



Integration Practice

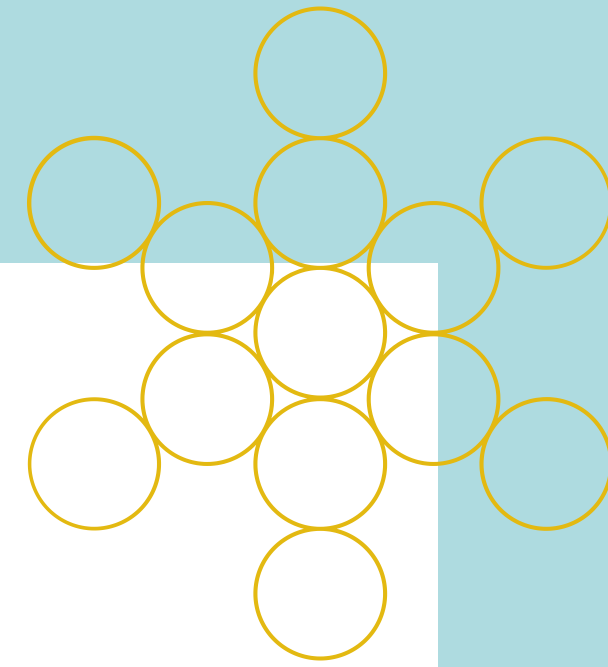


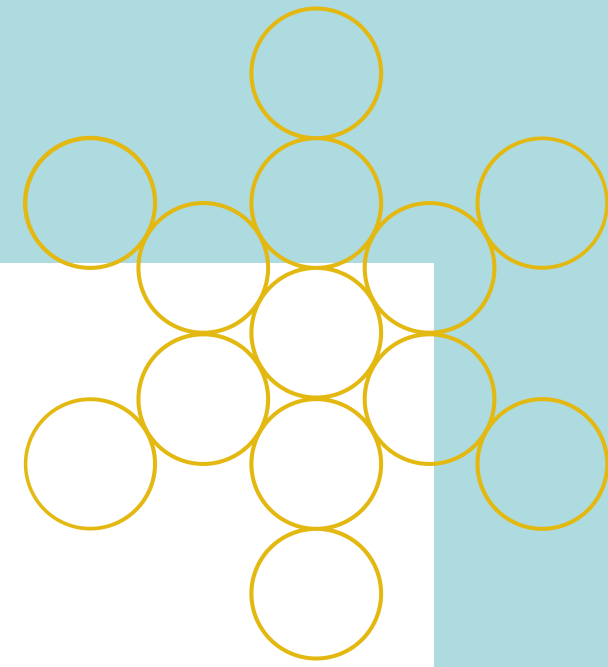
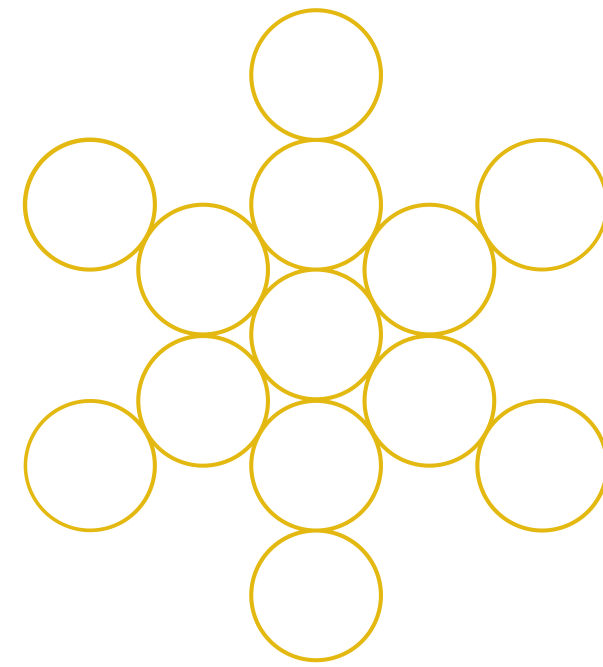
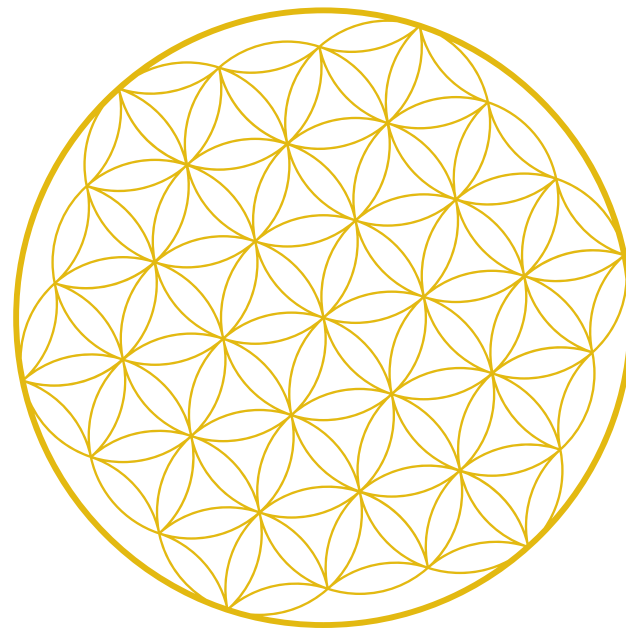
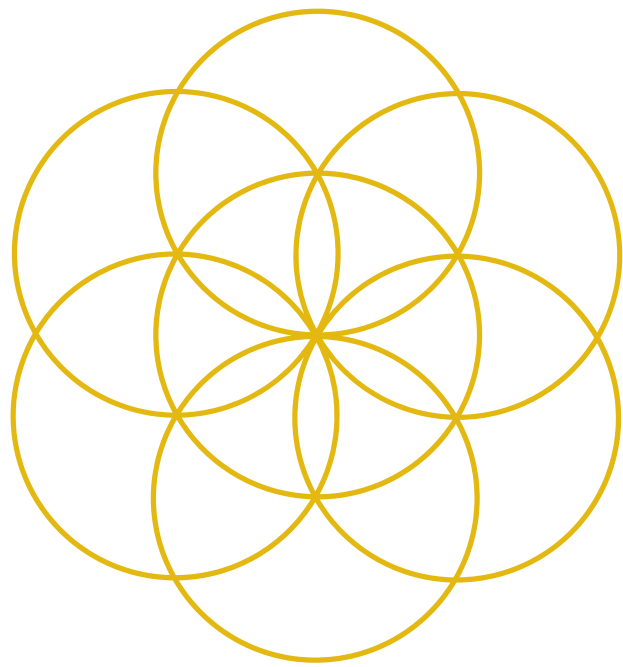
Synthesis:

