

Module Outline

self-love is activated when we accept ourselves fully

Module 1) Discovering ruins: What do I see?

Uncover your deepest fears around who you see when looking in the mirror. Discover the remnants of your previous foundation that your self-esteem paradigm was built from.

- Learn how your insecurities speak to you.
- Learn the fundamentals of self-esteem and how trauma causes it's destruction.

Module 2) Architecture: What are you creating?

Understand what you are using to hinder your self-love foundation and how to stop sabotaging it.

- Understand what you are currently creating.
- Learn how to activate self-love.

Module 3) Building a new foundation: Finding safety in expression

Express the emotion, Accept that you feel it, Acknowledge why it's there, Release.

- Learn how to express yourself without fear, judgement or shame.

Module 4) Self-love maintenance

Dive deep into understanding how to speak into insecurities as they reveal themselves.

- Discover how to find stability outside your 'safe space'.
- How to combat emotional overload.

Outcome

At the completion of this program

- *You will learn how your insecurities speak to you.*
- *You will learn the fundamentals of self-esteem and how trauma causes it's destruction.*
- *You will understand what you have created and how to change it.*
- *You will learn how to activate the self-love foundation.*
- *You will have a simple, yet powerful healing tool to help with releasing and letting go of pain.*
- *You will be able to communicate how you are feeling and why.*

Is this for you?

This program is NOT for you if...

- *You want a 'quick fix' without putting in the work.*
- *You are looking to get information without implementing it in your life.*
- *You are not 100% committed to becoming the best version of yourself.*
- *You are unwilling to take 100% of your power back.*
- *You are not willing to embrace and accept yourself.*
- *If you are easily offended by directness and truth.*

Prospectus

What's included?

Private Coaching Package:

- 6 x 60min zoom calls.
- Zoom recordings.
- Life-time access to the private facebook community with peer-to-peer support.
- personal support (up to 2 times weekly)
- Intuitive guidance.
- Healings/Clearings.
- Empowerment Photoshoot
- Early bird rate for workshops

Investment

Pay in full: \$1500

6 mth Payment plan: \$250 per mth

Group Coaching Package:

- 6 x 60 mins group zoom calls
- Zoom recordings.
- Access to private facebook community with peer-to-peer support.
- personal support (1 day per week)
- Group Healing/Clearing

Investment

Pay in full: \$1000

6 mth Payment plan: \$170 per mth