## Awaken the Woman Within:

## Personal Breakthrough & Empowerment Programme

This programme is designed to support women in midlife as they reconnect with their inner strength, release unconscious blocks that keeps them from living the life they desire, and instead embrace a life of purpose, balance, and fulfilment. Through a thoughtful blend of mindset coaching, hypnotherapy, and wellness practices, you will be guided on a transformative journey to rediscover and awaken their true selves and the empowered women within.

*THIS IS A LIFE TRANSFORMATION IN ALL AREAS OF YOUR LIFE, INCLUDING PEOPLE AROUND YOU.*
*BECAUSE HOW WE SHOW UP IMPACTS EVERYONE AROUND US, OUR KIDS, PARTNER AND FRIENDSHIPS.*

**What sets this programme apart from all the others?**

What sets this programme apart is the depth of work at the **unconscious level**, where true, lasting transformation happens. While most coaching focuses on surface-level, conscious thoughts, this approach goes beyond simply managing the problem—it targets the **root cause**.

I guide you through a deep dive into your unconscious mind to uncover the core issues or "lynchpins" that keep you tethered to past trauma, limiting beliefs, health challenges, weight concerns, or any aspect of life you're unhappy with. These unconscious patterns are the foundation of everything we experience, both positive and negative.

By bringing these hidden causes into conscious awareness, we can release and reprogram them, clearing the path for profound change. This isn't about temporary fixes—it's about **rewiring your mind** so you can experience true freedom, clarity, and lasting transformation in every aspect of your life.

## Information about the programme

**Awaken the Woman Within** is a powerful, transformational process that, in just **90 days**, helps you gain clarity and alignment with your values, passions, and desires. Through this journey, you'll uncover your true purpose and reconnect with your authentic self. With this newfound confidence and clarity, you'll be ready to step out of the shadows and embrace a new, fulfilling life path filled with joy, purpose, and self-assurance.

80% OF OUR DAILY THOUGHTS ARE NEGATIVE, AND MOST OF THOSE—80% ARE SIMPLY REPEATED FROM THE DAY BEFORE?
WHEN WE STAY IN THIS CYCLE, WE CAN FIND OURSELVES UNINTENTIONALLY SHAPING A LIFE THAT FEELS STUCK AND PREDICTABLE.

### Is This You?

- You feel unfulfilled and uncertain about what's missing in life, wondering, "Why am I here? Is there more to life?"
- Poor physical and mental energy levels.
- You've put yourself last for years. You've lost touch with who you are, neglected self-care, and never carved out time just for yourself, and now you feel it's time to change that, but not sure how?
- Failing to set clear goals: People often take actions without clearly defined intentions, leading to lack of direction and motivation
- Avoiding discomfort: Many shy away from situations that challenge their comfort zone, which is necessary for personal growth.
- Neglect: Relying on outdated information or routines that no longer serve their evolving needs. Staying stagnant or reverting to old habits when faced with difficulty, rather than pushing through to grow.
- Neglecting self-care: Women often prioritise others' needs over their own, especially during stressful periods like menopause. This leads to burnout, stress and anxiety which make menopause symptoms even worst or life situations even worst. Not dedicating enough time to rest, mentally relax, or physically recover, or understand the importance of good sleep hygiene.

- Ignoring negative thought patterns: Many people get stuck in negative self-talk or limiting beliefs without realising how it hinders their progress. But this is mostly down to it all being unconscious and they are not aware they are doing it to themselves
- You've been hiding behind a mask for years. On the surface, everything looks fine, but deep down, you're struggling, feeling unhappy, and unsure of the reason why.
- You feel stuck—depressed, unworthy, and struggling with low self-esteem. You long to feel confident and better in your own body
- Life feels directionless, the kids have left home, and you're struggling with a loss of identity or purpose.
- You want to change your career, start a business, make change in your life, but are being held back by fear?
- Repeating patterns of yo-yo dieting or emotional eating/drinking leave you feeling stuck, you want to quit smoking, drinking and other addictions.
- Perimenopause symptoms are creating chaos, and you're ready to thrive, not just survive, even if you're unsure if menopause is the cause.
- You want to attract better relationships, resolve relationship problems, or heal from divorce/separation
- Your body is speaking to you through pain, illness, or discomfort, and you're ready to heal.
- Financial abundance feels elusive—you're struggling to attract clients, grow your business, or overcome blocks like procrastination, fear, or lack of motivation.
- Feelings of anxiety, self-doubt, or overwhelm are holding you back from living confidently and joyfully.
- You're stuck in cycles of sadness, guilt, anger, or frustration and get easily triggered, yet you crave more happiness and fulfilment.
- Self-Sabotage-Engaging in behaviours that undermine your own success, such as procrastination, negative self-talk, or abandoning positive habits. These behaviours reinforce a negative mindset and make it harder to build confidence and momentum.

