



## ***FLOW:** Dissolve the barriers to your inspired self & lead a life of boundless flow*

I believe that discovering and awakening to our purpose is our birthright. When it comes to the creative energy that fuels life—whether you're an artist, a caregiver, an activist, or an executive—no one is left empty-handed. Each of us has unique gifts and a one-of-a-kind contribution to make in this world.

We are not meant to merely survive, disconnected and unfulfilled. We are designed to struggle so that we can learn, grow, express, and awaken to the full depth of who we are.

But let's be clear—I'm not saying we're meant to suffer and then figure out how to escape it by getting everything we want. I'm saying that no matter what life brings, we are meant to FLOW with it all.

Here's the thing: We don't push the river to make it flow. It flows by design. Yet, for some reason—call it conditioning, call it habit—we try to push it anyway.

## Is This You?

- You feel deeply attuned to the world's suffering and yearn to make a difference with your gifts.
- You're passionate, creative, and driven woman—but you feel stuck in a loop, struggling to find your flow.
- You feel like you're constantly playing catch-up with your own dreams, wondering if it's too late.
- You're starting to question why you even bother.
- You've been waiting—for more time, more money, more courage, more inspiration—knowing, deep down, that no one else is coming to save the day.

## Here's What I Want You to Know:

Your voice, your message, your original, out-of-the-box vision is the exact medicine the world needs right now. And you stepping fully into your purpose? **It's not just important—it's imperative.**

## Introducing FLOW: A 3-Month Group Coaching & Leadership Journey

Last year, I led a group of six conscious women through a transformational coaching experience, guiding them to awaken their purpose and step into greater flow. The breakthroughs were profound—for them and for me.

But this year? This year feels different.

This year, I'm raising the bar—for myself and for you. I'm gathering 5–8 bright, creative, and passionate women ready to ignite a fire in our collective

hearts. Together, we will awaken—not just to our personal purpose, but to a shared mission of evolving our higher human capacities and leading ourselves and each other toward a wiser, more loving, courageous, and harmonious world.

## Together, We Will:

- **Break free from limiting beliefs** and align with the power of a greater vision.
- Develop **core leadership skills**, including:
  - **Empowered vulnerability**—standing in your truth with both strength and openness.
  - **Generative communication**—speaking in a way that creates connection and trust.
  - **Radical self-responsibility**—compassionately processing setbacks & turning them into fuel for growth.
  - **Authentic confidence**—owning your genius and essence qualities.
  - **Magnetic messaging**—sharing your work in a way that calls in the right people.
  - **Building powerful partnerships**—because the more support we have the more successful we can become.

## Why Group Coaching?

Studies show that when we share an intention with a group, it becomes 6 times more powerful and we become 95% more likely to succeed at realizing it. Why? Because we are social, relational beings, designed to learn and grow through witnessing and sharing. And when our intentions are shared with others and activated within a structure and context of accountability and support, we are motivated to show up more powerfully—not just for ourselves, but for each other.

And here's something else I know with absolute certainty:

The struggles that hold us back—self-doubt, fear, invisibility, shame—aren't just personal problems. They are cultural, familial, and ancestral problems.

As my teacher Dr. Claire Zammit says, *"They are we problems, not me problems"*.

And to solve them, we can't use the same individualistic ethos that caused us to get stuck in the first place.

To truly transform these problems, we need to transform each other. We need new models of creation and leadership—models rooted in inter-relationship, empathy, reciprocity, and mutual upliftment.

This is the promise of group coaching. It certainly was for me. In fact, I wouldn't be here right now, writing this, if I hadn't been its beneficiary.

*"We can't become ourselves by ourselves."* – Dr. Claire Zammit

So let's do it. Let's take a stand for each other and for ourselves. Let's finally break with the cultural double-bind that has us either sacrificing our well-being for our work, mission, and family or swapping our inspiration for security and stability.

Let's live as nature intended—awake, inspired, and flowing with possibility—knowing that whatever challenges life draws into our waters, we can utilize them toward the greater flourishing of ourselves and everyone around us.

## **Is it time to step into FLOW?**

Take a moment and ask yourself:

- *What has it been costing you to keep your authentic self and contribution locked away, under-expressed and under realized?*
- *What's it been costing your family, your friends and your colleagues?*
- *What has it been costing the world?*
- *What if you could finally step into the fullness of your power and purpose?*

If you feel the call, this is your moment to say **YES**.

FLOW is a 3-month journey into the highest expression of who you are. A space to break through limits, activate your leadership, and create the life, work, and impact you know is possible.

With 30+ years as a creator, performer, facilitator, and teacher—combined with deep studies in yoga, transformational coaching, and bioenergetics—I am here to guide you through a profound process of transformation.

This is your invitation. Will you step into the FLOW?

## The Details:

- **FLOW runs from April 13-June 29th**
- **12 weekly in-person group sessions** (1.5–2 hours each) (approx. 22 hrs)  
Value @\$2750
- **5 x 1 hour, 1-1 coaching sessions with me** (in person or online) Value @\$625
- **Twice-monthly recorded meditations & contemplative audios/video assets** (Life time access) Value @\$200
- **3 x 1-hour project mentorship sessions** to help you refine your project-vision and bring it into reality! Value @\$600
- **Ongoing support**—organized meetups with your FLOW partners for up to 6 months afterward. Value @ priceless!

## Results You Can Expect:

Clients I've worked with have:

- Aligned their life with their true purpose
- Discovered their unique genius gifts

- Navigated major life transitions with grace
- Left unfulfilling jobs for dream opportunities
- Created plays, festivals, albums, and events they had long envisioned
- Reached new levels of impact in their careers
- Cultivated deeper relationships and self-love
- Increased clarity, focus, creativity, and vitality
- Gained the courage to take on new challenges—while having fun doing it!

## Investment:

Total Value: **\$4,175** Your Investment: **\$3,000**

## Ready to Step Into FLOW?

Since spots are limited, I'm curating the group to ensure the best fit. If you're interested, book a brief **20–30 minute conversation** with me. If we both agree it's a match, I'll enrol you right away.

[Click here to book your conversation today.](#)

I can't wait to meet you and see what we create together.

Let's get this river of transformation flowing.

With love and possibility,

A handwritten signature in black ink that reads "Devia Bennett". The signature is written in a cursive, flowing style.