programs as a speaker at local high schools. I also spent a lot of time watching previous Miss Universe pageants to learn everything possible about the winners and the show itself.

When the time came to compete at the national pageant, I felt ready yet extremely nervous. This was my chance that I couldn't miss - winning the title of Miss Universe Canada and going to Quito, Ecuador for Miss Universe 2004.

But this was not my time and not my moment.

As the show went on and I progressed to the top 5, the pressure got to me. I kept getting more and more nervous and didn't own my authentic presence. I tried to copy the pageant winners I had seen on TV - the ones who inspired me to compete in the first place.

After giving a mediocre answer to my final question, I placed as a 3rd runner-up in the Miss Universe Canada 2004 pageant. In hindsight I realized that, **when you are not your authentic self but a copy of someone else, the outcome is always unfavorable.**

I had invested all of my expectations and energy into achieving my goal, but fell short of achieving it. The title went to a Canadian-born contestant, Vanessa Fisher, who slayed the competition with her natural look and graceful moves.



*Top 5 including the winner of Miss Universe Canada 2004 - Vanessa Fisher*

Being an immigrant had always been a sore point for me, and it didn't help that several friends had told me that an immigrant would never have a chance to become Miss Canada. I let that limiting belief sink in for some time, but not for long. There was a part of me that knew - "**nothing is impossible!**" And the visions of me as an old lady showing my grandkids photos of an 'immigrant' wearing a 'Miss Canada' sash kept playing like a constant film strip in my mind.

Even before I knew of visualization as a tool for goal-setting, I was designing my "big picture" vision and letting my heart guide me.

From that first national pageant experience, the biggest lesson I had learned was that I needed to show up as my authentic self - to choose the styling based on what looks best on me, and to design my whole presentation based on my unique strengths.

I also realized that in pageants, we must always keep our expectations low, because no matter how prepared or experienced one may be, the results can be unpredictable. You need to dream big and allow the potential of your high placement (or win) to be on your radar, but if you expect a certain result, you are not giving out the right vibrations.

More on that later.

“

***Keep the bar of your  
potential high. Keep your  
expectations low.***

# *Sometimes in Order to Win, We Must Lose*

It took a few weeks to stop feeling deeply disheartened by my failure to achieve my goal. I went on with my university studies, and graduated with a Bachelor of Commerce degree, then got my first full-time job as an executive office manager.

I didn't enjoy my work and found it very uninspiring, knowing that I was meant for bigger and more inspiring things. My heart was just not in it. Three months after starting the job, I got fired for "lack of enthusiasm" for my responsibilities - no big surprise as I couldn't get excited about answering phones and opening my boss's mail.

I was crushed at first but quickly reframed it as a "blessing in disguise" and let it motivate me to take another chance at the Miss Canada title. I took this as an opportunity to focus all of my time and energy on pageant preparation.

My fitness coach, who was training me at the time, encouraged me to reach my goals by teaching me the importance of writing out everything that I wanted to achieve on paper. On the first page of my "winning journal," I wrote out the steps to get to the top.

## **1. Pass the regional level (I had checked that off already)**

## **2. Win Miss Universe Canada**

## **3. Win Miss Universe**

On the next page, I transcribed a detailed action plan that would become the blueprint of my success. I obsessively labored on my vision for how I will take on this task and checked in on the progress I was making daily. Check mark after check mark, I was moving in the right direction.



*Natalie's pageant evolution journey (2003-2005)*

# Winning Is About Progress, Not Perfection

My first move was to get myself in top form for the competition. I felt out of shape after working long office hours with little time and motivation to exercise and keep a balanced diet.

I started by keeping track of exactly what needed improvement, and worked out an action plan for each area of focus.

I meticulously researched ways to master each area, and scheduled “to do” tasks in my calendar over the next three months.

Every day began with exercise, even if it was just for 20 minutes, at my condo gym.

I made sure to eat only healthy foods and refrained from sweets and junk food.

I obsessively watched past Miss Universe competitions to learn from the finalists and winners.

I researched possible final questions, while practicing my answers in front of the mirror. My runway walking skills were perfected with hours of strutting around in high heels in my bedroom and sometimes on the treadmill at the gym.

Everything was in order until the last detail. I didn't want to leave anything to chance because I was ready to keep the promise I had made myself. All in - no going back now!