$$1 + 1 = 3$$

Combining your individual consciousness
with Cosmic consciousness

An embodied experience of You as the
Divine co-creator of your life.







Your True TREASURE:

Your "Conscious Human Operating System:"

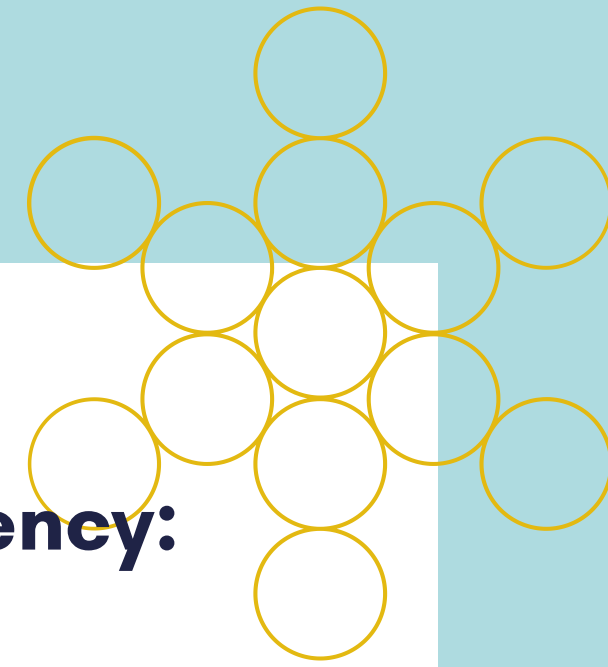
- Mindset & Language
- Your Chiron Archetype (Golden Shadow)
- Your Somatic Intelligence

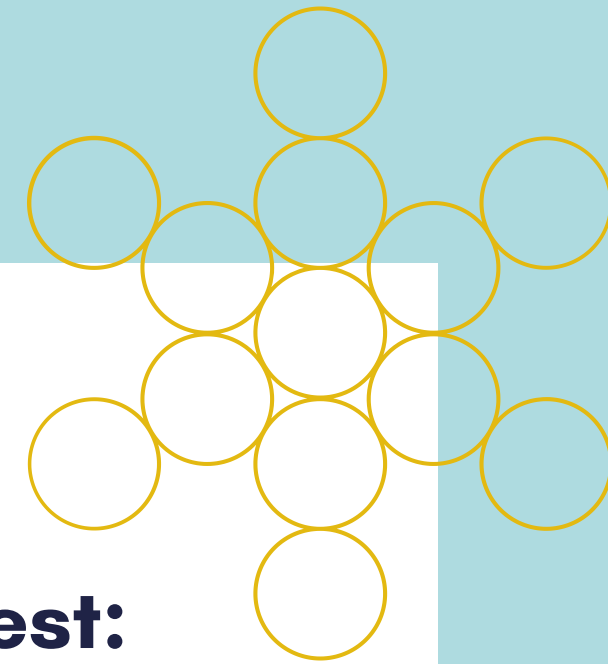


Elevating Your Frequency:

Your Physical & Energetic
Health

- Vibrant Vitality
- Nervous System Regulation
- Manifest by Shining Your Light





Your First Harvest:

- A time of re-learning and re-calibrating
- What worked well, and what needs further revision and practice?



Fruitfulness:

“There is confidence in knowing that you are enough, your uniqueness is, in fact your strength, and you are meant to realize your dreams.”