- Not Committing to new habits/Starting positive habits (like journaling or meditation) but failing to stay consistent because of a lack of commitment or motivation.
- Over-Analysing or Overthinking- Getting stuck in over-analysis or "paralysis by analysis," where you overthink every decision and second-guess your ability to change. This keeps you trapped in a negative mindset, preventing you from taking actionable steps forward.
- Comparing yourself to others who appear more successful or further along in their personal growth journey. This comparison fosters feelings of inadequacy, frustration, and discouragement, which only deepens a negative mindset.
- Continuing to engage with people or environments that reinforce your negative mindset, such as toxic relationships or unsupportive communities. Being surrounded by negativity makes it harder to maintain a positive mindset and can trigger old, unhelpful thought patterns.

**If any of this resonates, Awaken the Woman Within will guide you to release these blocks, reprogram limiting beliefs, and align with your true purpose, so you can feel empowered, joyful, and at peace in every aspect of your life.**

## WHAT HAPPENS WHEN YOU AWAKEN THE WOMAN WITHIN?

Awakening the woman within is a transformative process that reconnects you with your true essence, allowing you to step into a life of clarity, confidence, and purpose. Here's what you can expect when you embark on this powerful journey:

**1. Deep Self-Discovery and Awareness**

You'll uncover the root causes of limiting beliefs, patterns, and behaviours that have been holding you back. With greater self-awareness, you'll begin to understand who you are at your core and what truly matters to you.

**2. Release of Emotional Baggage**

As you heal unresolved emotions—whether it's fear, guilt, anger, or sadness—you'll experience a sense of emotional freedom. This release creates space for peace, joy, and a renewed sense of lightness in your life.

**3. Alignment with Your True Purpose**

You'll gain clarity on your life's direction, aligning your actions with your values and passions. Whether it's redefining your career, embracing new opportunities, or rediscovering your sense of purpose, you'll feel more connected to what drives you.

CHANGE FEELS HARD BECAUSE WE CONSTANTLY REPLAY THE SAME NEGATIVE THOUGHTS OVER AND OVER

THIS MEANS YOU KEEP WHAT YOU DON'T WANT ALIVE IN YOUR NEUROLOGY REINFORCING THOSE PATTERNS DAY AFTER DAY.

**4. Increased Confidence and Self-Worth**

As old patterns of self-doubt and insecurity dissolve, you'll step into your power with unwavering confidence. You'll trust yourself more, make decisions with ease, and feel empowered to take bold steps toward your dreams.

**5. Improved Relationships**

By shifting your inner world, your outer relationships will transform. You'll attract healthier, more supportive connections and communicate with greater authenticity and emotional intelligence.

**6. Physical and Emotional Well-being**

Your body responds to emotional healing. You'll notice improvements in your energy, vitality, and overall health as you align your physical, mental, emotional, and spiritual selves. Chronic stress, pain, or discomfort may begin to ease.

**7. Financial and Professional Growth**

As you clear subconscious blocks around money and success, you'll open the door to greater financial abundance and professional fulfilment. You'll attract new opportunities, ideal clients, and the success you've been striving for.

**8. A Life Filled with Joy and Fulfilment**

With the weight of old patterns lifted, you'll experience more joy, laughter, and fulfilment. Life will feel lighter, and you'll find yourself embracing each day with gratitude and excitement for the future.

**9. Empowerment to Thrive, Not Just Survive**

Awakening the woman within isn't about just getting by—it's about thriving. You'll become the architect of your life, confidently creating a reality that aligns with your dreams, desires, and highest potential.

