

# The Visible Woman

A year-long soul incubator to bring your desires to life

You have a stirring deep within you.

You have a desire, something you really want in your life. Maybe it's a sacred partnership, a new job, a business of your own, or more money. Maybe you just want to feel more alive and present in your everyday life.

But it feels soooo big it makes you nervous.

You keep talking yourself out of the desire.

You keep putting it off saying "someday, when I...(insert really far off milestone)."

## *Here's the Truth...*

That stirring you feel, that whisper you hear is your soul. She's asking you to come closer to her.

Etched in your soul's blueprint are the dreams, hopes, and desires that you're meant to experience during your time here. They exist for a reason and are part of your soul's legacy and destiny.

(This is why they aren't going away, despite your best efforts to dismiss them.)

Your dreams, hopes, and desires are also possible. Not someday, today. Because the vision exists, so too do the resources. Let that sink in for a minute.

## *And an even bigger truth...*

### *Your desire requires visibility*

To truly claim your desire and make it real, you have to be visible. You need to let yourself be seen and be heard. That can feel vulnerable and downright scary.

If you're like most women (myself included), you were taught not to be seen and heard. Do any of these sound familiar?

Proper ladies are always polite, kind, loving, and sweet. They accommodate the wants and needs of others with a smile on their face. They are agreeable and don't rock the boat or ever make anyone else feel uncomfortable. They are modest, respectable, and in control of their emotions.

Proper ladies definitely don't swear, have too much sex, show too much skin, or appear to be ungrateful for what they have.

You may have even been told to be a good girl and go do something favorable, not do something unfavorable, etc. And nobody wants to be a bad girl, do they?

Over time, we internalize the message that we're not meant to be seen and heard. Typically, we do one of two things: get louder and more aggressive or get quieter and shrink. (Or, like me, do both depending on the situation.)

And we put our desires on the backburner. We continue on with life, taking care of the people around us.

Because claiming our desire, let alone making it real, requires vulnerability.

We have to voice what we want and need

We have to voice what we don't want and need

We may need to ask for support from friends and family (looking at you, moms)

But we've internalized the message that we're not to be seen and heard. So we don't pursue what would really set our soul on fire.

***But what if it didn't have to be this way?  
(It doesn't and I'm doing something about it!!!)***

The Visible Woman is my way of liberating women from invisibility; of bringing their desires to the forefront. Because I know that when women fully inhabit their soul's desires the world will forever be changed for the better.

***What's The Visible Woman all About?***

Over the span of a year, you'll journey with your soul to bring your deepest desire(s) to life.

You'll create the ideal conditions in your everyday life to bring your desires to the forefront.

You'll learn how to create sustainable change that takes into account all aspects of your being: mind, body, soul, emotions, and energy.

You'll experience energetic upgrades that allow you to find more ease as you reimagine what's truly possible for you in your life.

You'll begin to align your everyday choices with your soul's legacy

No more doubting your dreams, your desires

No more playing small

No more hiding

No more self-sabotaging

It's time to move beyond limitation

To shed the roles and identities you've adopted that don't embody your soul's essence

To move out of pain, trauma, and wounding

It's time to ignite your intuition and reclaim your feminine power so you can find more joy, peace, and fulfillment.

## *What would you do today if you knew your desires were a sure thing?*

What would you do if...?

You fully trusted that feeling inside of you and pursued it knowing you couldn't fail  
You knew you didn't have to settle for struggle and you could embrace more pleasure  
You had permission to dream and were encouraged to live life your own way  
You were deeply connected to your inner wisdom and let it guide you

I think you'd:

Prioritize yourself  
Trust yourself  
Love and respect yourself  
Make choices that light you up  
Claim your inherent worthiness

You'd reclaim your zest for life and look forward to what's to come. You'd be confident in your skin and you'd radiate that confidence. You'd impact and inspire everyone who comes in contact with you.

So...are you ready to channel your highest soul energy to step fully into leadership in your life?

### *If so, You are Cordially Invited*

If you're ready to bring your deepest soul desires to life, I'd love for you to join me on this year-long journey.

You'll get the best of my expertise as a coach and energy and soul maven. I'll guide you with all the tools I've personally used (and continue to use) to bring my own desires to life. These tools focus on nurturing all aspects of your being: body, mind, soul, energy, and emotions.

Here's how the journey is structured.

**Initial private 60-minute Foundations session.** This takes place over Zoom within your first month of enrollment so we can set your intentions and determine what you're desiring to create in your life. No desire is too big!

**Monthly Energy of Desire masterclass.** Each month you'll receive a recording exploring a cutting-edge concept or tool that will help you energize, cultivate, and embody your desire and build out your sovereign soul field. No two masterclasses are the same so you're sure to gain new insights each month.

In the first two months alone, you'll learn how to channel and harness universal energy for change and how to sense and move energy in your body. These are two foundational aspects that enable you to build out your sovereign soul field.

These are delivered the first Tuesday of each month via video in the private membership portal and are available for you to watch at your own convenience.

**Monthly Integration Practices.** With each monthly masterclass you'll receive practices that revolve around integrating the wisdom and putting it into action in your life. This is all about bringing your desires to life, not just talking/thinking conceptually about them.

**Weekly touchpoint posts.** The Sacred Sunday post helps you to set your intentions for the coming week with a focus on being, then doing. The Friday Wins post to celebrate what you "achieved" or overcame that week. You'll simply comment on the post with your intentions and wins so that we can help keep you accountable.

These are meant to be easy to do so that you get into the rhythm of planning your life around your desires. When you make a commitment to yourself and tell others about it, you're more likely to take action.

