



2022-2023 Schedule

When	Where	What
Month 1 October 2022	3 Day In-Person Kick-off Retreat in Lake Tahoe, CA 1 Hour of Individual Coaching	We kick off the program with an in-person 3-day retreat in South Lake Tahoe in early October. Here we will cover: <ul style="list-style-type: none"> ● Stage One: Calling Out Your Secret ● Stage Two: Unwiring Your Secret ● Stage Three: Chasing the Root Feelings You will discover the layers and patterns that have been your breeding ground for secret-keeping. This retreat is not only a jumpstart to the 6-month program but a time to bond with the whole group in an intimate setting.
Month 2 November 2022	Two 2 Hour Online Group Sessions 1 Hour of Individual Coaching	We'll start the monthly group sessions during the second month as we dive into: <ul style="list-style-type: none"> ● Stage Four: Facing Your False Self It's time to get rid of the lies, half-truths, and distorted identity that your false self has had you hiding behind so that you can emerge as the woman you are meant to be.
Month 3 December 2022	Two 2 Hour Online Group Sessions 1 Hour of Individual Coaching	During the third month, we will shift to: <ul style="list-style-type: none"> ● Stage Five: Building Your Faith As you begin to build a new life, your true self, who has always been there, will guide you. But it's going to take faith. Faith in your true self and faith in a divine spiritual power who will help you to let go of your old ways of being, your patterns, and your secrets.
Month 4 January 2023	Two 2 Hour Online Group Sessions 1 Hour of Individual Coaching	This month we will cover: <ul style="list-style-type: none"> ● Stage Six: Preparing to Tell Your Secret Once you tell your secret, it is almost impossible to go backward in your behavior because you have set a new standard that is so high and integrous, it doesn't allow for backsliding.
Month 5 February 2023	Two 2 Hour Online Group Sessions 1 Hour of Individual Coaching	Time to go all-in: <ul style="list-style-type: none"> ● Stage Seven: Tell Your Secret You've been prepared through the work in Stages One through Six. You will live through the discomfort of your anxiousness about telling because of the simplicity of the template I've created, your awareness of the psychological safety contracts, and your desire for a life that is full of purpose ... minus secrets!
Month 6 March 2023	3 Day In-Person Close-out Retreat in Sedona, AZ 1 Hour of Individual Coaching	We close out with a 3-day in-person retreat in Sedona, AZ where we will work through the three final stages: <ul style="list-style-type: none"> ● Stage 8: Stop Creating Secrets ● Stage 9: Death of the Old You ● Stage 10: Creating Your Ripple Effect You will learn that you are no longer embarrassed about who you used to be or the secrets that you've kept because they have lost their grip on your life. You will look your false self in the eye, thank her, and bid her farewell while inviting the New You and your truest self to the party of life. You will leave Sedona a New You!

APPLY TODAY