



○ *June 18* **SESSION 1 > THE FEMININE FOUNDATION**

- [INTENTION] Welcome Ceremony + Grounding Your Why
- The Nature of Feminine Leadership // Cycles + Seasons

○ *June 25* **SESSION 2 > SELF AS SANCTUARY**

- [EMBODIMENT] Regulating our nervous system
- Self connection ritual - moving from the inside out; cultivate self trust
- Returning to center; respecting our physical home

○ *July 2* **SESSION 3 > THE 'I' IN IDENTITY**

- [SELF KNOWLEDGE] Exploring leadership identity and play between masculine + feminine / Integrating Polarity Framework
- Removing the Masks

○ *July 9* **SESSION 4 > EXPANDING YOUR EDGES**

- [COURAGE] Out of the comfort zone; into the Way of Courage
- Friending our Fear + Playing with Fire
- Meeting our Edge of Expression - *What if?*

○ *July 16* **SESSION 5 > EMBODYING LEADERSHIP**

- [IMPACT] Redefining divinity, devotion, work, + service
- Tuning in to our radical recommitment + responsibility
- Reflecting on our STORY regarding ME / WE / IT

○ *July 23* **SESSION 6 > VOICE AS A SUPERPOWER**

- [PLAY] Break / remake the rules; FREE YOUR VOICE!
- Crack thru self-limiting language; learn re-storytelling technique to shift inner dialogue

○ *July 30* **SESSION 7 > DOIN' THE DAMN THING**

- [ALIGNED ACTION] Liberate your authentic self, own your power, embody + express your full spectrum woman

AUGUST 6 - FINAL SESSION FOR INTEGRATION + CELEBRATION !

SEPT 3 - BONUS RIZE MEETUP + INTEGRATION