At the end of each day, for three months, I would sit down with my “winning journal” (as I liked to call it) to look over my master action plan, making adjustments and placing check marks beside each task that was completed.

Visualizing myself being at the top of my game, feeling unstoppable and being deserving to win was the constant picture on my mind.

In January 2005, I joined 55 other contestants in Montreal, Quebec to compete for the national title.

This time around, I felt much more like myself – not copying anyone and feeling secure in the knowledge that I was at my personal best, while enjoying the experience completely. I wanted to win, but this time I was not obsessing over the prize and instead truly relished the journey.

On the final night of the competition, I passed each level - top 15, top 10, top 5, with confidence and determination.

As the runners-up were being called, my heart was leaping out of my chest. I didn't know whether or not the crown would be mine, but the fact that I had done everything possible to prepare and be at my best was a WIN in itself!

### **I felt like a winner already!**

As the Master of Ceremonies announced the winner, I don't recall any particular thoughts that ran through me – it felt like a dream.

I remember hearing my name called as Miss Universe Canada 2005 and feeling incredibly elated for the opportunity to compete at Miss Universe 2005 in Thailand in a few months.



*Natalie Glebova on stage at Casino de Montreal after being announced Miss Universe Canada 2005.*

In the winner's suite after the show, I kept asking my parents with disbelief, "Am I going to Thailand, for real?" and cried with happiness!

I was proud of having been chosen to represent Canada on an international level and making history as the first immigrant to win this title!

I was giddy with joy and astonishment, all at the same time. Once again, visions of grandchildren sitting on my lap, as I reminisced about how their grandmother won Miss Canada, danced around in my head.

I made it!

And I have inspired many to follow in my footsteps, opening the door to women born in other countries to join and win this title. A big number of my successors in the Miss Universe Canada pageant are immigrants too.

“

***Everything is possible, and all possibilities lie dormant as electro-magnetic frequencies of potential in the quantum realm - you just need to bring them into reality with your own vibration.***

# Taking on The Universe

I committed to preparing for Miss Universe with renewed passion and strength, and used my winning journal once again to set a new batch of goals for the biggest chance of a lifetime. I continued using the same methods that worked so well for me in the national pageant, listening to my intuition, setting solid habits, and taking action on each task.

By the time I was set to take off for Thailand, I felt and looked like a million bucks!

## **I was ready physically, mentally and energetically!**

The whole experience of being a contestant at Miss Universe was already a WIN in itself for me. I woke up each morning with gratitude in my heart and mind. It wasn't without any challenges, but I glided over those just by reminding myself of what I had wanted for 2 years.

During the preparation and the 3.5-week pageant, I envisioned myself being on the big stage, walking with confidence, and being called in the top 15, top 10, and top 5.

My goal to be one of the top finalists at Miss Universe was so clear, that I naturally imagined hearing "Canada" being called to come up front to take one of the semi-finalist spots during the live telecast.



*Natalie Glebova during the evening gown and swimsuit competition at Miss Universe 2005 in Bangkok, Thailand.*

I even imagined and practiced my reaction to getting announced. Hands up in “victory pose” for top 15; Hugging myself for top 10; Pumping my fist for top 5 - I had it down to detail and acted it out!

And guess what? On that day at Impact Arena in Bangkok, it all happened just like I visualized it!

Advancing through each level with pure joy and gratitude, I felt on fire the whole time I was on stage. Months of preparation and years of dreaming were behind me.

Now, only the present moment mattered.

And the only question was, ***“How am I going to show up in each moment?”***

Using special breathing techniques I had learned in yoga, I focused on inhale/exhale to make me centered. I paid attention to the pain in my feet after hours of standing on stage in heels to make me grounded. These are just some of the techniques I used to stay present and not let my racing mind get the best of me.

When it came time to answer that nerve-racking final question, I felt peace in my heart and silence in my mind - the ideal setting for high-stakes moments. I listened to the question from co-host Nancy O’Dell and, as if by magic, the words flowed out of my mouth.

It was not an answer from my thoughts or my mind - it was an answer directly from my heart.

**Thanks to my ability to stay grounded and present in the moment, I opened up a channel for the authentic voice of my heart to be heard.**

Nailed it! The audience went wild with cheering and applause.

Could it be that I am the favorite to win?

Did I just win this whole thing?

Oh, Miss Puerto Rico is so gorgeous!

The mind, as it so often does, started going into overdrive considering all the possible outcomes. But I stayed vigilant on keeping centered. I focused the attention back on the present moment and tuned into the gratitude channel with my emotions.

