

Conscious Wholeness Invitation



A course in whole-self wellness

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Do you want to make more time for yourself?

Do you dread the lows that always visit, despite the amazing life you’ve created?

Do you crave peace of mind and personal power at a level you haven’t quite experienced yet?

Is it uncomfortable receiving praise for your work, or difficult to feel truly satisfied by the quality you put out?

Maybe you’re feeling like you’re not yet qualified to do what you most want to, even though you’ve seen lots of evidence to the contrary and encouragement from other people.

You might have an unhealthy habit or attachment that feels SO HARD to shake for good.

Because... It’s no secret, you can be your own worst enemy.

And it can be so challenging to connect with trustworthy people who help & support in the way that feels right for you.

You know you need to do things YOUR way.

You’re ready to climb over what’s limiting you.

You want to feel **strong, confident**, and **proud of who you are in the world**.

You want professional respect, fun, fulfilling relationships, with enough health and wealth to enjoy it all for a long, long time.

You want to eliminate excess from your life and move up to a brand new level of comfort in your own skin.



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You want to fully enjoy the roller-coaster ride that is life, without the motion sickness of the ups & downs.

You want to make your mind & body work for you and inspire the people around you.

When I ask - “Do you want to make the world a better place?”

Your answer is... **HELL YES.**

Now imagine this...

You wake up in the morning, feeling connected, well-rested, and ready, just before your alarm goes off. You spend some time lingering in bed before your household wakes up, comfortable & content in the silence, feeling excitement and eager for your day. An idea pulls you out of bed towards whatever action you’re called to take.

As you start your day, **your mind is calm and clear.** You feel organized & fully supported. You thoroughly enjoy the sensation of water on your skin in the shower, the feeling of your body moving, the scent of your coffee brewing, the sight of the beautiful landscape outside - regardless of the season. You flow like water, reveling in the beauty of everything it means to be human.

You enter your professional realm - today you’re presenting on something you care about to a group of new-to-you people. Still, everyone feels & recognizes your authority and power as you walk in... you feel warm and welcome under their gaze. **You know exactly how much value you’re bringing to the table, and the room reflects that back to you. You feel totally safe, supported, and protected by your boundaries and the world around you.**

Upholding your standards with the deepest love comes easily.

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When you speak, people listen and want more. **You're in sync.** You're able to read what each situation needs in each moment, and you trust yourself to follow through.

You feel deeply connected to yourself, to your purpose, and your people. You've surrounded yourself with people who make you feel comfortable, open, and safe to be yourself... most importantly *you feel safe within yourself.* It amazes you how the support system you've created delivers your desires right to your door. You notice how your core network has been there for you all along. People you worried about before even seem to be suddenly living happier lives, *almost as if by magic...*

You know how to feel at home in your surroundings wherever you are.

You feel totally and completely fulfilled at a baseline.

The best opportunities flow easily to you.

...And, we've only just begun.

Conscious Wholeness™ is a program for people who are ready to **create change in the world** - *just by being themselves in it.*

Conscious Wholeness outlines a unique path to follow that'll leave you feeling amazingly whole. Fulfilled. Complete.

Plus - you'll get the language to help other people find wholeness, too.

This program was created to unite and empower creative leaders who care about being fully themselves and helping others do the same. We're accomplishing more together than we ever could alone, and we want you with us.

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We're talking about the life experience that everyone wants, but very few have. I'd LOVE to help you live it.

Have questions or curiosities?! [Let's talk!](#)

What's Included in Conscious Wholeness?

Outcomes

Through practicing Conscious Wholeness™ you'll feel connected to yourself, valuable, & magnetic, while you enjoy every minute of your life (even the challenging ones). **Together, we'll conjure up courage, excitement, a new level of freedom, & expansion that'll enhance every area of your life.** Results include:

- A stronger, more nourishing connection to yourself, others, your spirituality (whatever you choose to believe), and the world around you.
- A framework for understanding & practicing whole-self wellness in a balanced, personalized way
- A feeling of abundance and peace that you can source from the inside
- A deeply rooted acceptance of yourself and others
- A solid sense of value for yourself & your contributions to the world
- A realistic sense of trust in yourself and the world around you
- The ability to deeply impact everyone around you, just by being yourself
- Magnetism to the perfect opportunities/jobs/relationships for you
- A step-by-step process to get all parts of you on the same page, over and over again

What You'll Get:



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- Instant, LIFETIME access to the private Conscious Wholeness™ group & exclusive content, including all future updates to the course content.
 - **Leverage Your Mind** – 4 steps to make your thoughts work for you.
 - **Acceptance** – free up energy immediately when you stop resisting what is.
 - **Beliefs** – interpret your world intentionally, in a way that supports your goals.
 - **Clarity** – understand what you really want and why.
 - **Sink Into Your Skin** – 3 steps to feel more lovingly connected to your body.
 - **Body Love** – learn to love the skin you’re in at a baseline.
 - **Emotional Alchemy** – make space for yourself and let go of old baggage.
 - **Influence Your Surroundings** – embody the version of yourself you really want to be.
 - **Energy** – bring a consistent, aligned vibe to the table.
 - **Boundaries** – decide what standards you’re ready to uphold in your life.
 - **Trust** – develop unshakeable faith that you can make it through anything.
- Two workbooks and a meditation library to support your practice
- One 30-minute private call for personalized guidance about how to use the course, plus access to membership pricing for private sessions
- A variety of bonus classes to help you embody the power of Conscious Wholeness in your life

There are a LOT of talented guides out there to choose from. Why choose me?

