



Feminine Warrior Mindset

Is there one relationship in your life that's messy and you'd give anything to turn it around? We all have one!

As working mums, we have many balls we are juggling all the time. It's not just one moment in time that we feel we wish we could have responded to people differently! It's an ongoing build-up of multiple stressors and curve balls that are thrown at us—leaving us feeling like we are being buried by an avalanche.

Join us for a 6-week motherhood mind & body transformation journey!

- As a select group of wise women – you will learn, explore, and support one another with insights and tools to forge a new path forward to improve your relationships, performance, and overall wellbeing.
- With a newly transformed way of seeing things, you will interact with the world differently. This will result in how you better understand yourself from your true place of authenticity beneath the layers of conditioning and upbringing. And from this place how you see, appreciate, and treat others.
- Through an integrated brain, mind, and body program, you will embody these new beliefs and behaviours to manage the everyday challenges of motherhood and career with confidence, ease, and true authenticity.
- The results will exceed your immediate tactical goals, such as getting that promotion. It will have a lasting impact on how you show up with others and how you see the world from a positive perspective.

When: Tuesday 16th January 2023

12pm–1.30pm GMT:

Tuesdays weekly for 6 weeks.

Where: Online through zoom

Special offer: 40% discount for
Careering into Motherhood members.

Contact us at:

ellie@femininewarriormindset.com to
find out more!

**COURAGE TO LOOK WITHIN AND CREATE ALIGNED INNER AND
OUTER BEAUTY IS THE WARRIOR'S PATH**