What more could I possibly ask for? I did everything I could - and that was enough!

As the runners-up were being called, I had no fear, no regrets and no anxiety, but rather a feeling of enchantment and gratitude for making it so far.

I was one of the top 5 in Miss Universe!



*Top 5 of Miss Universe 2005: Laura Elizondo (Mexico), Cynthia Olavarria (Puerto Rico), Renata Soñe (Dominican Republic), Natalie Glebova (Canada), Monica Spear (Venezuela)*

Whatever the outcome, this placement was enough for me and felt like a huge achievement already.

As the two finalists were left standing – myself and Miss Puerto Rico, holding hands and waiting for the announcement of the winner, I gave in to what the Universe had planned for me.

I let go, and surrendered to destiny.

I didn't expect to hear my name as the winner, but when I did, the whole world just shifted inside of me.

I blanked out for a few seconds, and then the realization and the euphoria of the moment took me on a crazy ride like the tallest roller coaster drop!

Knowing that my parents were in the audience, watching me win, felt magical. As they came up on stage to congratulate me, we shared an unforgettably special moment that will forever be marked in our hearts.



*Natalie Glebova with her parents at Impact Arena in Bangkok after being crowned Miss Universe 2005*

History for my country and my family had undoubtedly been made as we proudly waved the Canadian flag with the swarm of camera flashes around us.

Facing setbacks and failures, overcoming my own limiting beliefs and negative beliefs of others, took me to this victory and it felt so good.

Not only was I the first immigrant Miss Canada winner, but I became the first immigrant ever to win Miss Universe.

***From that day I learned that when people say to me, "you can't", I have to reply, "watch me!"***

# The Winning Formula

As you can see, my journey to the crown wasn't problem-free and easy – it was the result of meticulous planning and purposeful execution to be the last one standing.

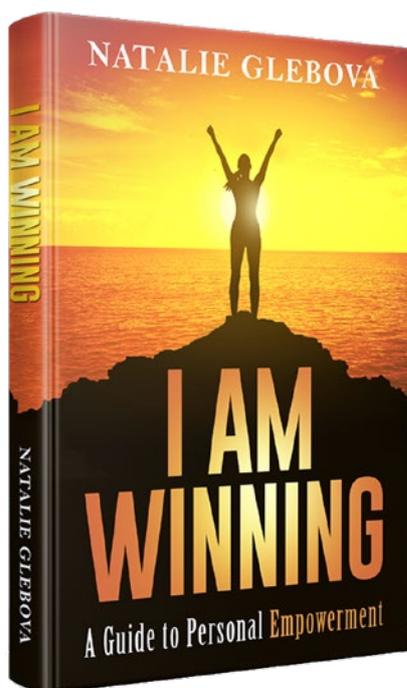
I have used this “winning formula” several times over the course of my life with similar outstanding results: from reaching my business goals and attracting the love of my life, to learning how to DJ, mastering the Thai language, and achieving my fitness goals.

I even wrote a book about how I used this winning formula to create a winning life.

In this book, I reveal the **7 qualities** that all winners must possess, plus **8 actions steps** to take in order to acquire and practice these qualities.

Grab your copy on [Amazon.com](https://www.amazon.com) or get your autographed copy [here](#).

**I AM WINNING – A Guide to Personal Empowerment.**



## I AM WINNING

A Guide to Personal Empowerment

Discover the 7 Qualities you need to practice in order to win in every aspect of your life, from love to your career and everything in between.

[ORDER NOW](#)

Now, about those 3 little secrets I mentioned earlier.

They are quite simple, but many of the young women I train are not aware of them when they first start their pageant experience.

Here are the 3 secrets that will make you a top contender to take that crown:

## **Secret 1: Take PREPARATION to the next level**

From my experience competing in and observing pageants since 2002, I noticed that it's not always the most beautiful contestant that gets the crown, but almost always the most prepared contestant.

When you are on the stage during the final round, you should not be regretting or wishing that you would've taken more effort to improve yourself in any aspect of the competition. You must be 100% certain that you've done everything possible to have the best chance at winning or placing as a finalist. That is the winner's mentality!

When you look over your pageant preparation checklist, similar to the one I made when I was competing, ask yourself this question daily:

***“Have I done something today to bring myself closer to my goal?”***

Don't leave any stone unturned, don't leave anything to chance, and work for what you want with passion and dedication.

