

SHOOTING SCRIPT

SCRIPT TITLE: INTRODUCING BOLD ARRIVAL

Page 1

Shooting Script

Script Title: Introducing Bold Arrival

	TITLE:	Introducing Bold Arrival
	WRITTEN BY:	Kirsten Nygren-Formea
	TOTAL RUN TIME:	2:08 (two minutes eight seconds)
SHOT	AUDIO	VIDEO
001	NAT SOT MUSIC UNDER:	FADE UP: Heather sitting in a chair set in her favorite location
002	Heather: Bold Arrival at its heart (core) is about delivering support systems for hard-working people. It's a platform for staying in the heart of yourself and your work - a touchstone if you will to staying on track and in alignment with who you truly are. Bold Arrival is a lifestyle; a format you use daily as you work to become a better human. It is a path toward living a life of resiliency, stability, and true balance.	VO: WHAT IS BOLD ARRIVAL? MS: Heather in her chair LOWER THIRD: "Heather Robertson Creator of Bold Arrival"
003	Heather: Bold Arrival helps you take big concepts, all those concepts that can feel overwhelming, and break them down into manageable pieces. These smaller pieces make it easier to take the actions needed in order to move toward a life of true balance.	
004	Heather: Bold Arrival does this through yoga, mediation, and self-inquiry work in 5 pillars: relaxation, alignment, connection, gratitude, and experience. When built and fortified, these 5 pillars create a life of balance.	

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Page 2

005	Heather: Bold Arrival helps guide you through each of these pillars with the help of a map. The Bold Arrival map was created from a sense of adventure and a desire to bring a little lightheartedness to serious topics. The map helps you track where you are going, where you've been, and helps guide you as you work toward becoming your greatest resource.	BROLL: Portions of the Bold Arrival Map
006	Heather: Bold Arrival also offers online courses and e-books designed to help you find your path, keep on track, and stay in alignment with your true self. In addition to these daily and monthly offerings, Bold Arrival hosts exotic retreats once a year. These exotic retreats are breathers that allow you to press pause and take a breath.	BROLL: E-Book covers BROLL: Footage of retreat
007	MUSIC UNDER: (momentum building music)	Graphic: Who is Bold Arrival for?
008	Heather: Bold Arrival is for those willing to go on an adventure. It is for the person who knows personal growth is as important as professional growth and is willing to press pause to self-reflect and return to the heart of their work. It is for the one who wants to be fearless but knows they are not yet there. It is for those looking to move from warrior mode into wisdom mode without losing the warrior. Bold Arrival is for those seeking a way to leverage all their hard work into becoming a better human.	
009	Heather: If the person I just described sounds like you, or if it sounds like who you want to be, then I welcome you to start on your own Bold Arrival journey.	
010	HEATHER VO: It will be a journey filled with moments that will move you, jolt you, and with dedication, help you reach your own Bold Arrival into the incredible human you are at your core.	MS: Heather climbing to the top of a hill

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Page 3

011	MUSIC FULL:	WS: View from the top of the hill END GRAPHIC: "ARE YOU READY?"
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