



Women's Group Coaching
PRE-PROGRAM WORKBOOK

“Healing is a process of coming home to ourselves and relearning to feel safe in our bodies. Be kind to yourself along the way. Give yourself the abundance of love that your past self so desperately needed. Remember that you deserve to be seen and heard. Your story matters, and it has shaped your experiences. But you are not your story. You are so much more than that.”

Rising Woman



WELCOME, BEAUTIFUL WOMAN!

I am so thrilled to have you in this powerful Women's Group Coaching program.

I want to honour and acknowledge you for bravely and courageously following your heart and intuition to step onto this journey.

The powerful feminine energy within you has called you here. She has called you to invest in yourself, and invest in her. She has guided you here so that you can receive the tools and support you need to nurture yourself through the journey of growth and healing.

You are here because there are parts of you - parts of your true essence - that are crying out for more love, support, attention and care.

The truth is that you are a divine, powerful, whole, complete, radiant, magnificent, beautiful, one-of-a-kind woman who deserves to be honoured, ravished, cherished and deeply loved.

Together, over the next 3 months we will unpack any old stories which try to convince you that you are not deserving of all that you truly desire. We will work to open your heart, reconnect you with love, and support your feminine energy to rise and guide your life.

As you peel back layers of old programming, you will find that your true essence naturally begins to emerge. This program will help guide you back into connection with yourself and with the love, wisdom and power that exists within you.

So, if you are ready to begin, turn over the page to start working through your Pre-Program Workbook.

We are in for a powerful journey, and I can't wait to see what unfolds.


Connie x





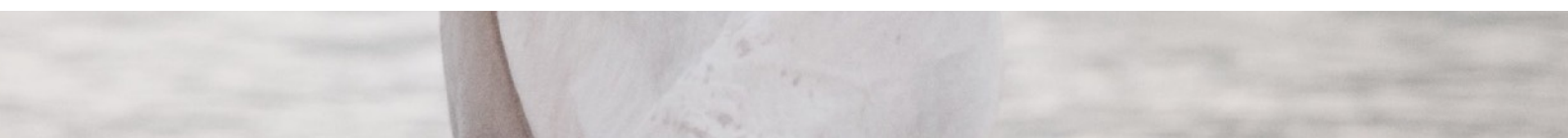
WHAT HAS DRAWN YOU TO THIS JOURNEY AND WHAT IS YOUR MAIN INTENTION FOR BEING HERE?


WHAT WOULD YOU MOST LOVE TO GAIN FROM THIS EXPERIENCE?



WHICH FEMININE PRINCIPLES DO YOU MOST WANT TO WORK ON THROUGH THIS PROGRAM? E.G. SENSUALITY, JOY, PLAY, PLEASURE, VULNERABILITY, FLOW, SURRENDER, SOFTNESS, RECEIVING, FEELING, INTUITION, OPENNESS, CREATIVITY, RADIANCE, REST, ETC.


WHAT ARE THE KEY SHIFTS OR CHANGES YOU WOULD LOVE TO SEE YOURSELF CREATE IN THESE AREAS?






WHICH ASPECTS OF YOUR RELATIONSHIP WITH YOURSELF DO YOU WANT TO WORK ON THROUGH THIS PROGRAM? E.G. MY SELF-TALK, MAKING TIME FOR MYSELF, BODY LOVE, PERFECTIONISM, SELF-CARE, SELF-JUDGMENT, CONFIDENCE, SELF-WORTH, SUPPORTING MYSELF, MY HEALTH, SELF-ACCEPTANCE, CONNECTING WITH MY WANTS AND NEEDS, ETC.