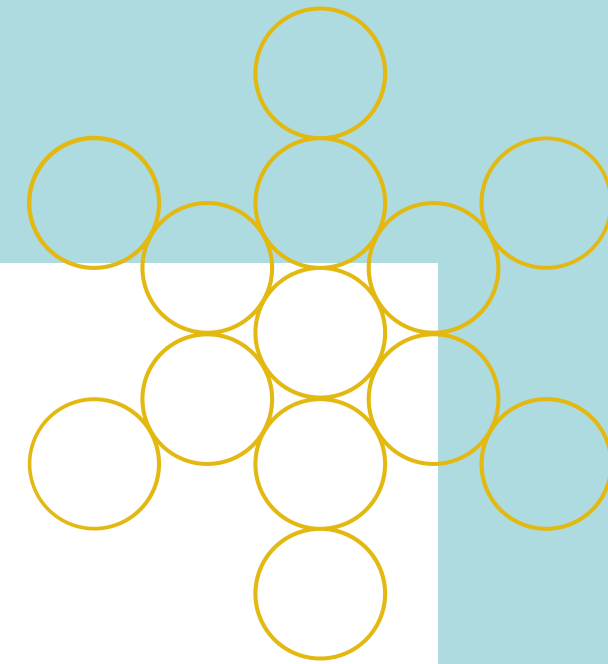
*Bonnie Fatio, A Fire In Her Belly:
Transforming The World, One Woman At A
Time*



Complex Learning:

How does learning take place?