## THE PROCESS

Awaken the Woman Within is an intensive process to ensure your get the best result, so it is split into three key stages.

**Stage 1 (6-8 weeks)**

This is where we do the groundwork and start engaging the conscious and unconscious mind. This is a real deep dive into your unconscious mind and neurology, starting to identify potential blocks, beliefs and outdated programmes that are running your life. In this phase you will have weekly sessions and will be set tasking in between sessions to assist with this fundamental process.

**Stage 2 (1-2 days)**

After successfully completing the pre-tasking work and coaching sessions you will be booked onto your **Personal Breakthrough & life transformation Day.** This is a full day of coaching (sometimes it can spill into two days) where we find the root cause, identify any problems that

need to be removed. You will then be taken through a number of therapeutic interventions which will delete the blocks, beliefs, limitations and drivers that have been preventing you from living the life you want.

The final stage is to install new beliefs, behaviours and strategies that will enable you to start living your life purpose, live in alignment to your core values and new empowering beliefs.

**Stage 3**

Post **Personal Breakthrough & life transformation Day** we will have a number of coaching sessions and further tasking to ensure the changes are fully integrated and encapsulated in the unconscious mind, so your transformation is long lasting.

## THE 8 STEPS TO SUCCESS

**Step 1 – Uncover root causes that have stopped you creating the life you desire, find your steps to success and commit to change**

- Understand what you really want (this is not always what you think it is)
- Get clear on your journey so far and what has been stopping you; understand what you REALLY want and how it is linked to your soul purpose
- Procrastination be gone! Understand why you play the "staying safe card" which keeps you in a repeat pattern of discontentment and has been holding you back.
- Learn the secrets to taking control from within and the formula to be proactive and staying motivated to reach your goal
- How to realign yourself to let go of what was, commit yourself to the transformation you desire

**Step 2 - Break down old defence mechanisms and negative programming that holds you back from your true self**

- Learn how to disassociate from the "I can't" mind-set and let go of your old story by starting the first chapter in writing a new story
- Uncover the hidden patterns that have been holding you back; release yourself from the past so you can create a more positive future
- Break free from looking for external validation and happiness, learn the secrets for building inner contentment and happiness from within

- Learn how to break free from a sense of lack and a negative mind-set which is sabotaging your success; and release your inner abundance and ability to manifest whatever you want
- Breakthrough negative patterns and thought processes; learn how to create permanent and uplifting thought processes that will transform your life
- Stop self-sabotaging behaviour in its tracks and create a renewed sense of self-worth and solid self-confidence

**Step 3 – Recognise what's important to you and understand how to align yourself with what you want to achieve**

- Learn how to make clear and empowering decisions to move forward and increase your confidence and feel more aligned with your goals
- Simple steps to create a positive and empowered mind-set, setting you free from the past and looking forward to a future with positive intension and clarity.
- Understand what your triggers are for being a people pleaser, discover how to break free from them to start living your true authentic self
- The secret formula to overcoming resistance and how to easily implement this into your daily life so you can continually move forward

**Step 4- Power of the word – Learn how to say No! Set personal boundaries and set yourself free**

- Learn how to create boundaries in all aspects of your life that will strengthen your power and make yourself a priority
- Identify your physical, emotional, mental and spiritual limits to understand what your boundaries need to be
- Understand how to tune into your feelings and identify discomfort or resentment; and turn it on its head to feel more positive and in control
- Learn how to manage others' expectations, views and values that are stowed upon you and create new ones that are mutual and that will benefit everybody
- How to let go fear & self-doubt when enforcing boundaries, and face difficult situations with unshakable confidence,

**Step 5 -Learn how to energetically connect with your life's desires, goals and dreams to make them your reality**

- Understand how your own thoughts and feelings are creating your reality, learn new skills and techniques that will help you create what you REALLY desire
- The magic formula to help you to create better relationships with yourself and others to have a more satisfying, rewarding, happy and prosperous life
- Learn how to show up each day being positive, energised and focussed no matter what comes your way
- Step by step formula to set and connect your desires and goals to create your new future
- A detailed elicitation of your metaprogrammes so you understand how you form your internal representations and direct your behaviour, so that you can understand yourselves and others more profoundly

