

Re Wild *Re* New *A Powerful* You

ReWild ReNew is a transformational program for complete healing for the body, heart, spirit and soul over a 9 month period

Healing looks different for everyone, but the common theme is stepping into a happier, healthier version of you and living your fullest life. At ReWild ReNew, we understand that your personal journey with healing will be different to everyone else's because no one else has lived your life! We also know that true healing concerns ALL of you - it is a return to wholeness. In this unique program you will not only find the healing that you need, but we will also give you the tools and process to become the healer in your own life, through the ReWild ReNew Methodology. The power will be in your hands to live the life you know you are meant for.

"It helped me come home to myself again in a powerful way. So much healing happened on every level" - ReWild ReNew student

Healing requires an alignment of your body, heart, spirit and soul - that means that your emotions, your spiritual connection and your body all need to be nurtured. But what does that look like? Read on, and see if you are saying yes to any of these...

- ★ Do you have chronic health issues that interfere with your life, work and family?
- ★ Do you struggle to trust your intuition or make clear and definite decisions about important things?
- ★ Are you struggling with emotional pain? Do you feel things deeply, get hurt easily, and does it take you longer to get over those hurts than others?
- ★ Do you tend to feel unseen and unheard, as though people don't understand you and what you're going through?
- ★ Do you feel like you're in the wrong relationship or are you seeking the right relationship, or looking to heal your relationship?
- ★ Do you have trouble with your get up and go and motivation in life? Do you feel stuck with work, relationships, health, trauma, grief or something else?
- ★ Do you feel like you've lost a sense of who you are - maybe parenthood, work or chronic illness has taken that sense of 'you' and what you used to love to do?
- ★ Are you tired, stressed, overwhelmed or feel like you're drowning despite wanting to do more?
- ★ Have you been through trauma as a child or adult?
- ★ Are you grieving the loss of a person, relationship or job? Have you lost faith or trust in yourself, the world, your relationships or that life can be good?
- ★ Do you feel like you have many of the things in your life that you wanted or strived for, but there's still something wrong or missing?

Did you find yourself nodding in agreement to any of those questions? If so, this program has been designed for you so that you can finally find healing for your body, heart, spirit and soul.

- Through our signature ReWild ReNew Methodology, you will let go of emotional pain, find empowerment in your relationships and know how to turn your struggles into opportunities.
- You will be able to find healing without revisiting old struggles and lift yourself up to be seen, heard, and respected while building strength and bringing in self compassion.
- You will find resilience, boundaries, and discernment will be your guides through whatever life brings your way.
- You will become fully restored - more *you* than you ever have been before, naturally leading you to a purposeful life that fills you up instead of draining you.

[To find out how this will transform your life, sign up for a call with Amie or Eileen here!](#)

"I joined Eileen and Amie's class during a time when events had dealt me some severe blows to every part of my being. The tools I had cultivated, practiced and used successfully in the past were not helping in an identifiable way. Taking the class provided new tools and put a new spin on tools I was already using. The specific focus in each module was an ideal way to start feeling better piece by piece. The ability to immerse myself in the process without having to take notes and absorb each little morsel all at once was priceless. I learned all new things going back through the second time. Additionally, the tools have remained ones I have used again and again in not only challenging circumstances but positive and forward-moving ones as well. Last but not least, the total individual support from Amie and Eileen was a lifesaver during the storms."

Dr. E. M. - Connecticut



Hi, I'm Eileen



Hi, I'm Amie

We live on opposite sides of the Atlantic Ocean but have joined up because we share a similar purpose! We collaborated to create the ReWild ReNew Methodology - a process born over time from our own healing journeys, our varied life experience and our own private practices. Here is a little part of our stories (we share much more in the program!)

Eileen - I had a 20+ year successful career as an architect starting and running my own award winning firm. Then I got married, had two children and wound up trying to run my business and be a good mom to two kids under two with chronic fatigue and other health issues. I also lost 6 family members in a short time including my mother. Something had to change and in my journey to heal I found my true self, extremely rewarding purpose, and the strength and process to handle whatever life brings.

Amie - When my children became sick, I started searching for answers only to find that I, also, desperately needed healing. As my body got stronger, I was able to heal past trauma which had led to a near death experience. Once I had let this go, my intuition flooded in and I could heal in a bigger way and step into my true purpose as a healer and mother.

Together, we've helped people to find healing from past trauma, grief, divorce, chronic health issues, relationship challenges, feeling lost, alone or stuck and a whole host of other personal challenges. We see your unique struggles and we know that you are much stronger than them.

What's included in the program:

This program includes the ReWild ReNew Methodology, 1 to 1 support and coaching, and a community to learn and grow with, over a period of 9 months.

ReWild ReNew Methodology:

- Three distinct trimesters of our signature teaching material (21 modules overall)
- Specific guided meditations tailored to each module
- Learn shamanic journeying for incredible healing and transformation

1 to 1 support and coaching:

- 30 mins of weekly support that includes 1x30 min video call the first week of each month and Voxer support (voice coaching) on subsequent weeks
- Additional 30 min video onboarding and offboarding call

Community:

- Monthly LIVE group call
- Sharing, connecting and Q&A access in the teaching modules

"no matter where you are on your journey - affirming, noticing and committing to this program can really propel you forward and bring peace and calm to your life"
ReWild ReNew student

We are excited to talk to you to see how this can help you transform your life.