How does growth actually work?

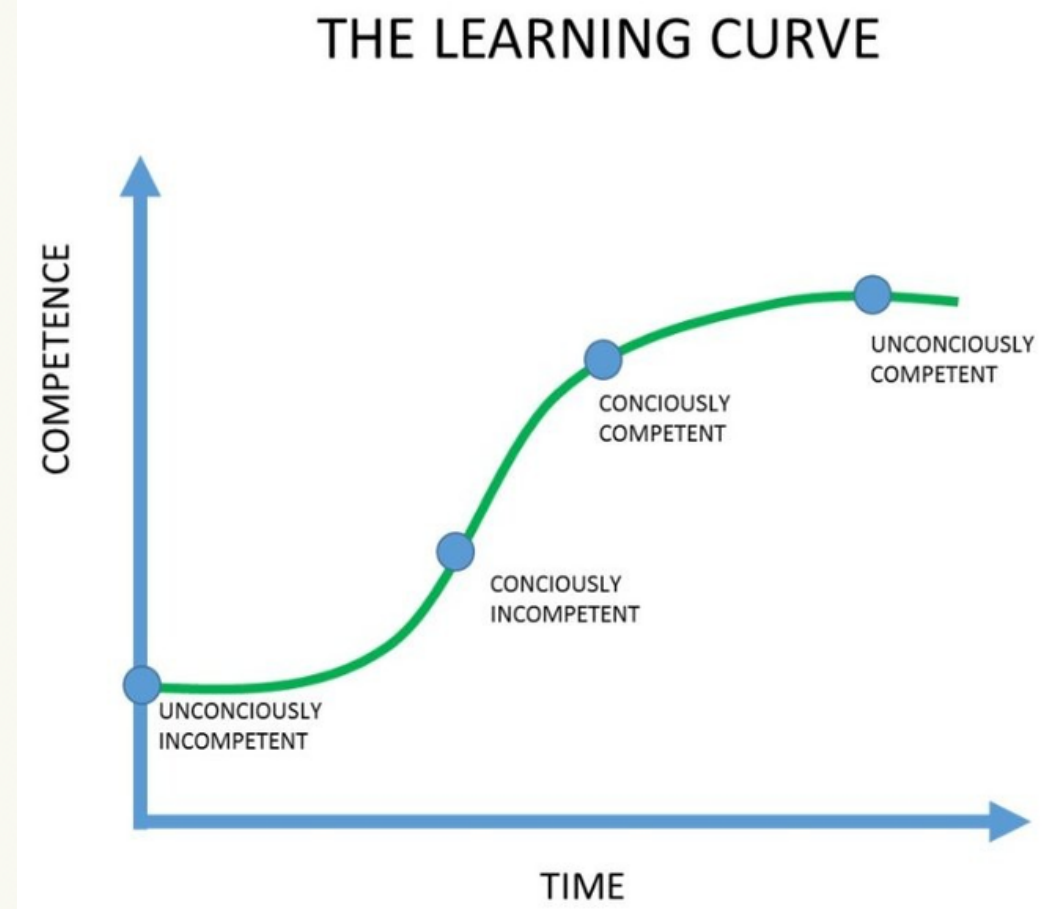
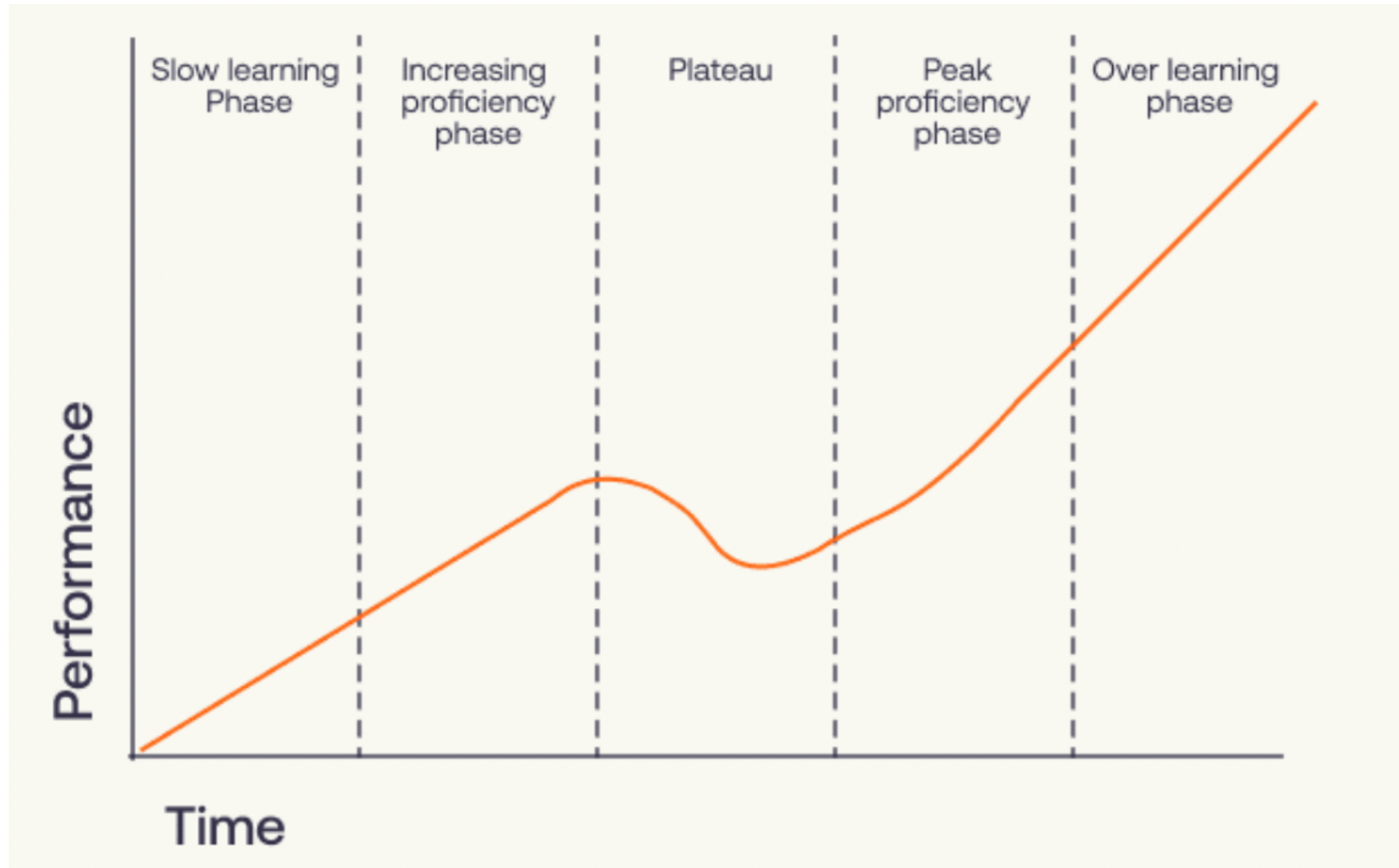
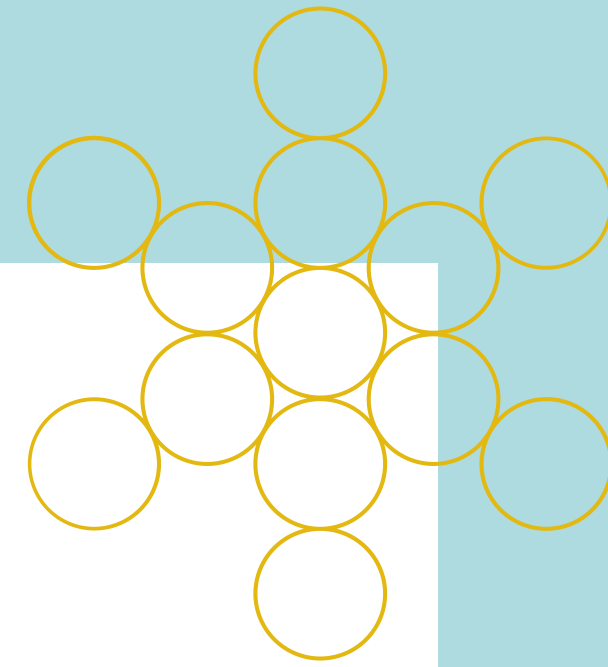
Linear vs a meander/spiral pathway

