

YOU. DONE BY DESIGN

PRACTICE

Heal, Feel, Reveal





OVERVIEW

WHAT WE'LL DO TODAY

TRANSFORMATIONAL
EMBODIMENT

TODAYS PRACTICE

FOLLOW UP OPTIONS

Let's get ready...



This is your time



Make yourself
comfortable



Have your workbook &
a pen close by

TRANSFORMATIONAL EMBODIMENT

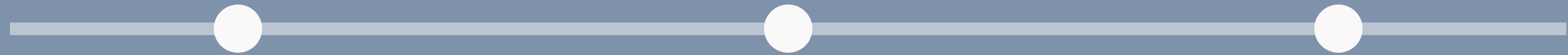
AN INTRODUCTION

"the process of transforming any area of your life through the expressed beingness, in the present moment, of that which you desire for the future."

Natalie MacNeil, Coaching Evolved



WHAT WE'RE DOING



FEEL

Identify where we are.

HEAL

Breathwork, meditation,
visualisation, stream of
conscious journaling.

REVEAL

Identify what is available to
you and what is your next
step.

FEEL

FEEL, HEAL, REVEAL

- What's a strong feeling or reoccurring feeling that comes up for you?
- Is there a situation that keeps occurring?
- Is there a belief, judgement, feeling or trigger that keeps coming up for you?



HEAL

FEEL, HEAL, REVEAL

- Active breath-work
- Meditation
- Visualisation
- Stream of Conscious Journalling



REVEAL

FEEL, HEAL, REVEAL

- What feels available to you?
- Is there an action, an idea, next step or new awareness that comes through?
- What can you choose to embody now you are no longer embodying this story or circumstance?
- What action can you take with this new awareness?



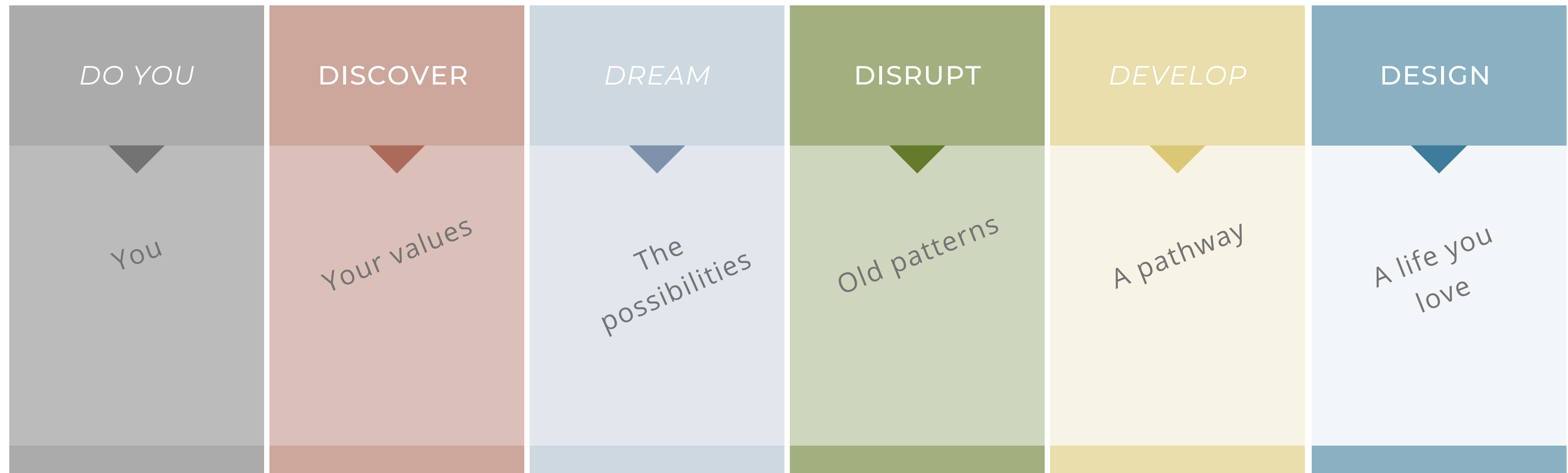
Did you enjoy
that? Do you
want
more!



- Life Done By Design
commences week beginning
Monday 20th September 2021

LIFE.DONE BY DESIGN

SIGNATURE
System



YOUR OPTIONS

DONE BY DESIGN

LIFE DONE BY DESIGN

\$797
or
\$399 x 2 monthly
payment

LEADERSHIP DONE BY DESIGN

\$1497
or
\$499 x 3 monthly
payments

1:1 COACHING

Laser Coaching \$250

6 month package
from \$1200

SACRED BUNDLE

Life Done By Design,
Leadership Done By Design
6 month coaching package
\$3495
~~\$1779~~
or
\$297 x 6 monthly payments

Still Have Questions?

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"The Dalai Lama says that the world will be saved by Western women. Not any women, perhaps not all women, but Burning Women. Women who have stepped out of silence and into the fullness of their power."

LUCY PEARCE

A bouquet of colorful tulips in a blue vase is the central focus of the top half of the image. The tulips are in various colors including purple, pink, red, and yellow. The background is a softly blurred living room with a white sofa, a potted plant, and a candelabra.

Thank You

A white coffee table is set with a cup of coffee, a sign, and a plate of snacks. The sign reads "ENJOY YOUR DAY" with a heart symbol. The snacks include a cookie, a bread roll, and an orange slice. The background shows a white sofa and a window with light coming through.

ENJOY
YOUR
DAY ♥