

Are you ready to...

...Join The Most Transformative Group Coaching Experience For Women Over 40!

Reset Group Coaching October 31 - December 19, 2023

Transform Confusion about Midlife Changes into Confidence and Clarity

Reset Group Coaching Program is an 8-week live, virtual group, and 8 Module Online Course created specifically for women over 40 who need support to find the power within to Reset, Redesign, and Restart their lives with more self-confidence, self-compassion, and clarity.

During this transformative program, I will guide you through the midlife challenges that are holding you back, allowing you to rediscover your passion, learn to trust your intuition, and love the woman you are becoming.

[I'd like to schedule my call](#)

Let's face it, the years after 40 are no walk in the park.

While society labels these the "Golden Years," the reality is that for many women, it's a time of uncertainty, increased stress, mounting burnout, and extreme transition physically, mentally, and emotionally.

- Caring for aging parents
- Transitioning to an empty nest
- Dealing with the choices of young adult children
- Facing a new life after divorce
- Feeling trapped in a job you don't love
- Sinking in a relationship that's gone stale
- Growing uncertainty about the future
- Lacking the energy and motivation to do what you want
- Feeling pressure from all sides to do it all

...and that's just the tip of the iceberg.

You're not worried about just looking better (*well, maybe a little*).

You want to FEEL better by improving your mental, emotional, physical, and spiritual health.

Why Choose Reset Coaching?

1. **Empowering Women Over 40:** This program is specifically designed to address the unique challenges and transitions experienced by women in their 40s and beyond. Silvia understands the toll that perimenopause and menopause can take on your body, mind, and spirit. Through stress-relief techniques and new life skills, you'll gain the tools to navigate the menopausal fog and embrace midlife with vitality.
 2. **Unleash Your Potential:** Whether you're yearning for a career change, seeking to improve your relationships, or craving personal growth, Reset Coaching will help you break free from limitations and unlock your true potential. Silvia will guide you in building confidence, developing practical skills, and cultivating a mindset that empowers you to thrive in all aspects of midlife.
 3. **Intentional Living:** Starting over begins with self-reflection and a clear vision of where you've been, where you are, and where you want to be. Reset Coaching offers you a foundation for intentional living, allowing you to take charge of creating the best rest-of-your-life. Join us on this transformative 8-week journey and discover the power of living life on your terms.
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Are you ready to make a change? If you're a woman over 40 who feels stuck, overwhelmed, or frustrated with various aspects of her transition into midlife, this program is tailor-made for you. Whether you're struggling with perimenopause and menopause, feeling disconnected from your true desires and intuition, or simply seeking a fresh start, Reset Coaching is here to support you.

Is Reset Coaching for You?

Reset Coaching is designed for women over 40 who are feeling stuck, anxious, or disconnected from their true desires and intuition. If you're ready to reset your confidence, gain clarity, and start over with a renewed sense of purpose, this program is for you. Embrace your resilience and believe in the possibility of living a life inspired, with the best years yet to come.

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The Midlife Challenges We Address:

- Struggling with perimenopause and menopause
- Feeling overwhelmed by career or relationship challenges
- Experiencing uncertainty and burnout
- Navigating the transition to an empty nest
- Dealing with the choices of young adult children
- Facing a new life after divorce
- Feeling trapped in an unfulfilling job
- Sinking in a stale relationship
- Growing uncertainty about the future
- Lacking energy and motivation to pursue your desires
- Feeling pressure to do it all

I understand that the years after 40 can be challenging, but with Reset Coaching, you can overcome these obstacles and emerge stronger, more vibrant, and more aligned with your true self.

The Benefits of Reset Coaching:

- 1. Increase Confidence:** Reclaim your self-assurance and believe in your abilities to create the life you desire.
 - 2. Gain Clarity:** Rediscover your passions, values, and purpose, and gain clarity on what truly matters to you.
 - 3. Heal Burnout:** Learn to prioritize self-care, set boundaries, and rejuvenate your energy levels to prevent burnout.
 - 4. Boost Energy:** Implement strategies to enhance your physical and mental well-being, allowing you to feel energized and alive.
 - 5. Improve Mood:** Discover techniques to manage stress, anxiety
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Who is this for?

Reset Coaching for Women Over 40 is exclusively designed for women who are ready to embark on a transformative journey during this pivotal stage of life. If you're a woman over 40 who is seeking positive change, empowerment, and renewed purpose, this program is tailored to meet your unique needs.

This program is for you if:

1. **You're Ready to Embrace Midlife Transformation:** As a woman over 40, you understand the significance of this stage and the opportunities it presents for personal growth, self-discovery, and creating a life that aligns with your true desires.
2. **You're Seeking Clarity and Direction:** If you're feeling uncertain or disconnected from your passions, values, or life purpose, Reset Coaching will help you gain clarity, reignite your inner fire, and set a clear direction for the next chapter of your life.
3. **You Want to Reclaim Confidence and Self-Compassion:** If you're longing to boost your self-confidence, nurture self-compassion, and develop unwavering belief in yourself, this program will provide the tools, support, and guidance to help you embrace your unique strengths and shine.
4. **You're Open to Growth and Change:** If you believe in the power of personal transformation and are willing to step out of your comfort zone, Reset Coaching will empower you to break free from limitations, overcome obstacles, and create a life that reflects your true potential.
5. **You Seek Connection and Community:** Reset Coaching for Women Over 40 offers a supportive community of like-minded women who understand the challenges and joys of this stage of life. Joining this program will provide you with the opportunity to connect, share experiences, and grow together.

Imagine if you made time to REDISCOVER who you are at this point in your life so you could live with more authenticity and confidence for the BEST YEARS yet to come.

[I'd like to schedule my call](#)

You may be thinking...

"I must be the only woman over forty that can't get it together"

YOU ARE NOT ALONE IN YOUR STRUGGLE

This program is where you will get the support you need to reset.



Hello, I'm Silvia, and I'm seeking women aged 40+ who are ready to RESET, REDESIGN, and RESTART their lives.

You've undergone tremendous growth since your twenties, recognizing that repeating old patterns won't lead to a new and fulfilling life. Embracing change is essential, as resistance or denial of the aging process only heightens anxiety and diminishes self-confidence. It's time to fully embrace your personal journey and unleash your inner power.

To begin anew, we must carve out time for reflection—to acknowledge who you were, who you are now, and who you aspire to become. Join me on this transformative journey and reclaim control, creating the most extraordinary chapter of your life.

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Introducing

RESET COACHING FOR WOMEN 40+

My **Reset Coaching Program** is an 8-week live, virtual group course created to help women over 40 who need support to find the power within to Reset, Redesign and Restart their lives with more self-confidence, self-compassion and clarity.

During the 8-week program I will help you move through the midlife challenges that are holding you back so that you can rediscover your passion and learn to trust your intuition.

You will:

- Connect to yourself more deeply as you increase self-awareness and **ignite passion**
- Discover how to love yourself and **live with authenticity** and alignment
- Detox your mind, heal your nervous system, and **feel more calm**, connected, and confident
- Learn a system you can apply every day to **maintain balance** in your life
- Apply a proven framework of transformation with **confidence and ease**
- Unlearn self-limiting beliefs, how to stop the negative self-talk and **be kind to yourself**
- Learn practical mindset shifts to **overcome anxiety** so you are less stressed, anxious, and overwhelmed
- Break old habits so you can **take control of your life** and be responsible for your happiness
- **Be present** in your life and focus on what is important for you every day

The Details are Easy:

- 8 women
- 8 Modules
- 8 pre-recorded Women's Wisdom Talks
- 8 pre-recorded Mindset Meditations
- 8 pre-recorded Yoga Classes
- 8 Breathwork Sessions
- 8 Journaling Worksheets
- 8 Tapping (Emotional Freedom Technique) Sessions

LIVE COACHING DATES: 6PM - 7PM EST TUESDAY's

October 31, November 7, 14, 21, 28, December 5, 12, 19

*Also included Monday check in via WhatsApp

All meetings are on live on Zoom in Eastern Standard US time. There will be replays of the classes if you are unable to attend although I highly encourage live participation!

BONUS BUNDLE

- **BONUS 1 – Self-Care Support System in Teachable**
- **BONUS 2 – Self-Care 7 Day Challenge**
- **BONUS 3 – \$400 OFF Retreats in 2024**
- **BONUS 4 – Lunae Perimenopause/Menopause Collection Online**
- **BONUS 5 – Private messaging support, up to 20-minutes per week for personalized coaching**
- **BONUS 6 – 50 minute private 1:1 coaching session during Week 9 for Integration**

MORE INFO ONLINE HERE —>> <https://silviamordini.com/coaching/>

PROGRAM INVESTMENT

\$808 SPECIAL DISCOUNTED PRICE 50% OFF

REGULAR PRICE \$1616

4 Month Payment Plan offered: \$202/month click [HERE](#)

Or Pay in Full to Receive BONUS 1:1 Coaching session click [HERE](#)

HOW THE COACHING COURSE IS ORGANIZED

My coaching course is organized into three key pillars of transformation: **Reset, Redesign, Restart**. For easeful sustainable change it's important to take things one step at a time so as not to overwhelm yourself.

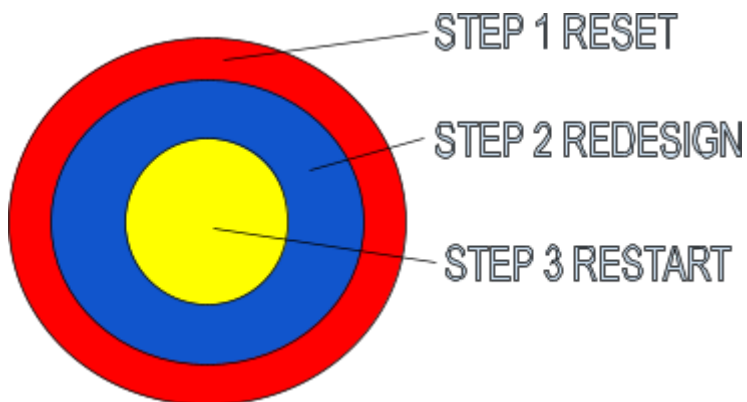
These 3 steps are what you need to not just get the work started but see it all the way through. Most programs only address 1 step, so nothing really changes. I am supporting you to *Reset, Redesign and Restart* your life all the way.

The number 1 cause of losing confidence is trying to do too many things at the same time and feeling like a failure at all of it. **Let's monotask and close the confidence gap**. We do this by mindfully redesigning your life based on your current desires, needs and non negotiables.

RESET: Weeks 1, 2, 3

REDESIGN: Weeks 4, 5, 6

RESTART: Weeks 7, 8, 9



There are 8 Modules with 8 mindful themes, one per week for 8 weeks + the 9th week of integration. I refer to our group coaching

sessions as our “Reset Sisterhood”. We will meet weekly via zoom for live coaching where you will be heard from and supported.

WEEKLY MODULES ARE:

WEEK 1: ACCEPTANCE (Reset)

WEEK 2: RELEASE (Reset)

WEEK 3: HEALING (Reset)

WEEK 4: TRUTH (Redesign)

WEEK 5: INTENTIONS (Redesign)

WEEK 6: BRAVERY (Redesign)

WEEK 7: DESIRE (Restart)

WEEK 8: JOY/CONFIDENCE (Restart)

WEEK 9: INTEGRATION 1:1 Bonus session! (Restart)

RESET COACHING MODULES INCLUDE:

Mindfulness Classes

Based on a weekly theme. Explore various ways of mindfulness practice including affirmation practice, mindset hacks and lifestyle rituals and journaling.

Group Coaching Sessions

We will explore the power of the “reset” through group exercises and guided self-practices. We will share our wins, challenges, inspirations, and support.

Wisdom Talks for Women 40+

This is the big sister chat you need to boost your spirit when you’re feeling down. These are based on the weekly themes.

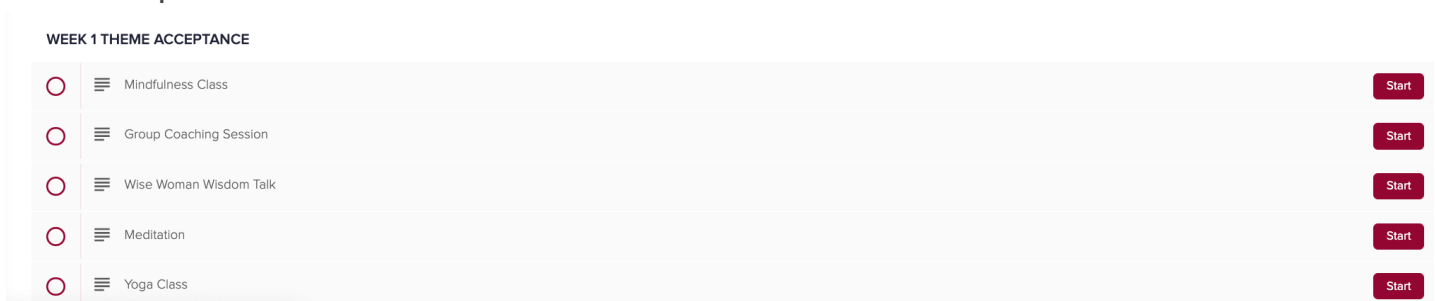
Meditations

Pre-recorded themed meditations

Yoga Classes

Pre-recorded themed yoga classes

See example from Teachable below:



KEY CONCEPTS COVERED:

1. The Art of Self-Acceptance
2. Confidence to Heal (reduce anxiety, trust your intuition)
3. Quieting the Critical Voice from your Wounds
4. Moving Beyond Your Comfort Zone
5. Courage to Take Action
6. Stepping into your Greatness (honoring your worth)
7. Living a LIFE Inspired by Purpose in Midlife

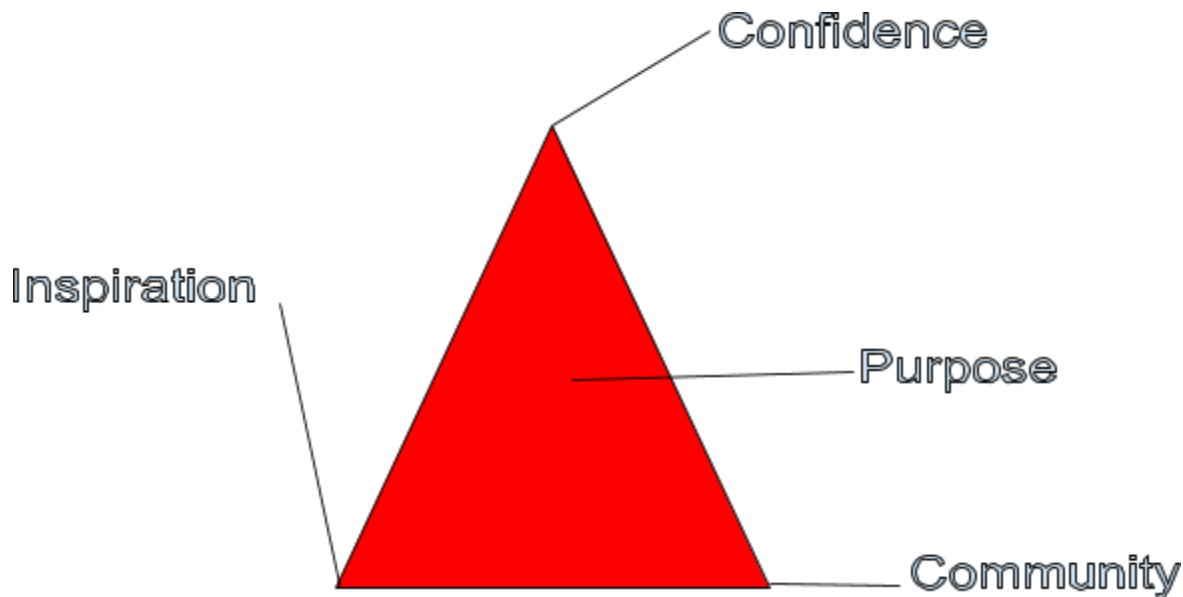
IN THE RESET COACHING PROGRAM GOALS

Learn how to:

- Take back control of your choices
- Honestly access and know how you feel
- Identify where to make changes
- Feel more calm and confident
- Be more grounded and tuned into your intuition
- Examine your options to start over
- Create action plan based on what makes you happy
- Practice self-compassion
- Pay attention to your needs
- Cultivate mindfulness
- Stay tuned in to the frequency of your desires
- Set loving boundaries
- Implement growth mindset
- Uplevel self-love
- Stay committed to self-care

This Program Is For Women 40+ Who Share 4 Core Desires

1. The urge to live a more meaningful life; one of purpose with passion for the woman you are today, not the woman you were at 20.
2. A deep desire for confidence to prioritize your happiness (wants and needs).
3. You want to be inspired and wake-up with enthusiasm about life.
4. You want a sisterhood, a sense of belonging and a connection and community where you feel safe and seen.



ABOUT ME

With over 20 years of experience as a mentor, coach, and teacher, I have dedicated my life to helping others find happiness and break free from feeling stuck. Through workshops, online courses, international retreats, and more, I empower women to uplevel their lives and overcome midlife anxiety, replacing it with clarity and confidence.

Results are guaranteed, and they come quickly. Having experienced my own share of trauma, I understand the healing journey firsthand. I've traveled the world, working with shamans in Bali and Hawaii, learning that waiting to be fully healed is not necessary to start living fully. Even a small improvement, just 5%, can make life significantly easier.

Resilience has become my lifelong superpower, and my multicultural background adds a sense of global citizenship to my work. Born in Ecuador to an Italian father and Ecuadorian mother, with immediate family from Brazil, the Philippines, and Puerto Rico.

In my personal journey, turning 40 and navigating the midlife transition was incredibly challenging. I was caught off guard and had no idea what to expect. Unbeknownst to me, I was entering perimenopause, but I attributed my symptoms to high-functioning anxiety and PTSD. I felt lost and isolated, uncertain of where to turn for guidance as I moved into this new phase of life. The confusion was overwhelming, and I struggled to recognize myself or understand my desires and aspirations. It was a lonely time, filled with uncertainty and a profound longing for support and answers.

If you're curious to learn more about me, I have hundreds of published writings on lifestyle, spirituality, and wellness that have been read by thousands worldwide. My work has been

featured in Gaia, Mindbodygreen.com, Mantra Magazine, Elephant Journal, and more. I'm also recognized as a wellness expert in Psychology Today, HuffPost, Medium, and other publications.

My life has been a story of warning and inspiration, which fuels my commitment to serving you. Let's connect and chat about how I can support you on your journey. Say YES to a chat

[I'd like to schedule my call](#)



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