

Unleash Your Feminine Strength: A 4-Week Journey for High-Achieving Women to Reconnect to Their Inner Goddess

In the high-stakes world of leadership, it's easy to get caught up in the masculine energy that we *have been told* fuels success. As a driven, ambitious woman, you hold all the powerful titles—Head of the Family, Senior Leader, Executive, Chief Family Officer, Founder, and more. Your to-do lists are impeccable, your calendar is perfectly synced, and your productivity hacks are the envy of many.

In our still very patriarchal world, mastering the game is essential for success. But the true secret lies in unleashing your *inner goddess*—embracing your feminine strength to rise even higher. This beautiful summer experience creates a unique container for you, outside of your normal colleagues and friends, providing a safe space to address the unspoken pitfalls of conforming to male-centered energy and will provide an opening for you to explore another way.

This journey will help you break free from outdated paradigms, reconnect with your inner goddess, and harness the inherent feminine qualities that make you truly unstoppable.

In Unleash Your Feminine Strength, I invite you through a 4-week journey to reconnect with your feminine superpowers.

The truth is, within each of us lies a goddess.

A goddess is simply a woman with presence, grace, wisdom, infinite love, compassion and fierce, world-changing power.

In our day to day busy lives, packed schedules, technological over-stimulation we forget that she exists within us.

But she is there, ready to lead, ready to inspire, ready to create.

A Loving Note From Me: *If the word goddess is not landing with you, I invite you to consider why. What narrative comes to mind when you hear “goddess”? Could this be*

an opportunity for you to explore that resistance and open up to an expanded, perhaps more loving view of yourself?

This workshop is specifically for women who:

- feel comfortable in a boardroom but want to tap into their feminine strength
- desire greater meaning in their life and want to feel more aligned to their deepest, truest selves
- have a sense that they are more powerful than how they currently show up but haven't explored how to tap into their feminine fierceness
- are great at caring for others, but have a hard time prioritizing their own needs and wants
- Want to move out of a constant state of *doing* and move into a beautiful sense of *being*

There was a time in my life when I was so tired, so overwhelmed from caring for others that I lost connection with my own feminine strength. I had come through a long period of caring for my husband before he passed away that involved a lot of self-sacrifice and focus on others.

From the outside I may have seemed fine.

I had put on weight, but not so much to be deemed unhealthy. But I'd lost connection to my feminine spirit, to my body, to my inner spark, to my inner goddess. (*Does this sound familiar?*)

Over the past ten years I have been on a journey to reconnect with her, to know her, to honour her, to fall in love with her! It has been a beautiful, empowering and also painful journey but today, at age 48, I am the most at-home within myself and in-love with myself than I have ever been.

In this 30-day journey you will learn to:

- Release the need to do it perfectly or otherwise not at all
- Let go of the need for others approval in order to lean into your unique path and desires
- Evaluate your relationships - which are serving you, which are not
- Let go of attachment to things that don't matter for your highest self to thrive

- Stop being stuck in the constant *doing*

After 30 days together, you will embrace and embody:

- Confidence in who you are
- A connection to your inner goddess - your grace, strength, wisdom, resilience
- Your unique gifts and beauty
- A deeper connection with your intuition
- Your creative, playful side
- Deeper trust in yourself and your unique path
- Connection to an incredible group of like-hearted/minded women
- Moving into *being*

This 30-day journey includes:

- 4 One-hour live sessions with me
- 1 One-hour integration session
- Ongoing group support via voxer (an online messaging app) over the 30 days
- Custom assignments and exercises that are designed to be inspiring and will allow you to more fully embrace the summer season offline

In our 4 live sessions we will cover:

1. Reconnecting with your inner goddess. In this session I will define what I mean by goddess in the context of feminine strength. We will explore how to deepen our connection to the goddess within. I will teach you to reconnect with her and learn to love her so that you can nourish and nurture her.

2. Creating your goddess avatar. In this session you will create your goddess avatar. Who do you long to be? Who are you already that wants to be expressed more fully? This session is focused on self-image work - acknowledging how you see yourself now and whether that narrative is best serving you.

3. Stepping into her beautiful image. In this session you will build a bridge from your current self to your goddess avatar so that you can start taking steps today to embody

her and bring her to life. Most importantly, you will learn to LOVE and ENJOY your life more fully as you look through her eyes.

4. Unleashing her full power. In this session we will write our goddess manifesto. A declaration of the intentions of our inner goddess and what truths she holds herself to. You will use this manifesto as a guide to embrace this next phase of your journey.

Through this program, I invite you to come into a deeper relationship with your own divinity (your spiritual essence) and therefore the true potential which is available to you.

Teachings I will draw upon throughout the program:

- Clarissa Pinkola Estes, Author of Women who Run with Wolves
- Elizabeth Gilbert, Author Big Magic
- Anais Nin, The Diary of Anais Nin
- As well as ancient Greek, Egyptian, Indigenous and Hindu Mythology

We will also be using some of the following modalities to learn and integrate:

- Meditation
- Visualization
- Journaling
- Sensory exploration
- Style profiling

If you have been deeply ensconced in the masculine world and masculine energy for a long time, there is a good chance that at least some of you is feeling resistance to some of the words I've used to describe this journey - goddess, divinity, maybe even feminine.

I want you to know that I created this workshop with you in mind as well. Take this program as an opportunity to question why you feel discomfort around those words - words that have been used to describe feminine strength since the beginning of humanity.

It is time for us as women to reclaim them, to own them and bring full power back into them.

Join me for this beautiful 30-day journey as we empower your inner goddess to lead you into transformation.

Sessions will take place on zoom on the following dates*:

Day 1: Tuesday, July 16th at 1pm EST

Day 2: Tuesday, July 23rd at 1pm EST

Day 3: Tuesday, July 30th at 1pm EST

Day 4: Tuesday, August 6th at 1pm EST

Interactive Session: Thursday, August 8th at 1:30pm EST

*Replays for all calls will be available

Investment: \$497 CAD

Limited spots available to keep the experience intimate and interactive. (No seriously, spots are really limited - this means more meaningful connection within the group!)

I'd love to go on this journey with you, to support you in tapping into your inner goddess and unleashing your feminine strength.

If you'd like to join us, just reply to me via kena@allyouare.ca and say "I'm IN"... and we'll take it from there.

Or you can enroll [right here](#).

With love and belief in you,

Kena xo

Goddess: a female of divine nature, greatly admired or adored

*"She unleashed her inner goddess and became
the woman her soul knew she could be."*

— Michelle Schafer

