



***FLOW:** Dissolve the barriers to your most inspired self and awaken to a life of boundless flow.*

I believe discovering and awakening to our purpose is a birth right. When it comes to life-dispensing creative energy — whether you're an artist, a care giver, an activist or an executive — no one is left empty handed. Each of us has unique gifts and abilities, and a one-of-a-kind contribution to make here on planet earth. We aren't meant to struggle to get by, only to live disconnected and die unfulfilled. We are designed to struggle *so that we can learn, grow, express and awaken to ALL that is inside of us.*

Don't get me wrong, I'm not saying that we are meant to suffer and then figure out how to overcome it by getting everything we want. I'm saying that no matter what life brings us we are meant to FLOW with it ALL.

We don't push the river to make it flow. It flows by design. Actually, the thought of pushing a river doesn't even cross our mind because instinctively

we know it would be a waste of energy. Yet for some reason — call it hubris or cultural conditioning — we try to push it anyway.

At first, it might even feel like the pushing is working. We might secretly think to ourselves, “Hey, maybe I'm on to something here? Maybe I've discovered the key to river pushing?” But after a few nicks and near misses, after we've tried every other technique including resisting, constricting, collapsing and diverting, we tell ourselves, “It's ok. I'll just keep going. After this next turn everything will be different. After this next turn I'll be able to rest. I'll be more successful, I'll have more money, I'll find love, I'll relax. Yet after months, years and even decades of pushing and resisting, after we are banged and bruised and exhausted from the effort, after the promotion and reward came and went, we still can't seem to stop pushing.

Why? Because we're afraid. We're afraid of letting others down. We're afraid everything will fall apart without us. We feel responsible. We feel lost. We feel alone. Most of all we feel like we are stuck in a pattern, a habit, a system. A system founded on scarcity that is telling us it's not safe to let go, it's not safe to trust.

Then, inevitably, something happens to force our hand. Something we didn't see coming. Something painful. We lose a job. We lose a friend. A loved one gets sick. Or all of the above happens at once because a global pandemic floods the river altogether. And before we know it, we're dragging ourselves back to shore, ravaged from a frenzied storm of our own gasping and grasping.

So, tired of the struggle, we decide to swear off rivers altogether. Instead we hold up in a cave somewhere watching Netflix telling ourselves stories like, “It's too late for me. I'm not worthy.” Or, “Other people get to have that, not me.” And we wait for our circumstances to change. We wait for more time, more money, more courage, more energy and for the inspiration to flow again.

Meanwhile, those cool, revitalizing waters are washing gracefully around us. And in the hush of our clearest moments we can hear them gently beckoning us to slide back in.

If you are resonating with this, I invite you to let this be your call to stand up and step in. Step into a process of growth and discovery. Step into FLOW.

FLOW is a 4-month group coaching program for dedicated, creative, intelligent women like you who are ready to break from the old patterns, and reclaim their power to play a much bigger game. The game of living fully awake, on point, on purpose and in possibility.

FLOW has been curated and designed using the exact principles that allowed me to change my own 'river pushing patterns' and transform from 'sick and sleepless sacrifice' in the arts, to greater health, vitality and ease inside of *everything* that I create, including my career, my prosperity — and even my relationships. It's created from the same principles that ignited big results for my one-on-one coaching clients, principles that freed them to finally be able to write and perform their one-person play, or receive a higher paying job so they could feel empowered to contribute to the financial health of their family, or complete the album they'd been working on for 6 years, or land the 'dream job' that supported them to pursue their calling to serve some of the most marginalized members of our society.

The only difference with FLOW is that our power to transform will be accelerated 6 times as much. Why? Because we are in a group.

Studies show 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 creatures 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 only for ourselves, but for each other.

What I know with absolute certainty is that the problems that plague us, the limiting beliefs, stories of shame and insufficiency, are not individual 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 compelled us to 'push and protect' in the first place.

To truly transform these problems we need to transform each other. For that, we need different models of creation and leadership, models based on inter-relationality, 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 our selves."

~ 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 wellbeing for our work/mission/family or swapping our inspiration for security and stability. Let's live as nature intended: awake, inspired and flowing with creative possibility — knowing that whatever challenges life draws into our waters, we can utilize them towards the greater flourishing of ourselves and everyone around us.

FLOW is a unique opportunity to receive personalized coaching and training from me* and to experience what it is to be supported and championed — nourished from the inside out by other highly committed women like you, who are reaching higher.

So what do you say, want to step into the FLOW?

* My coaching methodology is informed by my 30+ years as a creator, performer, facilitator, teacher and mentor in the arts, 20 years as a yoga teacher, 2.5 yrs of study with transformational educator Dr Claire Zammit at The Institute for Women Centered Coaching and my ongoing study into bioenergetic healing and transformation with Dr. Sue Morter

Need more info?

Here's the nuts and bolts of the program...

FLOW runs from Sunday, November 5 '23 - Sunday, February 11th, '24

During the 4 month program:

- We'll meet on Sundays at 5:00 pm, in-person with a small group of **5-8** women, approximately once per week* (less in Dec/Jan) for 1- 1.5 hrs** at a time.
- Each month you'll receive 1 theme-setting meditation practice (audio or video recording) and 1 contemplative questionnaire - that you can use throughout the month, to support you in the process.
- Plus you will receive 5 *** private coaching sessions with me.

*At opening session the group will determine how we will accommodate anyone who is sick and/or unable to attend due to emergency.

**Opening, second and closing sessions will be 1 1/2 - 2 hours and all regular sessions will be 1 hour - 1hr & 15mins (depending on the size of the group).

***1-1 sessions can be scheduled either in-person or online throughout the 4 months. (The 5th session is a bonus integration session to be scheduled for 1 month after the process completes.)

What kind of results can you expect?

As I mentioned above clients have achieved significant results, including...

- Living in alignment with their life purpose
- Discovering their unique genius gifts
- Cultivating impactful leadership skills
- Navigating life transitions with ease
- Finding fulfilling work - with increased pay!
- Establishing wellness routines that are sustainable and satisfying
- Deeper life happiness and satisfaction
- Increased confidence, resilience and self love
- Ability to respond intuitively and creatively in any situation - even the difficult ones!

- Improved conflict resolution skills
- Greater love and harmony in *all* their relationships
- Increased creativity, clarity, focus and vitality.
- Ability to take on new challenges, try new things and have more fun while they're doing it!

So as you're probably getting by now this is a pretty BIG opportunity and it will require a considerable investment of your time, commitment – and money.

So just how much are we talking about?

The included 15-17 hours of group and 5 hours of 1-1 coaching sessions (22hrs), plus the additional recordings and resources I described above would regularly be priced around \$3,000. But since I'm passionate about creative entrepreneurs like myself having access to this life changing work, I'm currently offering FLOW for only **\$2,200.***

I hope this document answers some of the questions you may have about FLOW: 4 months to dissolve the barriers to your most inspired self and awaken to a life of boundless flow.

Since spots are limited and I want to create the most congruent group possible, I'm asking people to book a brief interview/conversation with me and if we both agree it is a fit, I will be able to enrol you right away.

Click here to book your [20-30 min conversation](#) with me today and let's get this river of transformation flowing. I hope to see you in the program.

Oh, I'm excited!

*If money is a barrier right now, don't worry, there are payment plans available so you can still participate. I want you to be able to transform those \$ barriers ASAP!