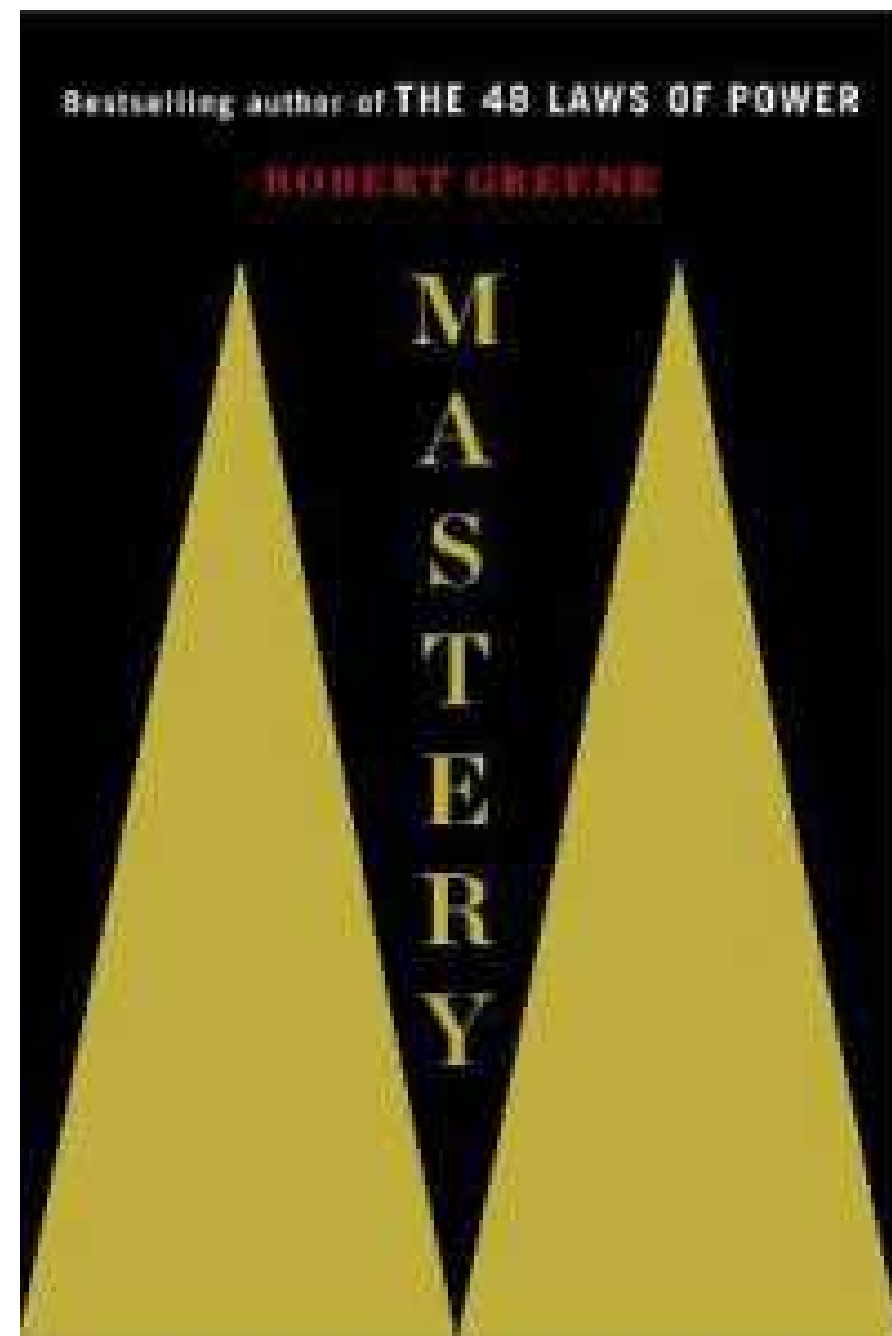
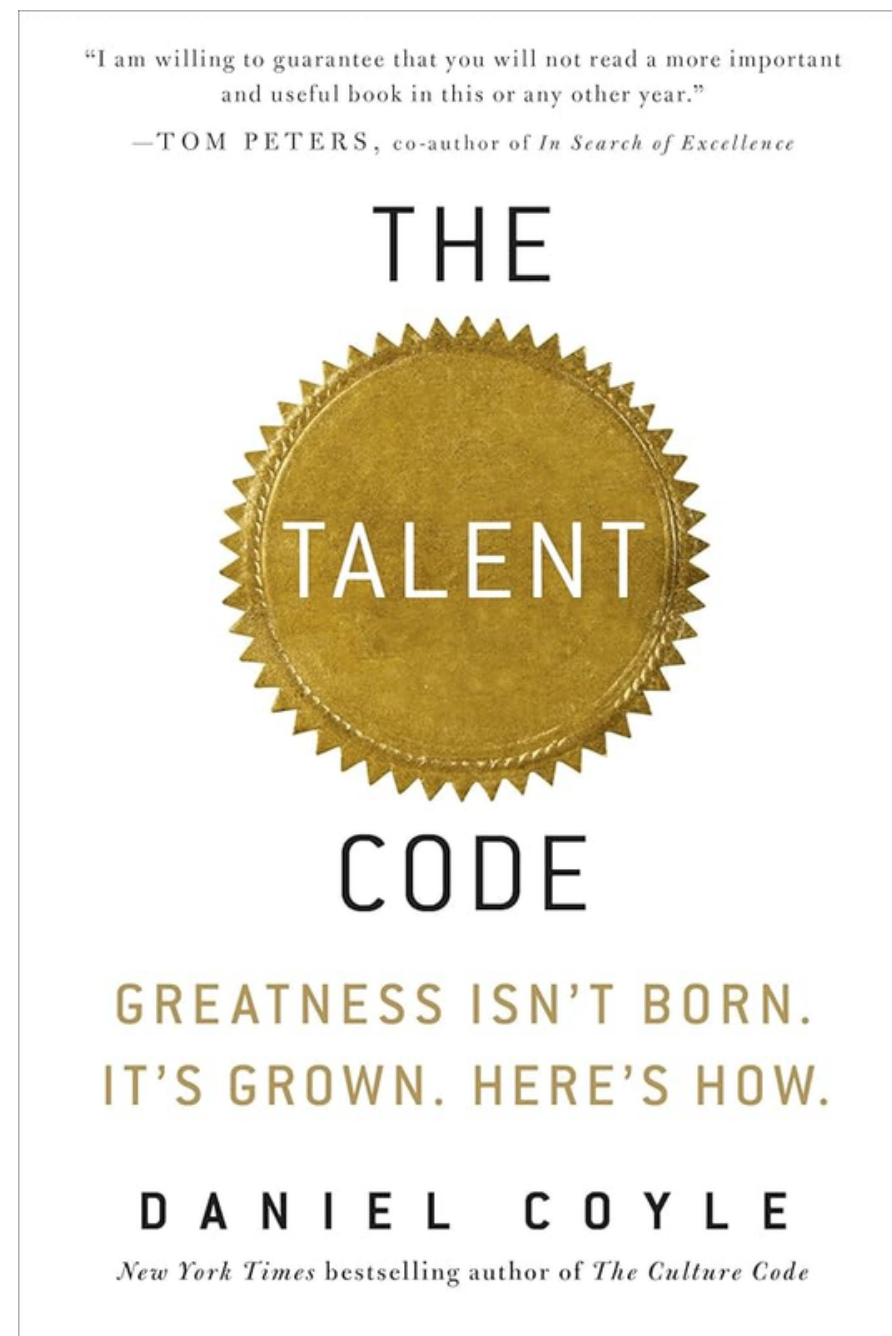
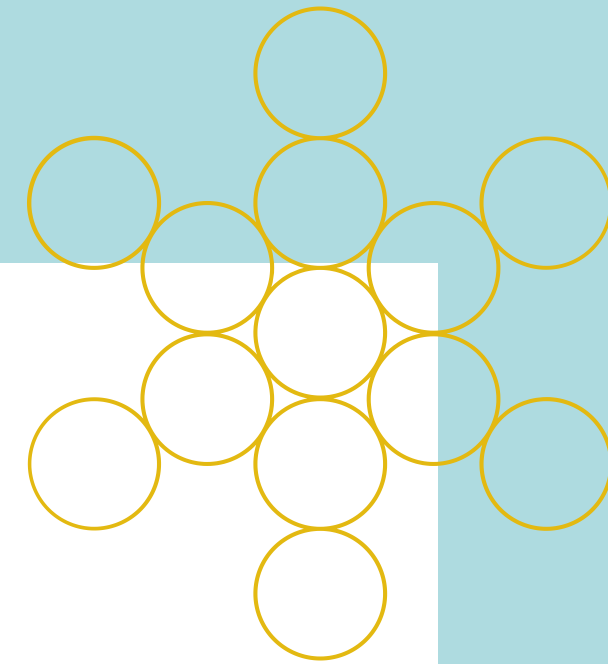