**Step 6- Discover how to become the best version of yourself and step into your power**

- Discover the 13-step process of achieving ultimate self-love and commitment to yourself and your desires
- Identify your values and how far away from them you currently are; and instead learn how to work towards them to live your life in alignment with them
- Create a simple daily routine that has you excited and motivated to stay on track
- The power of NOW- understand the importance of the present moment, fully disabling the triggers of the past and stepping into your full power to become the person you have always wanted to be
- Learn the secrets to being successful & inspired to maintain a happier life
- Understand what your life purpose is; and find out if you are on the right path to achieving it

**Step 7 – Personal Breakthrough & life transformation Day**

- A complete deep dive into your unconscious mind to identify the linchpin root cause of why you are not living the life you want; identify the root limiting belief that keeps you from living your life purpose
- Understand how to align your values & beliefs to what you want so you can create it with more ease and grace.
- A complete Conscious Alignment transformation (CAT) release, that removes your negative emotions from the past (anger, hurt, sadness, fear & guilt) and permanently deletes any

limiting beliefs or decisions that were made unconsciously in the past. Install new behaviours, strategies and new empowering beliefs into your neurology that you can access in the future

- Install your Karmic Blueprint & the Blueprint of perfect health (if required)
- Cut energic connections to heal up any relationship's and heal your projections onto others
- SMART goal setting & timeline therapy to place your goal into your future to ensure you have optimum successes in achieving

**Step 8 - How to hold your feet to the fire so you can keep going when the going gets tough**

- Further Integration of the unconscious and conscious mind following your **Personal Breakthrough & life transformation Day** , so your neurology can permanently install the blue print and life transformations you received.
- Uncover the secret to knowing when to stick at it and when to let go
- Discover how to avoid making the biggest mistakes most people make just as they are about to break through without even realising it
- How to tell if you are on the right track and stay there
- Further tasking as required to truly harness the life transformation

## YOUR INVESTMENT INCLUDES:

**Detailed Starter Pack,** this is where our coaching journey starts with an in-depth pre-work pack to help you dig deep into your mechanics to get started right away! This pre-work exercise will act as preparatory work so that you can hit the ground running during your intense coaching programme and make the most of our valuable time together.

A sign-up gift pack will be sent to you.

**An Initial 2-hour breakthrough session – a deep dive into what you are looking for**

**Weekly x 1 hr Private Coaching and Mentoring with Zoe.** These in-depth coaching calls/or in person session will dive further into each segment of the 8-step process, where you will receive support and accountability to help you really implement what you learn and enable you to make the necessary shifts to move you forward to attaining the life you desire.

Our zoom calls can be recorded and emailed to you after each session, with these you won't have to worry about taking notes, forgetting anything or spending time trying to get everything together. Or if you are local to West Moors or the New Forest, I can work face to face in my clinic.

**In between session support** I will guide you, keep you on track and will be available to you for on-going support between our sessions throughout the time we are working together, via email, WhatsApp, or a private Facebook group for just you and me – You will have me on tap! A coach in your pocket, what more can you ask for!

**Bonus**

Personalised Meditations or Hypnosis recordings

**YOUR INVESTMENT:**

As you would expect, the price for such an intensive, personal and life-changing process, there's a significant investment for you to make both in terms of your time and money. What you get out of the process depends, to a large extent, on how much time and effort you are prepared to put in.

As far as the money is concerned, the investment is this:

£2,000 or £700 per month

- This investment is broken down into 12 weeks of 1:1 coaching session
- An 8-hour intensive coaching day
- Personalised audios, hypnosis and meditations to use in between sessions
- Unlimited support in between sessions
- Free Menopause Life Magazine Digital Subscription, including all back copies! (value £7 per magazine)

Because this is such an in-depth and intensive process for us as well as for you, we can only work with a VERY limited number of people at any one time. We need to ensure that you understand the commitment and that we have the capacity to take you on. This is why we ask you to complete an application form and have an exploratory conversation with us before we can accept you onto the program.

**Book an initial no obligation free call/zoom session with Zoe**

**book via the website**

NB: Coaching with Zoe Jaemy Phoenix in no way replaces a diagnosis, treatment or advice from or prescribed by a medical doctor, psychiatrist, financial or other specialist professional. Please see our full terms and conditions.