Ultimately, you get whatever you decide to put into your pageant preparation.

As I always say,

***“Obsess = Success”***

With my **4-STEP SYSTEM TO BE THE LAST ONE STANDING** in **WIN THE CROWN Masterclass or Personal Coaching**, I will show you how to create a **Winning Action Plan**, just like I did, so you have a very clear roadmap towards your victory.

## Secret 2: Tune into the GRATITUDE channel

Far too often, I see women who take their opportunity to compete for granted and complain about everything that they have to do, before and during the pageant.

***Gratitude is one of the most powerful feelings because its vibrational frequency is very high.***

Why wouldn't you want to be vibrating at the highest possible level before and during this experience?

You can tune into this positive frequency of gratitude from the moment you wake up in the morning – with your first thoughts being that of appreciation and praise.

And after a fruitful and productive day you can review as you get ready for bed, and once again tune into gratitude by recounting your daily wins and special moments.

Be grateful on every level: for yourself, for the other people who are helping you on your journey, and for events and opportunities that turn up.

When you express those grateful emotions, the whole Universe conspires to bring you more goodness and more wonderful things into your life.

“

***Change your internal  
world and the external  
will follow***

When you sign up to **WIN THE CROWN Masterclass or Personal Coaching**, I will help you tune into your **Winning Energy** by raising your vibration, with emotions and thoughts so powerful that you will effortlessly channel your way to the top of your pageant.

### **Secret 3: TRUST in your Divine Power**

Whatever is your goal in this pageant, you must have an unshakable and undeniable belief that you are good enough to make that happen – whether it's to win, be the top 3, top 5, top 10 or to make it to the semi-finals.

We are very much responsible for what we believe and what we don't, and those thoughts are so powerful that we can shape our reality with them.

Many contestants will tell you that they've tried visualizing their win. But why is it that so few have actually made it happen?

Why did visualizing and thinking about my placement work for me and other contestants who won their titles?

And why didn't it work for others? I hear people's doubts, "this Law of Attraction stuff just doesn't work!"

Well, that's because they have the wrong idea about what the Law of Attraction is.

“

***The Universe doesn't give you  
what you think about most...  
It reflects back to you what  
you already believe!***

It actually works like a mirror – you get a reflection of what you believe to be true about yourself and your life. So if you don't already have a solid view of yourself as a winner or someone who deserves to be up there as a top contender, don't expect it to happen on the night of the finals.

Check in with yourself to see if you have any limiting beliefs or doubts about your ability to place at the level you want. If there are any negative emotions and reservations about your chances, that means you don't fully trust it's going to happen.

How do you manage those negative thoughts that inevitably happen to all of us?

How do you free yourself from the limitations of your own mind?

Let me show you how to do the internal work to **build your confidence**, and learn how to **reframe any debilitating beliefs that don't serve you into empowering ones that do**, in **WIN THE CROWN Masterclass or Personal Coaching**.

DO YOU KNOW YOUR ARCHETYPE

# TUNE INTO YOUR ELEMENT

ARE YOUR FIRE, AIR, WATER OR EARTH?

TAKE THE QUIZ

Have you unlocked these three secrets in yourself?

Do you feel that you've trained and prepared in the best possible way to be one of the top 5 in the next pageant you are going to compete in?

Does your attitude and mindset reflect that of the woman who is going to be crowned?  
Do you believe, with every fiber of your being, that you have what it takes to be one of the last 2 girls standing on that stage, holding hands, waiting to hear your name being called as a winner?

Here's the biggest secret of all, one that no one ever told you -

“

***YOU ARE POWERFUL beyond  
belief - and YOU CAN CREATE  
like a divine being that you are!***

Let me uncover a world of infinite potential that is waiting for you to tap into.

# Final Words

Thank you for taking the time to read this manual. My hope is that the tips you discovered here will be helpful not only on your journey to the crown, but in all aspects of your life!

I am so excited to see where this path is going to take you! And I truly believe that those who put in the time and energy, and those who invest in themselves, are the ones that end up being winners in life.

Enjoy this special time of your pageant experience and play full out!

Have all the faith that you have made the right decision to compete. You have nothing to lose simply by believing you are exactly where you are meant to be.

Leave no room for regrets and immerse yourself in this process completely.

Years from now, when you have further evolved and become the next best version of yourself, you will have this experience to be thankful for.