Deliberate Practice

“individualized training activities specially designed by a coach or teacher to improve specific aspects of an individual’s performance through repetition and successive refinement.”





Deliberate Practice

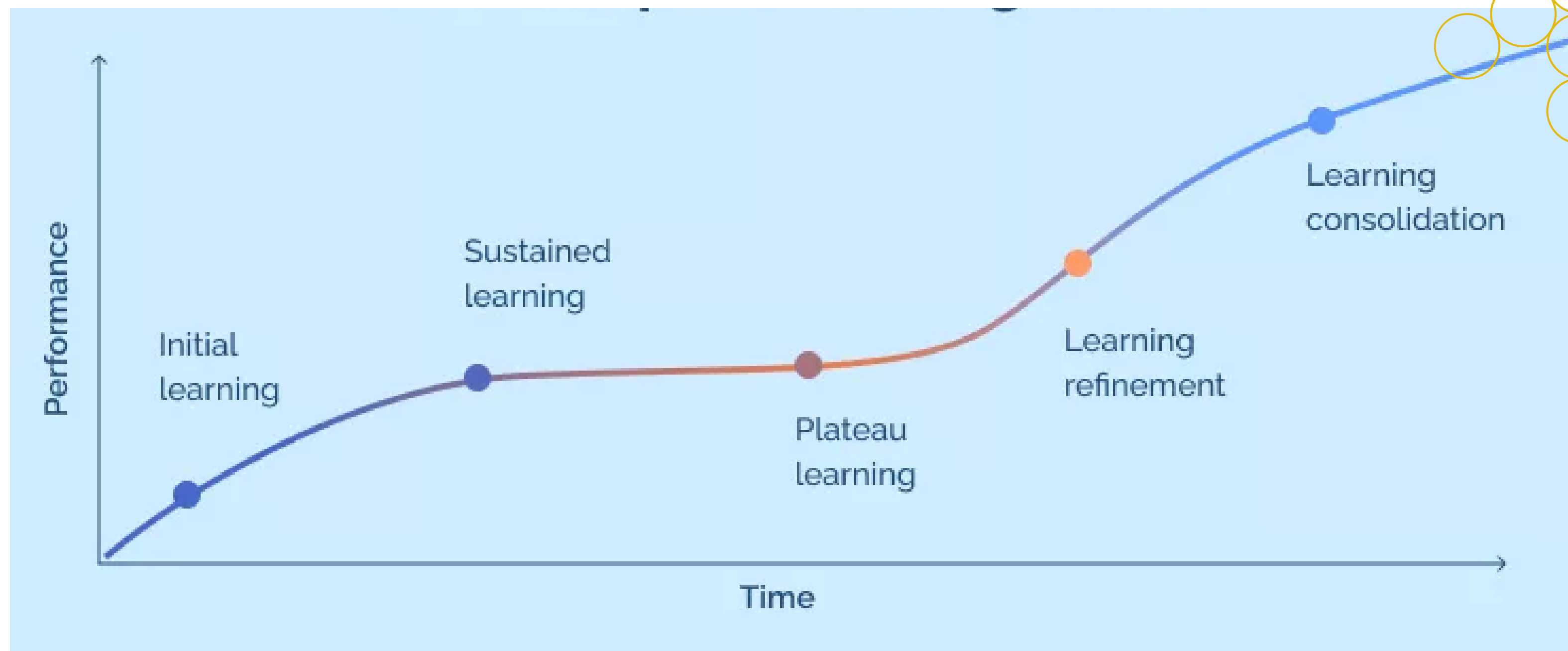
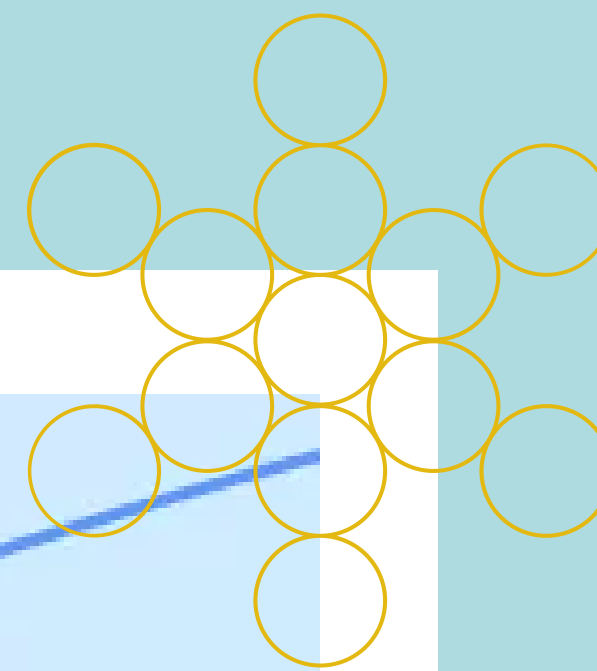
Becoming an expert and
Master of your Life, where you
are a true TREASURE!