[Sign up for a call here!](#)

What people are saying:

"My life has been so enriched, so deepened by the courses, I found my way back to myself. Who I was or rather am meant to be, and I will always have this tool within me. Now I grow my roots in the ground and flourish. Since the course, I feel a deeper connection, I trust my gut more, I am more forgiving of myself, in fact I feel like I recognize and accept myself more than before. I trust myself more, I listen to my instinct with more wisdom and clarity, which I have learned is all within me. I stand in the light and in truth as a wife, a mother and as a healer. What I also loved from the course is that I have a circle of people I can connect with, who understand and we meet each other with compassion. In my relationship with my husband, I have come to have greater compassion for him and to trust that he is a powerful being who guides and leads the family, and to make what I do possible. I have come to respect him for his intuition, his sensitivity and wisdom

"K.S. Singapore

The growth I've made has been downright awesome. I started out feeling really stuck, discouraged, feeling kind of hopeless and paralyzed with Uncertainty. Throughout the journey it got me surprisingly aligned with my purpose - everything from my personal life, relationships, building my business, and most importantly, trusting myself and my truth. I have benefited so much on so many levels and I now easily make decisions feeling empowered, and am truly grateful to say I now clearly see struggles as an opportunity for a lesson rather than a burden. I actually welcome them now because I know there's an opportunity to heal deeply in a way I perhaps hadn't noticed before and this perspective allows me to continue my process of living in a place of love, truth, kindness, and clarity. I am grateful beyond measure because it just keeps getting better and better...every...single... time.

T.H. Connecticut

Got questions?

I already feel overwhelmed in my life. How much time will I need?

This course was made to support purposeful people who are short on time over a 9 month period.

Support will be a weekly feature in your schedule through a mixture of face to face and Voxer coaching, though Voxer support gives you flexibility to make contact when it suits you. You can pick and choose when you go through the ReWild ReNew methodology, at a time that suits you. All study materials, meditations and exercises are concise. They are designed to help you deal with overwhelm rather than create more work.

How much 1 to 1 support will I get?

Over the 9 month period, you will get support every week. At the beginning of each month you will have a 30 min video call with your coach and on the other weeks you will have up to 30 mins of Voxer support with your coach. Voxer is a way to send and receive voice and video messaging so you can ask questions and share information when you are inspired and have the time. Your coach will respond and provide feedback and suggestions every Tuesday. In addition to 1 to 1 support, there will also be plenty of group support and online forums so you can ask questions in between coaching sessions.

How much group support is there?

There will be a monthly group Q&A and an online retreat every 3 months (3 retreats in total). In Kajabi (the teaching platform) you can share and ask questions whenever you want. There will also be a facebook group where you can interact with others from the course.

What about sharing personal information in a group?

This is a very tightly held, compassionate space. You will benefit from other people's real life experiences and they will benefit from yours. Celebrating together and witnessing one another transform is a powerful part of the experience. You will have your 1 on 1 coaching to help you manage what you want to keep private and what you would benefit from sharing.

What sort of changes might I expect in my life from the program?

Expect to feel better in ways that are hard to put into words. You will likely notice shifts and changes in your relationships and the way other people respond to you as well as your ability to handle challenging or fearful situations with more ease and grace. Expect to notice things you never did before about yourself and the world around you. Expect to see what's the right next step for you to take and the wherewithal to do it. Expect to be pleasantly surprised!

The world feels so out of control right now I don't know what to do?

It is imperative to take care of yourself first. This is no small thing and it is how you can best help yourself and others. Focusing on making yourself strong is how you change the world by example and through the ripple you will create in the world when you are at your best.

ReWild ReNew is one of a kind!

This is not the same material or processes that you have seen over and over, nor is it a bunch of feel good memes and meditations to bring a moment's calm before returning to the challenges of daily life. ReWild ReNew is giving you a process to create lasting change that will serve you long after you have finished this program. We will give you the tools and process that we use to help support our own clients and families, so that you won't need us to help you any longer!

YOU are your most important asset and the common denominator in all things in your life. You are worth all you will gain from this program. Book a call with us here to find out more about how this will benefit you...

[Sign up for a call here!](#)

"I felt called to Amie and Eileen's courses; I had worked a lot on my physical healing but I felt there was so much more to be discovered regarding my emotional and spiritual health. I had heard words like soul, spirit and truth many times but never really understood what they meant; each session gave me a greater understanding of these and so many others and has led to a greater compassion for myself and others. I had previously struggled with understanding why other people responded differently to things to me and learning about Truth completely changed this for me. I have gained so much confidence in tuning in and listening to myself and this is helping me work towards creating more inner peace. Amie and Eileen are kind, caring, real and approachable and I have loved learning from them and their experiences" - NW, United Kingdom