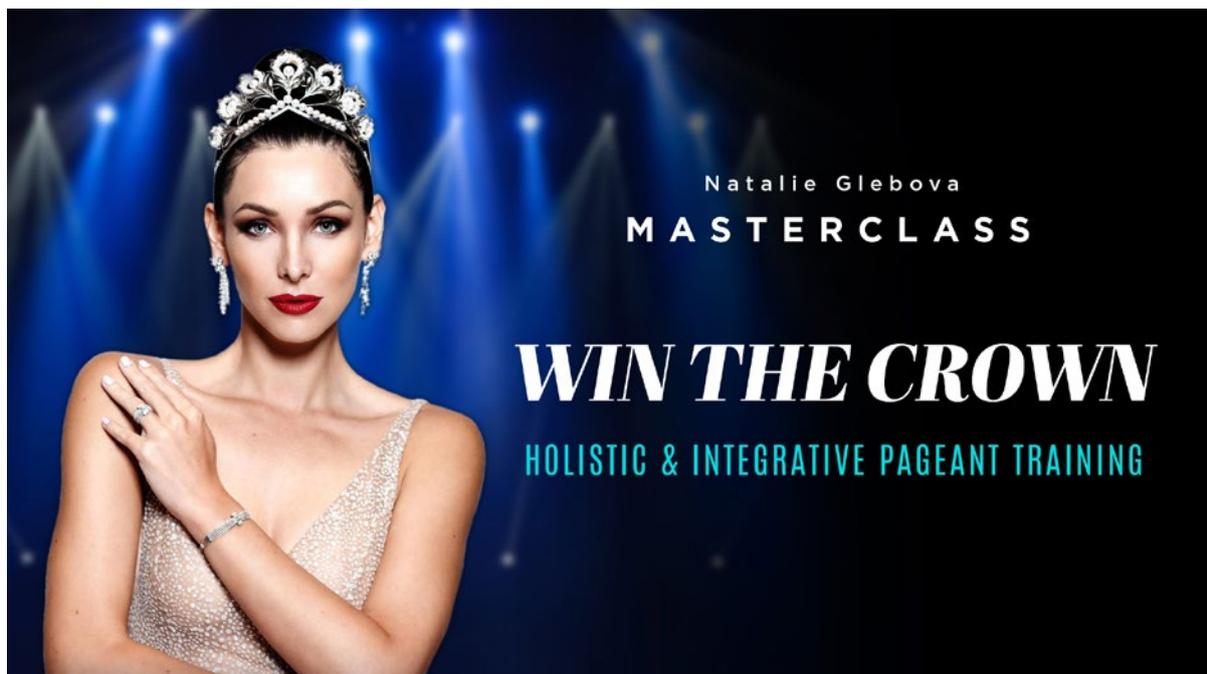
So, keep on looking forward, and only look back to see how far you've come.

Oh, and keep on winning!

Natalie  
Glebova

If you found **The Winning Formula** helpful, please remember that Natalie is always available to take your training to the next level with her **WIN THE CROWN** series of holistic and integrative pageant coaching.

Please visit **NatalieGlebova.com** for more details on each of the training options.



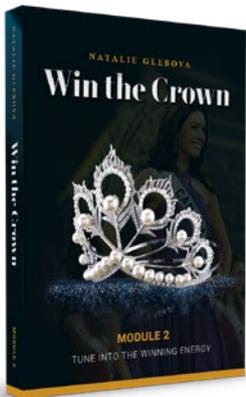
Here's what you will learn in each of the modules of **WIN THE CROWN - Holistic & Integrative Pageant Coaching** with Natalie Glebova



### **MODULE 1 - BUILD A WINNING MINDSET**

- Develop your true authentic confidence
- Become resilient to negativity, comparison & criticism
- Create your Winning Action Plan & Your Ideal Self
- Manifest the result you want using Universal Energy Laws

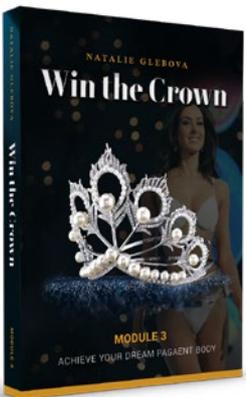
**Bonus: 5 Steps To Win Your Day eBook**