**Bi-weekly group coaching calls.** In these 1 hour calls you can request direct coaching from me. We'll dive into what you're experiencing and I'll help illuminate what's going on. All women who show up live for the call will receive coaching.

These calls happen the 2nd and 4th weeks of each month. To accommodate different time zones and schedules, the calls happen on different days and times. Every 2nd week of the month, the call is on Wednesday at 11am CST/6pm CEST/2am AEST (the following day). Every 4th week of the month, the call is on Tuesday at 5pm CST/Midnight CEST/8am AEST (the following day).

You're not expected to be on each coaching call. Simply show up as you want or need to. Even if you don't need direct coaching, you're welcome to join the call. You'll likely get something you needed that you didn't even know you needed.

**Monthly Sharing Circle.** In Circle, we explore what's rising in you through a guided journey and through ritual. It's an open space where you're invited, but not required, to share. In Circle, no coaching takes place. It's purely a space for you to be present with your current experience without judgement.

Circle takes place the 3rd week of each month on Tuesday at 5pm CST/Midnight CEST/8am AEST (the following day). Similar to the coaching calls, you're not expected to attend each Circle, but you're welcome to.

**A private membership portal.** This is where you'll access the monthly video teaching, coaching call recordings, access the Sacred Sunday and Friday Wins posts, and connect with the other women.

The portal includes a community function that eliminates the need for a Facebook group, so we'll be entirely off Facebook for this. (Yay for less distractions!)

**Surprises throughout the year.** This is a new membership so I'll be incorporating more ben-nies as we get into the groove of bringing our desires to life. I have a few things planned, but a surprise is a surprise so you'll just have to wait and see.

**Access to discounts.** You'll receive discounted pricing for single private 1:1 sessions with me. (I don't offer single sessions to anyone but *Visible Woman* members). You also get priority registration and a special discount for my January retreat.

### ***The Visible Woman is perfect for you if...***

You want more in your life (whatever that more is)  
You know deep down that more is possible for you  
You're ready to start living in deeper alignment with yourself and your soul  
You'd benefit from having a guide that can show you how to actually do this  
You are ready to commit a full year to making your desires real (it takes time)

### ***The Visible Woman is not for you if...***

You don't believe your desire is possible  
You don't want to commit the time, energy, or finances to making your desires real  
You're not ready to prioritize yourself and your happiness  
You're not willing to get uncomfortable and step out of your comfort zone  
You're in the midst of healing deep trauma and feeling ungrounded  
You're wanting or needing private, one-on-one coaching

### ***Through The Visible Woman you'll...***

Learn how to channel and harness your energy as well as your soul's energy  
Increase your capacity for pleasure  
Forge a deeper connection with your inner truth and unearth your soul's wisdom  
Expand your ability to receive and resources  
Ground into the practices that allow you to open more to your soul's legacy

### ***You'll be fully supported on your journey***

Going after your burning desire means things will change. You'll change. And change takes time.

I believe that change is incredibly beautiful but know that it can also be messy. Fear is likely to creep in. Patterns of self-doubt and protection are likely to emerge.

We'll be ready to meet whatever rises. I'll be there with you to help you navigate that change, always bringing you back to the truth of your soul.

Early on, I'll be teaching you about the nervous system and the role it plays in change. Many self-sabotage patterns exist here. I'll teach you what to look out for and you'll actually map your own nervous system patterns. When things come up, you have access to me through the community portal and through the bi-weekly coaching calls.

Also, I'll be journeying with you. I have several desires I'm claiming and cultivating. My journey will be different than yours, but we'll both be showing up and taking leaps. You'll learn from me and I'll learn from you. Doing this group alongside other women catapults each of our results.

## *Join as a Founding Member*

The Visible Woman soul incubator is my latest soul desire that's in the midst of being birthed. You'll be one of the first to experience the incubator. Your input and feedback will help me birth this baby and fully bring it into the world in a potent way.

Enrollment is open year-round, so you can jump in anytime you're ready. But there are perks to jumping in now and not waiting.

As a thank you for your midwifery, the price is \$299/month for 12 months or \$3,500 paid in full upon registration. When the second cohort enrolls, they'll pay \$399/month. In 2021, the price will increase to \$499/month.

As a Founding Member, the price of \$299/month is locked in as long as you're a member in good standing. Whether you stay for 1 year or 5, the price remains \$299/month.

So you'll kickstart your desires NOW, get special pricing, and be able to tell new soul sisters that you were a founder.

## *We Start Soon*

The first cohort officially starts the first week in October, so you'll need to register by September 30th. If you join before then, I'm throwing in a few extra bonuses.

**A Fall Equinox Circle.** The Fall Equinox is on Tuesday, September 22nd, It kicks off a 3-month period of releasing energy that doesn't support our soul's evolution so that we can begin to welcome in new energy. If you join before then, you'll be invited to a special Fall Equinox Circle taking place on the 22nd at 5pm CST.

**A bonus group coaching call.** If you join by Wednesday, September 30th you'll be invited to participate in a bonus group call at 11am CST.

In October, we'll start the regular monthly rhythm. Here's what that will look like.

- Tuesday the 6th: Video teaching posted in group
- Wednesday the 14th: Coaching call at 11am CST/6pm CEST/2am AEST (on the 15th)
- Tuesday the 20th: Circle at 5pm CST/Midnight CEST/8am AEST (on the 21st)
- Tuesday the 27th: Coaching Call at at 5pm CST/Midnight CEST/8am AEST (on the 28th)

## *Are you in?*

If you'd like to join this first cohort, shoot me an email and say "yes"! Easy peasy.