



6 WEEKS TO A DESIRE
DRIVEN LIFE :
AN EMPOWERMENT COACHING
PROGRAM FOR WOMEN

The Program:

Session 1: Alchemizing Anger

It's a big no -no to speak out, and it's certainly unbecoming of a lady to be angry, let alone show anger. And yet, women are angry. And they have every right to be, given our long history of growing up and living with the Patriarchy. Yes, things are changing, but our deep-rooted beliefs and how we respond to the changing world has still yet to catch up. Our emotional bodies are still stuck in 1920 and yearning to evolve into present day with the all the power and influence we are told we now have access to. And yet, we still respond to certain situations like unequal pay, unsatisfied personal relationships, not being listened to in the workplace, not asking for either what we deserve (let alone what we really want).

In this session, you will learn the tools for transforming this very useful and needed anger into the fuel you need to make real and effective change happen. For you personally, and very possibly for the world around you.

Session 2: Locating Desire:

It's very difficult to know what we want. We think we know, but then we doubt ourselves. We come up against internal (and sometimes external) resistance. In this session you will learn how to deal with your own resistance. You will also learn how to legitimize your desires; learn how to feel them at the level of the body/mind system so that it is almost impossible for you to feel doubt and worry about whether something is right for you or not.

Session 3: Learning to Ask:

Once we know what we want, it often doesn't occur to us to ask for it. We can easily get trapped into the condition of the 'Independent Woman' who does it all herself. And you can do it all yourself, but at what cost? Exhaustion? Isolation? Resentment? There is a world of resource available to us that we can use which doesn't mean we are weak, dependent, or incapable. Quite the opposite. There is a way to ask for things that guarantee you will either get them, or something very close to it.

Session 4: Dealing with our greatest fear; Hearing the word NO:

In this session you will learn what happens to your body and to your mind when you hear the world No. Why as women, we are so afraid of it. In this session and the week that

follows you will practice hearing and responding in a completely different way to the word No. This is truly transformational work in terms of influencing the world around you.

Session 5: Using the gift of Empathy and Slowing down:

We are mostly in our big fat beautiful brains, which think really really fast. We then speak really really fast and no one, including ourselves can keep up. In this session you will learn the power of Pacing and how, when you only move as fast as you can feel, you can intuit much more accurately what is going on in any interaction, and direct the conversation, the negotiation, the play to where YOU want it to go. Welcome to the world of INFLUENCE and real POWER:

Session 6: The Power of attention:

Where you put your attention is where the energy is. Learn to recognize where yours is at any given moment. Remember, whoever has the awareness of where the attention is, has the power in any dynamic. Learn how to use yours!

Structure of the Program:

1. X 6 – 60 - 75 minute sessions One-on-One Private Coaching (in person or via Zoom)
2. Each session starts with a meditation (To improve attention and feeling location)
3. Each week you will be given 'homework' to use the Tool in your life
4. We will define the place you start (where you feel you want more influence and power) and use the 6 weeks to get you closer to achieving that goal

Investment:

Total Cost of the Program : €1428

How to Book:

1. Send cherryl@cherrylduncan.com Confirmation of participation
2. Payment upon Invoice which will be emailed to you
3. Book 6 sessions (once a week) upfront using the online booking system (if you can't find an appointment that suits you, please send an email and we'll try find you another more suitable time slot
 - ** I highly recommend choosing the same day and time each week as this helps with commitment and creating a rhythm for this important work.
 - *** There are no cancellation penalties, you can always change your appointments at any time in case something comes up.