



Women's Group Coaching

CLASS SIX WORKBOOK

“These are burning times, and they call for
burning women. Women embodied in their
passion. Women feeling in their bodies.
Creative women. Courageous women.
Women who have learned to run on a
different power source to the world which is
falling into flames around her. Centred
within herself, receptive to the Earth beyond
her, she knows how to cultivate from the
ashes. She knows how to find the embers to
fuel a new fire. Burning women arise. Our
time is now. Our time has come.”

~ Lucy Pearce

WELCOME TO CLASS SIX

In today's class, we will be exploring what it means to be a divinely empowered woman. I will be supporting you to step more fully into your power and work through any fears or resistance you hold around embodying this energy.

Being powerful does not mean being aggressive or dominant. Being powerful is about being empowered within yourself, and no longer giving your power away. It is about claiming your birthright to be the creator of your reality.

When you are living as an empowered woman, you honour your truth, stand up for yourself and set a standard for how you wish to be treated.

An empowered woman is courageous, brave, honest and heart-centred. She implements boundaries, has difficult conversations and says No when she needs to in order to honour herself and her needs. She lives in alignment with her inner wisdom and does the inner work to fill herself up from within.

Living in your power is a form of self-love and self-care. It communicates your worth to others and to the Universe. It is a way that you deeply honour and protect the magnificence of who you are.

There are so many different elements to being in our feminine as a woman, and it is not all about sweet, soft or surrendered. Sometimes our feminine is fierce, passionate and strong. Sometimes she needs to stand up for herself, claim what she truly wants, needs and desires, or risk make someone else unhappy in order to prioritise herself.

Living in your feminine power will help you feel more safe to open, receive and flow as you know that you have your own back and will always protect and honour yourself when needed.

Being in your feminine power also connects you with the divine. It is a doorway to accessing your higher wisdom and the Universe. It is your gift as a woman to live this way, so I am excited to support you to step into this further in today's class.

Connie x

HOW DO YOU FEEL ABOUT YOUR OWN POWER OR STEPPING MORE INTO YOUR POWER?

DO YOU HAVE ANY NEGATIVE STORIES OR FEARS ABOUT YOUR POWER THAT PREVENT YOU EMBODYING IT?

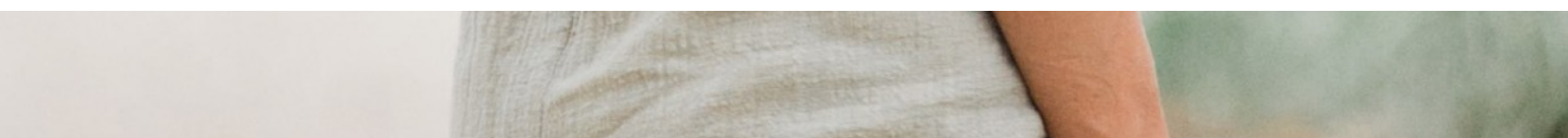
WHEN YOU WERE GROWING UP, WHAT DID YOU LEARN ABOUT MASCULINE POWER?

WHEN YOU WERE GROWING UP, WHAT DID YOU LEARN ABOUT FEMININE POWER?

WHAT DOES BEING IN YOUR POWER FEEL LIKE IN YOUR BODY?

WHEN DO YOU FEEL MOST IN YOUR POWER? WHAT HELPS YOU ACCESS IT?

HOW DO YOU KNOW YOU ARE NOT IN YOUR POWER. WHAT HAPPENS IN YOUR BODY?
WHAT DO YOU FEEL OR NOTICE? WHAT ARE THE KEY INDICATORS?



HOW DO YOU INTERACT WITH OTHERS WHEN YOU FEEL EMPOWERED?

HOW DO YOU COMMUNICATE WHEN YOU FEEL EMPOWERED?

HOW DO YOU ACT WHEN YOU FEEL EMPOWERED?

