

THE RECLAMATION CIRCLE

An Intimate 8-Week Cohort for Women Ready to Return to Themselves

A small, carefully held circle. Ten women. Eight weeks. One intentional decision to make yourself part of your own life again.

There is a woman I want to speak to directly.

She has spent years, perhaps decades, being someone others could depend on. She has built a life, carried responsibility, loved people, solved problems, kept commitments, and learned how to keep moving even when she was tired.

She may still be doing all of that well.

But lately, something has been getting her attention.

She wants more room to hear herself think. More freedom to consider what she wants now. More energy for the parts of her life that have been waiting while she attended to everyone and everything else.

She may be tired of being known primarily for what she can carry, solve, provide, produce, or endure.

And she is beginning to understand that returning to herself will require more than rest.

It will require intention.

It will require choices.

It may require releasing old expectations, examining roles that no longer fit, honoring needs she has postponed, and giving herself permission to become more selective about where her time, energy, love, and attention go.

If you recognize yourself here, The Reclamation Circle may be the space you have been looking for.

What Is The Reclamation Circle?

The Reclamation Circle is an intimate, 8-week virtual coaching cohort for women who are ready to intentionally reconnect with themselves and begin making choices that honor who they are now and who they are becoming.

This is not a course you purchase and complete alone. It is not a webinar series filled with information you may never use.

It is a small, confidential circle of no more than 10 women who gather each week to reflect, tell the truth about their lives, learn from one another, and take meaningful steps toward reclaiming the parts of themselves that have been neglected, postponed, silenced, or simply crowded out.

We will talk.

We will reflect.

We will laugh.

We may grieve some things.

We will ask better questions.

And most importantly, we will begin doing something with the answers.

Because reclamation is not simply remembering who you used to be.

Sometimes it means meeting the woman you are becoming.

Why Only 10 Women?

The size of this circle is intentional.

I do not want you disappearing into a room full of faces. I want to know your name. I want to know something about your story. I want the women sitting beside you each week to become familiar enough that trust has an opportunity to grow.

Ten women allows us to create something that is increasingly difficult to find: a space small enough for honesty, spacious enough for reflection, and intentional enough for meaningful movement.

This cohort will also be selective.

Before joining, we will have a brief conversation. This is not about proving that you belong here. It is about protecting the experience for everyone involved and making sure the Circle is a good fit for you.

The quality of a circle depends on who is sitting in it.

I take that seriously.

How We Will Spend Our Eight Weeks

Each week, we will gather virtually for approximately 60 minutes.

I say "approximately" intentionally. I respect your time, and I also respect the conversation. If we are in the middle of something meaningful, I am not going to abruptly shut down a conversation because the clock has reached sixty minutes.

I want our time together to feel spacious, focused, and useful.

Throughout the eight weeks, you will also receive:

Weekly audio reflections through a private, password-protected podcast feed so you can continue reflecting in your own time and in the privacy of your own space

A private community where the Circle can stay connected, share insights, ask questions, and support one another between sessions

A personal workbook with reflections and practices to help you turn insight into intentional action

Direct email support from me throughout our eight weeks together

Guest voices from women willing to share what they have learned about reclaiming themselves, rebuilding parts of their lives, and navigating seasons of change

The goal is not to give you more information to manage.

The goal is to create enough support, reflection, accountability, and space for you to hear yourself more clearly and begin honoring what you hear.

A Word About Confidentiality

Confidentiality is not an added feature of The Reclamation Circle.

It is foundational to how the Circle works.

I have spent decades in corporate, ministerial, community, and personal spaces. I understand how difficult it can be for women to speak honestly when they are accustomed to managing perceptions, protecting other people, maintaining roles, or wondering where their words might travel after they leave the room.

I want you to know how seriously I take the stewardship of your story.

Our live sessions will be virtual, and you will have the option to participate without video. You do not have to be visually present to be fully present. Your voice is enough.

When replays are provided, they will be audio only.

And if a conversation becomes especially personal or sensitive, I reserve the right to stop the recording altogether. In those instances, I will provide a written overview of the general themes we explored without including personal disclosures.

Some conversations deserve to exist only among the people entrusted to hear them.