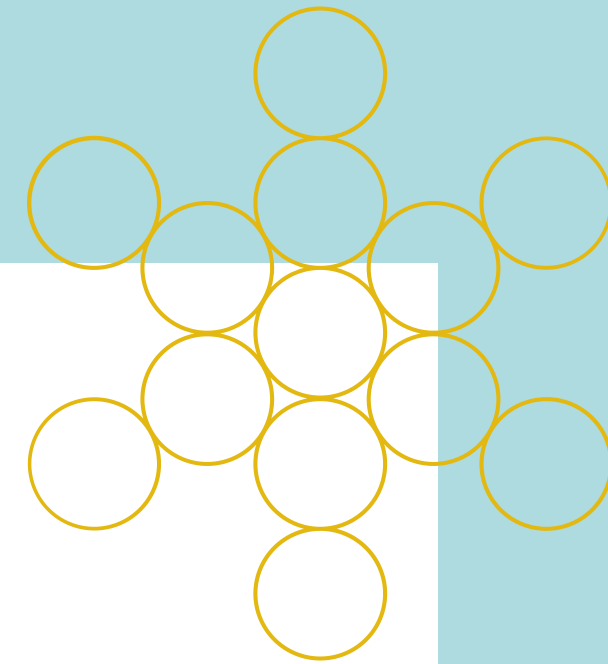
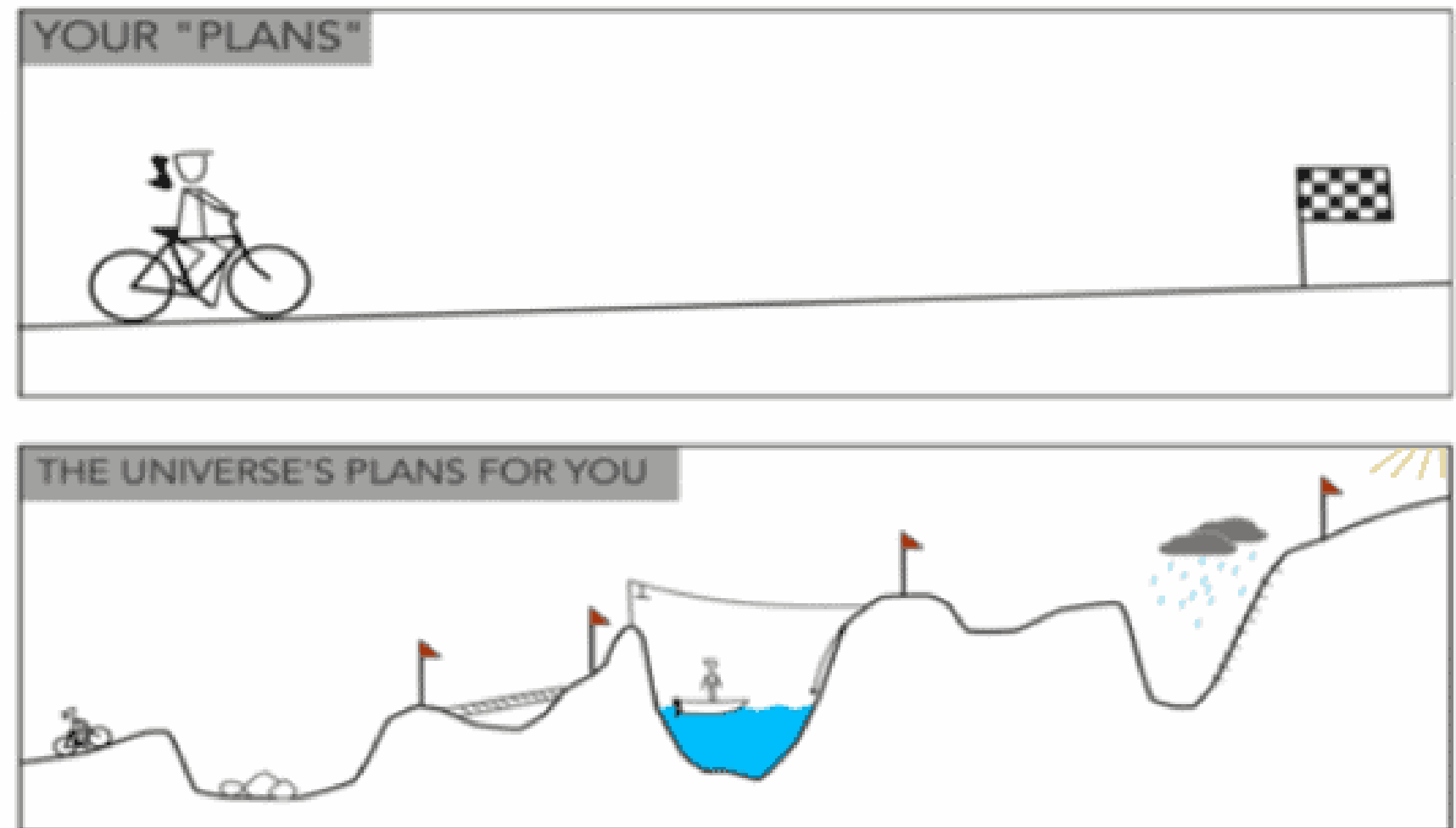