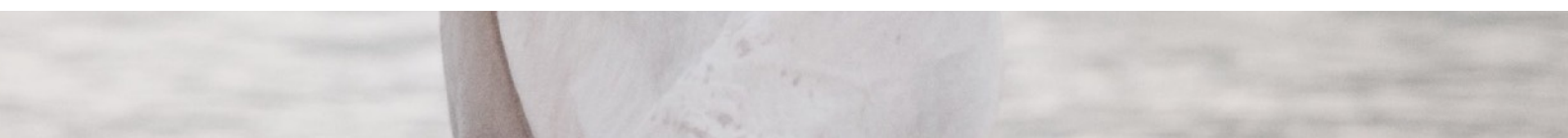
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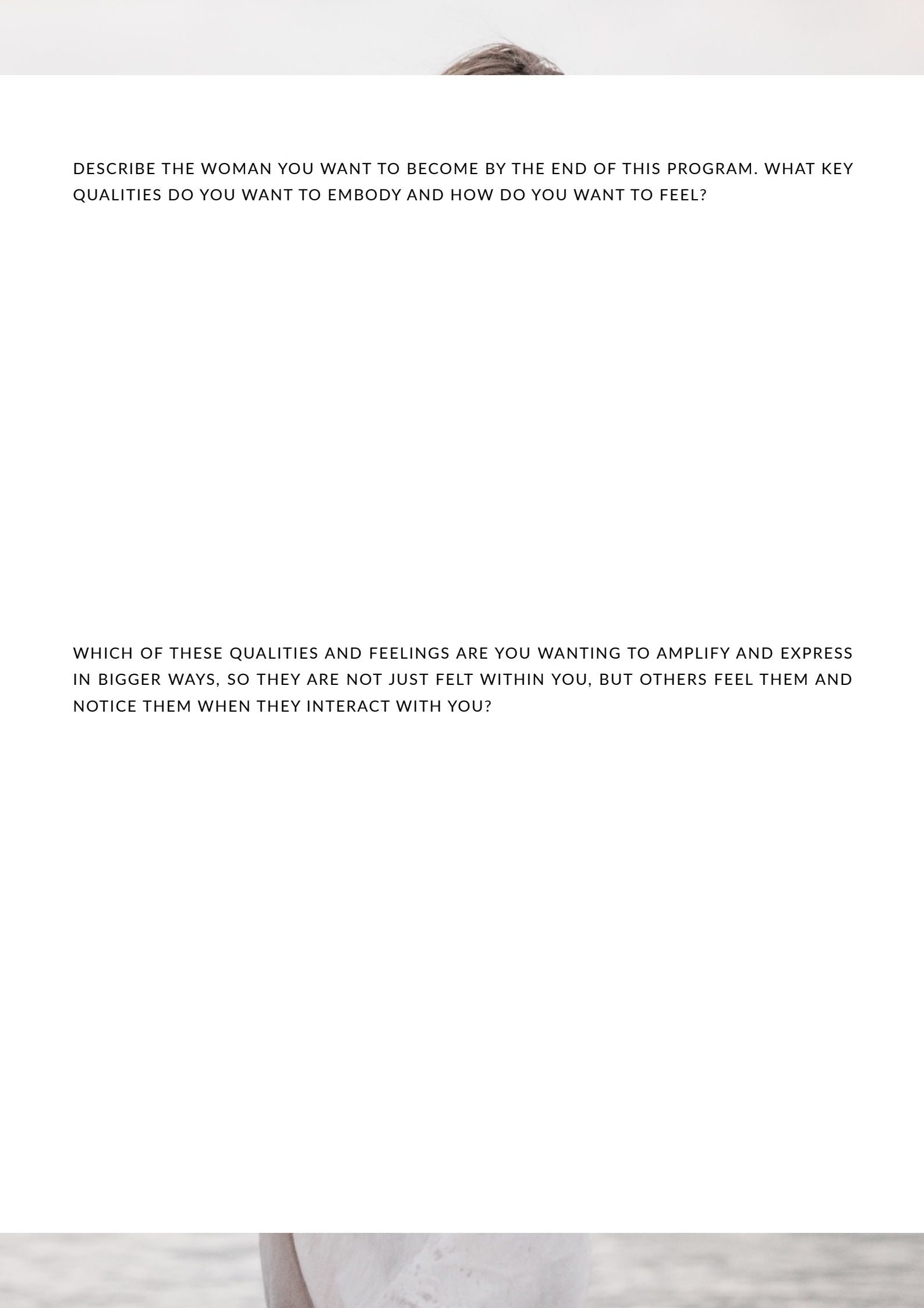




WHICH ASPECTS OF YOUR RELATIONSHIP WITH OTHERS DO YOU WANT TO WORK ON THROUGH THIS PROGRAM? E.G. BOUNDARIES, SAYING NO, ASKING FOR HELP, EXPRESSING MY FEELINGS AND EMOTIONS, INTIMACY, LIVING IN MY POWER, SPEAKING MY TRUTH, CALLING IN A PARTNER OR CONNECTING MORE DEEPLY WITH MY CURRENT PARTNER, ETC.

WHAT ARE THE KEY SHIFTS OR CHANGES YOU WOULD LOVE TO SEE YOURSELF CREATE IN THESE AREAS?





DESCRIBE THE WOMAN YOU WANT TO BECOME BY THE END OF THIS PROGRAM. WHAT KEY QUALITIES DO YOU WANT TO EMBODY AND HOW DO YOU WANT TO FEEL?


WHICH OF THESE QUALITIES AND FEELINGS ARE YOU WANTING TO AMPLIFY AND EXPRESS IN BIGGER WAYS, SO THEY ARE NOT JUST FELT WITHIN YOU, BUT OTHERS FEEL THEM AND NOTICE THEM WHEN THEY INTERACT WITH YOU?




WHAT WOULD YOU LOVE TO SEE YOURSELF LETTING GO OF AND RELEASING THROUGH THIS PROGRAM?

WHAT NEW PRACTICES, RITUALS OR HABITS WOULD YOU LIKE TO BRING INTO YOUR LIFE OR BEGIN IMPLEMENTING THROUGH THIS PROGRAM?





CLOSE YOUR EYES AND IMAGINE IT IS THE END OF 2020. YOU HAVE MOVED THROUGH THIS PROGRAM AND CREATED POWERFUL SHIFTS WITHIN YOURSELF AND AS EACH MONTH HAS UNFOLDED YOU HAVE EMBODIED THESE SHIFTS EVEN MORE SO THAT THEY ARE NOW DEEPLY INTEGRATED INTO WHO YOU ARE AND YOUR WHOLE ENERGY IS RADIATING WITH THEM. HOW DO YOU FEEL? WHAT DO YOU SEE? WHAT HAVE YOU CREATED IN YOUR LIFE? HOW DO YOU FEEL ABOUT YOURSELF AND WHAT HAVE YOU MANIFESTED AROUND YOU?



NOW, PLACE YOUR HANDS OVER YOUR HEART, CLOSE YOUR EYES AND BREATHE INTO THE ENERGY OF YOUR HEART. LISTEN FOR ITS GUIDANCE.

YOUR HEART IS THE SOURCE OF UNCONDITIONAL LOVE. YOUR HEART ALWAYS SUPPORTS YOU, ENCOURAGES YOU, AND SPEAKS TO YOU IN KIND, GENTLE AND COMPASSIONATE WAYS. WHEN YOU FEEL AN ENERGY OF LIGHTNESS OR HEAR WORDS OF LOVE, YOU KNOW THE GUIDANCE YOU ARE RECEIVING IS FLOWING FROM YOUR HEART.

DEAR HEART, WHAT DO YOU MOST DESIRE?

DEAR HEART, WHAT DO YOU MOST WANT ME TO KNOW?





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