During our first gathering, we will also create group agreements together. Confidentiality is part of those agreements, but so are respect, care, boundaries, participation, and how we choose to hold one another's stories.

Safety is something we create together and protect together.

You do not have to impress anyone here.

You do not have to arrive with answers.

You do not have to carry the room.

You are allowed to simply arrive as yourself.

Who The Reclamation Circle Is For

The Reclamation Circle may be right for you if:

You are a woman in your 40s, 50s, or 60s who realizes that years of responsibility, caregiving, leadership, achievement, or simply managing life have left too little room for you

You are functioning well enough that other people may not recognize how depleted or disconnected you sometimes feel

You are beginning to question roles, expectations, relationships, routines, or responsibilities that once fit but may no longer fit the woman you are becoming

You are navigating a transition in your career, relationships, faith, family, identity, health, retirement, or sense of purpose

You want to make decisions from a more grounded understanding of yourself rather than from habit, guilt, obligation, or other people's expectations

You are ready to participate, reflect, experiment, and take meaningful action in your own life

You value confidentiality and understand the responsibility of holding another woman's story with care

You want support without surrendering your agency

You are ready to make yourself worthy of your own time, attention, curiosity, and care

You do not have to know exactly what needs to change.

You simply need enough honesty to recognize that something does.

Who This Circle Is Not For

The Reclamation Circle is not designed as a quick fix, a passive learning experience, or a place where someone else tells you how to live your life.

I will offer guidance, questions, tools, perspective, coaching, and support. The women in the Circle will bring wisdom and lived experience of their own.

But your life remains yours.

Reclamation requires participation. It asks you to notice, question, choose, practice, and sometimes change.

That is why readiness matters more to me than perfection.

The Investment

The investment for the complete 8-week Reclamation Circle experience is $1,200.

Your investment includes:

- 8 weekly live virtual coaching sessions with SharRon Jamison
- Audio-only replay access when sessions are recorded
- Weekly private audio reflections
- Private community access throughout the cohort
- Personal Reclamation Circle workbook
- Direct email support throughout our eight weeks
- Guest conversations and perspectives
- An intentionally small cohort of no more than 10 women

This is an investment not only in eight weeks of coaching, but in creating dedicated space to listen to yourself, examine what your life is asking of you now, and begin responding with intention.

How to Join

The Reclamation Circle will include no more than 10 women.

Once those 10 places are filled, this cohort will close.

If something in you recognizes that this is the right season to make room for yourself, I invite you to begin with a conversation.

You do not have to be completely certain.

You do not have to have everything figured out.

You simply need to be willing to explore whether this experience is right for you.

Reply with the word **RECLAMATION**, and I will reach out to you personally.

We will have a brief conversation about where you are, what you hope to receive from the experience, and whether The Reclamation Circle feels like the right fit.

I want you to choose this experience with intention.

And I will be equally intentional about the women I invite into the Circle.

A Personal Word Before You Go

I am 60 years old. I left home at 16 without a roadmap. Since then, I have navigated corporate America, marriage, divorce, motherhood, ministry, illness, leadership, reinvention, and more transitions than I can count.

Life has taught me that a woman can be enormously capable and still reach a season when she needs to hear herself again.

I have also learned that returning to yourself does not always happen automatically simply because you recognize how far away you have gotten.

Sometimes you need space.

Sometimes you need language.

Sometimes you need support.

Sometimes you need women around you who understand what it means to reconsider a life that looks perfectly acceptable from the outside.

And sometimes you need to make a decision that says, I matter enough to make room for myself now.

That is why I created The Reclamation Circle.

Not because I believe I have all the answers to your life.

I created it because I know the power of having a safe place to ask the questions.

If this is your season, I would be honored to walk beside you for these eight weeks.

Ten women. Eight weeks. An intentional return to yourself.

To begin the conversation, reply with **RECLAMATION** or contact me directly at SharRon@SharRonJamison.com.

May you honor what your life is asking of you now.

May you trust yourself enough to listen.

And may you give yourself permission to reclaim the time, energy, voice, joy, dreams, and possibilities that still belong to you.

With you always,



SharRon 💛