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First of all, **I’ve been there.** I get it. I’ve gone to the depths of my soul, jumped into the fire, and crawled my way back out - *just so I could support you and show you an easier way.* That’s what I’m here for.

I’ve made the mistakes. I’ve self-medicated... and doctor-medicated. I’ve trusted the wrong people, and mistreated the right ones.

I’m STILL learning. Anyone who says they’ve stopped learning is NOT someone I’m interested in learning from.

I don’t want you to walk MY path. I’m interested in helping you find your own. I live to give you the tools you need so you can bring your most unique YOU-ness into the world. I’m excited about being a collaborator with you, as equals, and learning from each other.

I value what you bring to the table more than anything in this world.

I’m passionate about supporting creative people through the highs and lows of their process so they can create consistently, connect with others, and support themselves very well.

I adore inspiring everyone I come into contact with and making people feel special. I LOVE teaching you how to do the same.

I can help you be *there* ASAP. In a lasting way.

What Alumni have said...

“I said ‘yes’ to Conscious Wholeness because I wanted internal peace. That’s something I’ve been searching for for a long time, in lots of different ways.

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Through working with Brianna, I've learned how to plant my feet firmly and authentically speak to the people around me from a place of acceptance. It's made a huge difference in what takes place in my relationships. It's been a total game-changer. I'm able to give feedback to those closest to me in a way they can actually hear it without feeling criticized.

I'm finding it so much easier & it feels natural to set boundaries in professional settings as well, in a way that results in people completely respecting what I'm saying. I've taken control of my time and began charging what I'm worth. It feels so empowering. Even when difficult personalities come around, I'm ready for it, and I'm ready to stick to my guns about what's right for me... I have full confidence in myself now.” - *Emily*

“After completing Brianna's Conscious Wholeness course, I'm so much more in tune with my body, and I've made myself a priority. I'm able to listen to my body & give it what it needs so much more easily now. Through just doing what I want when I want to, the way that Brianna encouraged me to do, I've become so much more productive overall. My social anxiety has gone down... I learned to listen to myself & say NO when I mean it, rather than pushing myself into situations that I don't want to be in.

I've found strength in caring for myself first, which allows me to do more for others. Finding balance within myself has allowed everything else to move into place. The Conscious Wholeness process really does work.” - *Kris*

“Through Brianna's Conscious Wholeness program, I learned how to listen to myself – both my body & my mind – and to be more patient with myself. The patience is a big thing... and its led to me being more patient with others, too. Understanding that everyone works differently has diffused so much anger that I had before. When I'm with other people now, I often feel like I'm raising them to my level rather than lowering myself to meet them, which I love.

I'm not so snappy to the people I love during challenging moments. That's really important to me. With my husband, I'm much less reactive in the moment... I can sleep

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on it rather than having a blow-up moment. The information in Conscious Wholeness about processing emotions intentionally rather than just snapping in the moment was really helpful.” - *Kiersten*

“I love your authenticity! I love how open you are. Your passion about these topics is literally making me feel physically lighter and kinda makes me understand myself when I guess I didn’t know how I was feeling. So, thank you for making me feel everything!” — *anonymous Conscious Wholeness group member*

“This group has really been positively impacting me personally as well as in my business. It’s as if just being here and doing the work creates this magnet for the things I want to happen. It’s been amazing! I still have my moments, but I’m learning to trust the process.” – *anonymous Conscious Wholeness group member*

[Click here for more testimonials](#)

Still not sure if this program is for you?

If you’re a growth-oriented lifelong learner looking to leave a meaningful mark on the world, who’s independent, open-minded, collaborative, respectful, committed to your own results, and ready to create more harmony in your life, then you can get results through this program.

This could be excellent for you if you’re an over-thinker (like me) who thrives when you have a structure or something positive to set your mind to.

This ISN’T for you if:

If you’re totally new to personal growth, you tend to blame other people or outside circumstances for your challenges, or you’re not open-minded to new ideas/changes in your life.

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If you would rather argue than ask questions and find common ground. If you're judgmental, tend to know-it-all, or you're just not ready to dedicate time to these practices or self-reflection in general, this won't be a good fit.

Commitments:

As a participant in Conscious Wholeness™, you commit to prioritizing yourself, your relationships, and your success as a creative leader by applying your focus to this material for at least three months. You commit to creating your own results by being open-minded, open-hearted, transparent, and willing to take action out in real life. You commit to being respectful, professional, and collaborative with me & the rest of the group.

This community values your contributions, offering a space where we can all connect with each other and the work we're doing.

So... How about it? Are you ready to experience life like it's brand new?

Don't wait any longer to feel whole, right now, exactly as you are.

Your experience of Conscious Wholeness™ will provide you a foundation for success & happiness that'll support the life of your dreams, and everyone around you will feel the difference.

[Join Conscious Wholeness now!!](#)

[Let's talk & see if this is right for you.](#)

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As the owner of S.L.I.C.E. Inspiration & Consulting, Brianna loves teaching people to trust themselves more and sabotage themselves less, so they can build their assets and their impact no matter what life brings. A lifelong passionate helper and learner, Brianna has explored the ins & outs of personal growth and interpersonal communication through both formal education and professional work experience, though most of her wisdom comes from walking the talk to overcome her own challenges. She leverages the concepts of mind, body, and energy to get fast, lasting results for her clients. With questions and consultation requests, email:

