



The Wisdom Collective

Support, Healing & Empowerment in Community

Find strength, courage, and confidence to make a lasting change in your life.

If you are overwhelmed, exhausted, stuck in 'groundhog day', ruminating instead of sleeping, feeling like a failure, without purpose, or too much in your own head....it's time to make a change.

You are not alone.

Sometimes we feel like we're the only ones going through something, and a community of support is where we can find strength, courage, and confidence to make lasting change in our life.

It's possible. And it's necessary.

Living in a chronic state of stress impacts your health, your wellness, your relationships, your performance at work, and your capacity to support those you care about. It takes away joy, satisfaction, confidence, happiness, and feeling in control of your life.

In **The Wisdom Collective** you will learn how to reduce overwhelm, doubt, and fear so that you can show up in the world from a place of calm, clarity, and control. This means you'll make better decisions, have more energy, improve your health and wellness, and be more satisfied, productive, and happy.

You deserve this.

The Wisdom Collective is a space for you to share and be vulnerable in a nurturing, compassionate, and understanding environment. There is security in community – by learning from others, being part of meaningful conversations, and supporting others through your own sage wisdom.

This 6-week community coaching experience will allow you to tap into collective wisdom where we all learn from each other. Together we will create a supportive environment that is positive, encouraging, empathetic, and judgement-free.

You're not alone – you're part of The Wisdom Collective.

How it works:

We will meet online for 6 weeks. Groups will be limited in size to allow for thoughtful dialogue and deep connection. There will be time in each session for you to share your individual concerns/questions and receive personalized coaching that everyone will benefit from.

A private Facebook chat will be created so that women can support each other in between sessions, ask questions as they arise, and receive additional coaching, resources, and guidance as needed.

What you'll walk away with:

- 1) An understanding of how overwhelm shows up in your life and simple ways to start reducing it.
- 2) Clearly articulated core values (what's most important to you and why).
- 3) Strategies for tuning into your inner wisdom/intuition.
- 4) Knowledge of what depletes your energy and ways to re-energize.
- 5) Clarity on your purpose and intentions/goals.
- 6) How to acknowledge and celebrate yourself (aka boost your confidence).
- 7) Frameworks for establishing boundaries, creating healthy habits, setting goals, and staying motivated.
- 8) A supportive community of women.

Program Framework:

The program is 6 weeks and has 3 modules:

Module 1: Where Are You Now? RECONNECT WITH YOURSELF

Module 2: What Do You Want? BECOME INTENTIONAL

Module 3: How Do You Get There? TAKE INSPIRED ACTION

You will be given reflective exercises to complete in between sessions that will help anchor and enhance the work we'll be doing. Everyone is encouraged to participate in group discussions, ask questions, and share their wisdom.

Module 1 (weeks 1 & 2)

Where Are You Now? RECONNECT WITH YOURSELF

In this module you'll:

- Learn how overwhelm shows up in your life and how to start to reduce it.
- Establish where you're at right now in different life areas.
- Determine what depletes your energy and how to re-energize.

Acknowledging where you're at in your life right now is how you start to cultivate self-compassion and an openness to possibilities. Knowing what's most important to you is how you make

decisions that you know are right for you, how you set boundaries, and create healthy habits. This is how you create confidence, increase self-esteem, and feel empowered in your life.

Week 1 – Start Reducing Overwhelm

Week 2 – Life Alignment & Energy Zappers

Module 2 (weeks 3 & 4)

What Do You Want? BECOME INTENTIONAL

In this module you'll:

- Get clear on what's most important to you by defining and articulating your core values.
- Uncover the reason behind what you want.
- Determine your intentions and goals.

The external noise that constantly surrounds together with years of programming and conditioning makes it hard to hear your inner voice, or your intuition. As women, we want to nurture, help, and please others. These aren't bad things, but if they overshadow your own desires, goals, and a feeling of agency over your life, then you'll experience detrimental effects in the form of anxiety, self-doubt, low energy, insecurity, illness, unhealthy habits, toxic relationships, unfulfilling jobs, just to list a few.

Week 3 – Determine Your Values & Set Intentions/Goals

Week 4 – Life Mission Statement/Purpose

Module 3 (weeks 5 & 6)

How Do You Get There? TAKE INSPIRED ACTION

In this module you'll:

- Learn to create space for your dreams, goals, and action steps.
- Create healthy habits and establish boundaries.
- Develop structures to keep you moving towards your goals.

Taking aligned action will keep you in momentum, moving forward with confidence, and keep you committed to yourself and all that you desire, even though you may be scared, uncertain, or doubtful.

Week 5 – Clearing Space, Establishing Boundaries & Creating Healthy Habits

Week 6 – Setting Goals, Plans & Reviews

Questions?

Email me at vera@practicalwisdomcoaching.ca with any questions or if you'd like to set up a quick chat. I'd love to connect!