TUNE INTO THE DIVINELY EMPOWERED, SELF-LOVING WOMAN WITHIN. LET'S GET TO KNOW HER MORE DEEPLY.

WHAT IS HER FAVOURITE SCENT?

WHAT IS HER FAVOURITE SELF-CARE PRACTISE?

WHAT IS FAVOURITE PLACE IN NATURE?

WHAT MAKES HER FEEL PAMPERED?

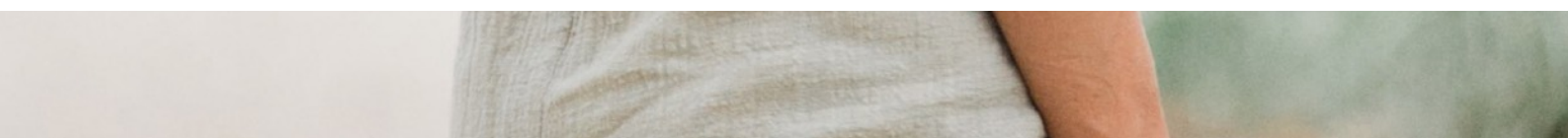
WHAT IS HER FAVOURITE COLOUR TO WEAR?

WHAT IS HER FAVOURITE SONG TO DANCE TO?

WHAT IS HER FAVOURITE WAY TO CONNECT WITH HER BODY?

WHAT MAKES HER FEEL CONFIDENT?

WHAT MAKES HER FEEL SEXY?



IDENTIFY 3 KEY AREAS WHERE YOU GIVE YOUR POWER AWAY (E.G. WHERE YOU ALLOW SOMETHING TO CONTROL YOU, YOUR ACTIONS, YOUR CHOICES OR YOUR FEELINGS).

1.

2.

3.

CHOOSE ONE AND REFLECT ON WHY THIS HOLDS SO MUCH POWER OVER YOU:

WHEN YOU GIVE YOUR POWER AWAY, YOU ARE RULED BY EXTERNAL FORCES. WHEN YOU RECLAIM YOUR POWER, YOU ARE NOW GUIDED BY AN INNER FORCE - YOUR INTUITION AND TRUTH.

IDENTIFY ONE KEY SITUATION WHERE YOU ARE GIVING YOUR POWER AWAY. WRITE IT BELOW:

HOW WOULD IT FEEL IF THIS NO LONGER HAD POWER OVER YOU?

LISTEN IN DEEPLY TO YOUR OWN INNER GUIDANCE AROUND THIS SITUATION. WHAT IS IT TELLING YOU?

IDENTIFY ONE AREA WHERE YOU HAVE BEEN HOLDING BACK FROM EXPRESSING YOUR TRUTH:

WHAT ARE SOME OF THE KEY POINTS YOU ARE WANTING TO EXPRESS IN THIS CONVERSATION?

HOW CAN YOU COME FROM YOU HEART AND/OR LOVE WITH THIS?

WHAT OUTCOME ARE YOU IDEALLY WANTING TO EXPERIENCE OR CREATE THROUGH EXPRESSING YOURSELF?

IDENTIFY ONE SITUATIONS WHERE YOU ARE FEELING CALLED TO IMPLEMENT SOME NEW BOUNDARIES AT THE MOMENT:

WHAT IMPACT IS YOUR LACK OF BOUNDARIES HAVING ON YOU IN THIS SITUATION?

DESCRIBE THE NEW BOUNDARY YOU WANT TO IMPLEMENT AND HOW YOU WILL DO THIS:

CLASS REFLECTION

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKEAWAYS FROM THIS CLASS?

WHAT ARE 1-3 STEPS YOU WANT TO TAKE OR PRACTICES THAT YOU WANT TO IMPLEMENT FROM THIS CLASS?



This workbook and its contents are protected under Copyright © Connie Chapman 2020 All Rights Reserved, and must not be replicated, copied or redistributed without permission from the owner Connie Chapman.