

THE BECOMING INTENSIVE

A 5-Hour Identity & Nervous System Reset for Women Rising Beyond Survival

[Request Your Intensive Here](#)

There comes a moment when a woman quietly recognizes she can't go back to who she was — not because she failed, but because she finally outgrew the version of herself who survived by shrinking, pleasing, over-performing, or disappearing to stay safe.

She no longer wants to manage her life. She wants to lead it.

If you feel yourself standing in that doorway — this space is for you.

WHAT THIS IS

A private, therapeutic-style intensive designed to support women in transition — emotionally, professionally, spiritually — who are ready to move from survival mode into grounded, sovereign self-leadership.

This experience blends:

- nervous system regulation
- identity work
- somatic grounding
- trauma-informed emotional processing
- intuitive internal authority building

This is subtle, powerful, stabilizing work — not hustle energy, not adrenaline, and not performative “healing.”

This is calm clarity. This is expansion from the inside.

WHAT WE WILL DO TOGETHER

Across five hours (one session or two 2.5-hour sessions), we will:

UNWIND SURVIVAL IDENTITY

- Release roles trained by trauma (fawn, freeze, over-functioning, self-erasure)
- Break emotional loyalty patterns that keep you small

- Reorient to inner safety & internal authority

REGULATE & EXPAND CAPACITY

- Somatic grounding & nervous-system stabilization
- Increase capacity for visibility, abundance, intimacy, rest, & leadership

RECLAIM IDENTITY & VOICE

- Define who you are now
- Rebuild boundaries without guilt
- Reinstate trust in your intuition and internal authority

ACTIVATE ALIGNED DIRECTION

- Clarify your next chapter in life or business
- Establish action rooted in clarity, not urgency
- Create a nervous-system-safe structure to support your expansion

You leave with emotional clarity, nervous-system steadiness, and authority in your own life again.

You leave embodied and ready to lead your life from truth, not conditioning.

YOU RECEIVE

- 5 hours of deep guided work (we meet via Zoom)
- Somatic + emotional integration practices
- Identity recalibration + boundary language
- Personalized self-leadership plan
- Two-week integration period with grounded check-ins (Mon–Thurs) via WhatsApp

INVESTMENT

\$1,111 or \$600 × 2

(Limited availability to preserve depth and energetic integrity.)

THIS IS FOR YOU IF

You are ready to:

- Release patterns of self-abandonment & emotional survival
- Build the next era of your life or business from grounded self-worth
- Feel safe being powerful, visible, supported, and self-led
- Lead from calm confidence instead of urgency or fear

NOT A FIT IF

- You are seeking a quick fix
- You want motivation instead of nervous-system work
- You want someone to carry you instead of activating your leadership

YOUR INVITATION

If your body knows you are crossing a threshold — honor that knowing.

Request Your Intensive Here

Come with a steady breath, an open nervous system, and a willingness to meet the woman you are already becoming.

She's here. It's time.

This work is not about becoming someone new —
it's about returning to the woman you always were.



Licensed Professional Counselor Supervisor

Trauma Certified Therapist and Coach