



Workshops, visualisations and resource recordings available in the Embodied Business® space

ENERGETICS

- Fear of rejection
- Letting go
- Stepping into your truth - letting go of old identities and aligning with who you really are
- Receiving support
- Re-birthing experience
- Coming back to centre
- Witch persecution regression
- Cave of abundance
- Business with your inner child
- Ancestral healing for visibility
- Money mindset tools, including tuning into the energy of money (3 part workshop series)
- Expanding your capacity to receive
- Flourishing
- Magnetising
- Upper limits
- Changing identities
- Parallel lives
- Connecting to the land
- The energetics of aligning an area in your life
- Deepening trust

EXPANSION

- Aligning your business and life to work for you
- Quantum leaping into your vision
- Selling and launching in an aligned way to reach your people - mindset, practicals and more
- Heart-centred business planning
- Creative business visioning

- Owning your authentic power
- Embodying your power
- Embodying your creative power
- Connecting with your female power
- Cave of abundance
- A wealthy life
- Magnetising with the chakras

EXPRESSION

- Co-creating with your business and offers
- Deeply tuning into an offer
- Soulful selling
- Sharing your stories and truth

** Includes a sub-section with a number of different activities/visualisations to deepen your connection with the soul of your business

EMBODIMENT

- Working with the seasons and cycles in business
- Deep nourishment and grounding for yourself and your business
- Connecting with your body
- Balancing the feminine and masculine in business
- Connecting to the energy of the seasons
- A devotional self-care practice
- 7 days of self-love – mini experience
- Tending to the heart
- Trust workshop

PRACTICAL WORKSHOPS

- Business basics – systems, processes and grounded support (includes a workbook with templates and resources).
- Aligning your pricing
- Creating a sustainable business
- Creating an opt-in with Mailchimp
- PR tips and tools
- Social media love - connecting with aligned audiences on a platform of your choice
- Show up and share – practical prompts

+ An aligned action section with over 20 mini visualisations to tune into what you are being guided to 'do' or 'be', so that you take action from that place.