## MODULE 2 - TUNE INTO THE WINNING ENERGY

- Mindfulness tools for managing your nerves before and during competition
- Introduction to chakras for your energetic preparation
- 7 ways to elevate your vibrational frequency
- Body and breath awareness practice for finding your authentic voice & presence
- Natalie's "Quantum Realm" visualization method for flawless performance

**Bonus: A Workbook For Self-Love Audio Book**



## MODULE 3 - ACHIEVE YOUR DREAM PAGEANT BODY

- Find out your *eating type* to improve your relationship with food
- Natalie's tips and methods to achieve total body confidence
- Discovering a healthy eating plan that fits YOU
- Guided exercise video to tone up for swimsuit

**Bonus: Healthy Happy Beautiful eBook**



## MODULE 4 - NAIL YOUR INTERVIEW & FINAL ANSWER

- How to make the judges fall in love with you
- Presence meditation for answering questions from the heart
- Natalie's *Winning Final Answer* formula
- Checklist for giving a winning interview

**Bonus: Nail Your Interview Audio Book + over 50 interview questions & current issues to practice**



## MODULE 5 - CREATE YOUR WINNING PERSONAL BRAND

- 4 guidelines for creating a winning online presence
- How to narrow down your core message for social media & brand identity
- 5 effective ways to connect to your audience and build authority
- Making Instagram your best self-promotion tool

**Bonus: Natalie's Guide To Building A Winning Social Media Brand eBook + over 100 creative post ideas**

# What My Clients Say

*"It's so special to have **Natalie as a mentor** and to be able to interact with her so intimately in our personal training sessions. Thanks to her **Winning Energy and mindfulness techniques for nailing the interview**, I was very calm and present during the Miss Universe 2020 pageant which took me **all the way to TOP 10 at Miss Universe!**"*

~ Maria Thattil - Miss Universe Australia 2020



*"The coaching sessions with **Natalie and her WIN THE CROWN Masterclass** were **key** on my journey to Miss Universe. Her **technique of quantum realm visualization** helped me to **achieve inner peace and energy** to focus my mind in order to give my best. She is the pageant Godmother that every beauty queen deserves to have on her journey."*

~ Oricia Dominguez, Miss Universe Portugal 2021

*"Coaching with Natalie has been **a huge turning point in my personal development journey**. We focused a lot on **building my confidence, building the winning mindset, and becoming a stronger speaker**. Natalie went above and beyond in helping to make my dream a reality and I would **highly recommend her coaching programs** to anyone who wants to become a winner in their field, be that pageantry or not."*

~ Svetlana Mamaeva, Miss World Canada 2020



# What My Clients Say

*"It is SO worth it! This was one of the **best investments for my self-development**. Natalie's way of teaching elevates not only your mind but your life as a whole. Most pageant girls dread the final question; **Natalie's precise and easy-to-remember Winning Answer Formula** made me look forward to the final round. It helped me **ace my interview** and **deliver an answer that got me the crown!**"*

~ Nova Stevens, Miss Universe Canada 2020



*"Natalie's personal coaching helped me to focus on what's important in preparing for a pageant of global magnitude, especially in the **energetic element**. I also enjoyed taking Natalie's **WIN THE CROWN Masterclass**, which I **highly recommend to every aspiring beauty queen** and contestant."*

~ Sarah Loinaz, Miss Universe Spain 2021

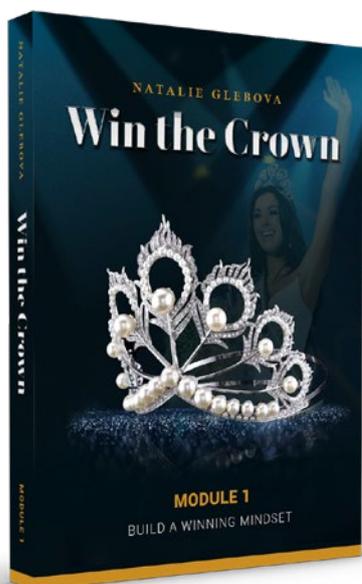
*"Thanks to **Natalie's formula for giving a winning final answer I won my national title** and will now represent Canada at Miss Universe! I also used her **breathing techniques** in every part of the competition, which **calmed my nerves and kept me centered** in the present moment all the way to the crown!"*

~ Amelia Tu, Miss Universe Canada 2022





## *Books by Natalie Glebova*

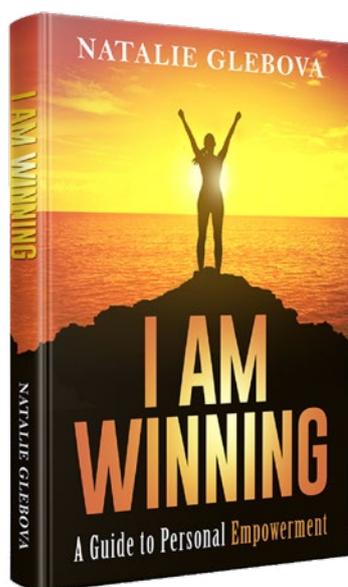


# WIN THE CROWN

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# I AM WINNING

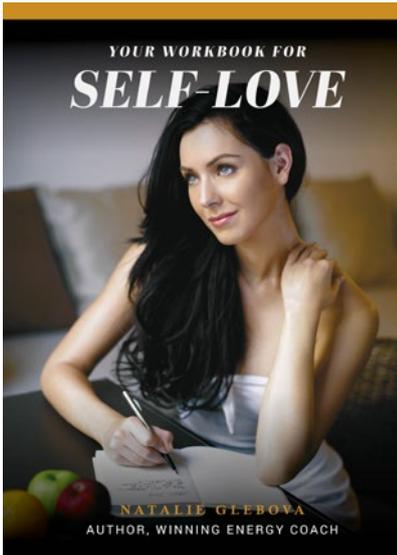
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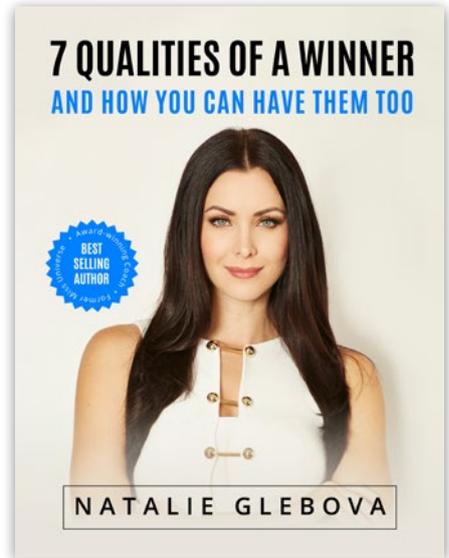
## Also by Natalie Glebova



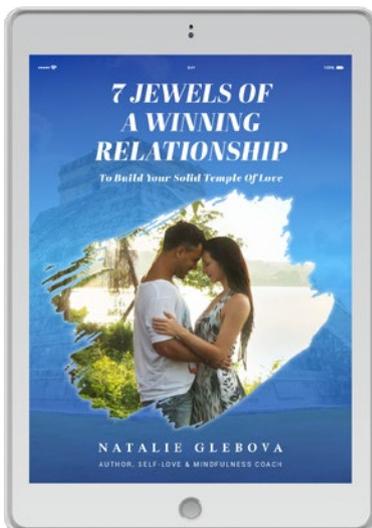
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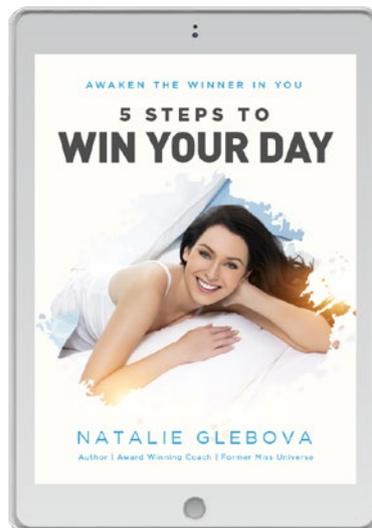
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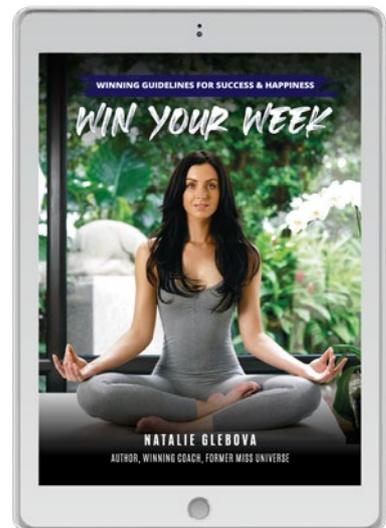
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