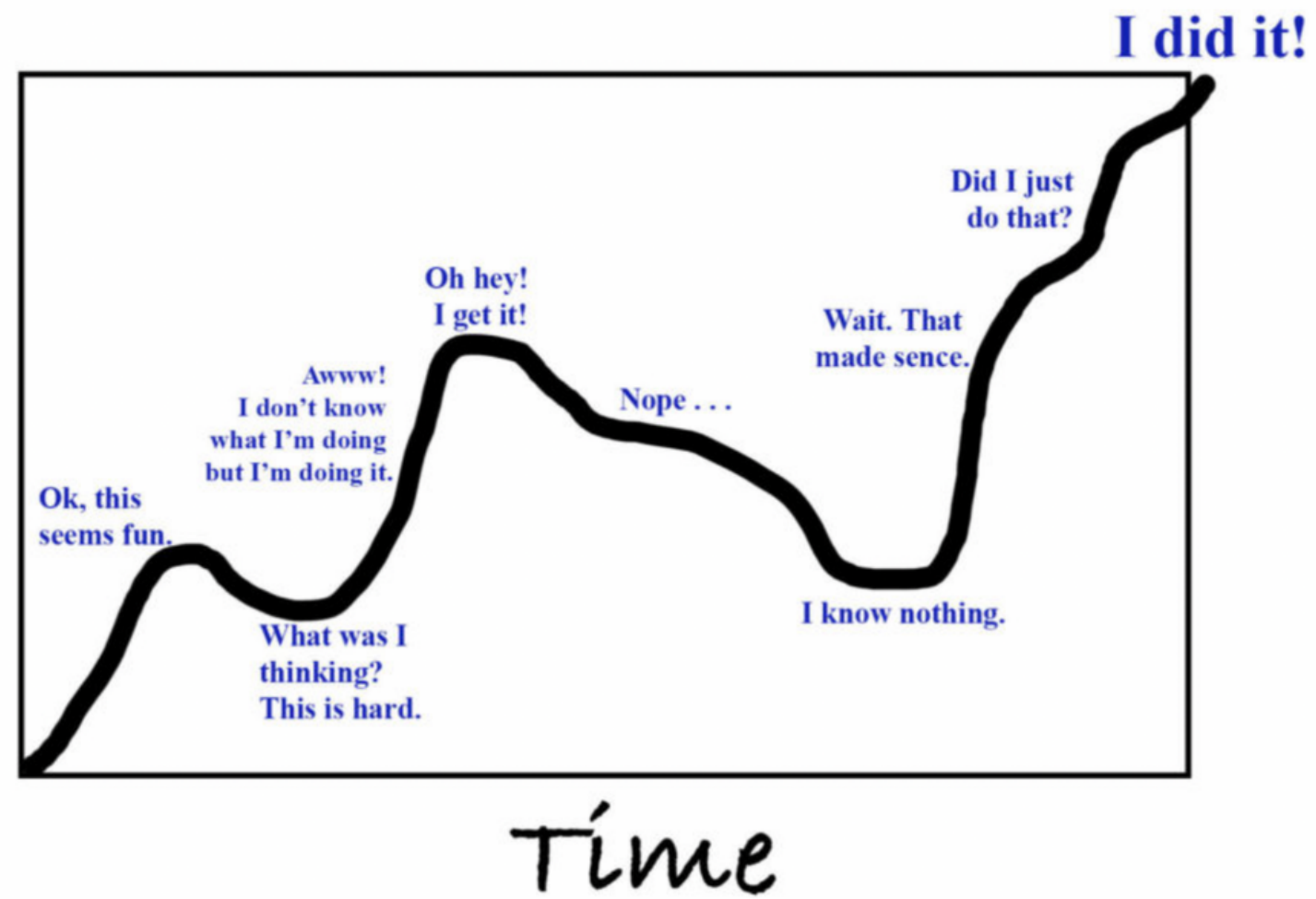
Deliberate Practice

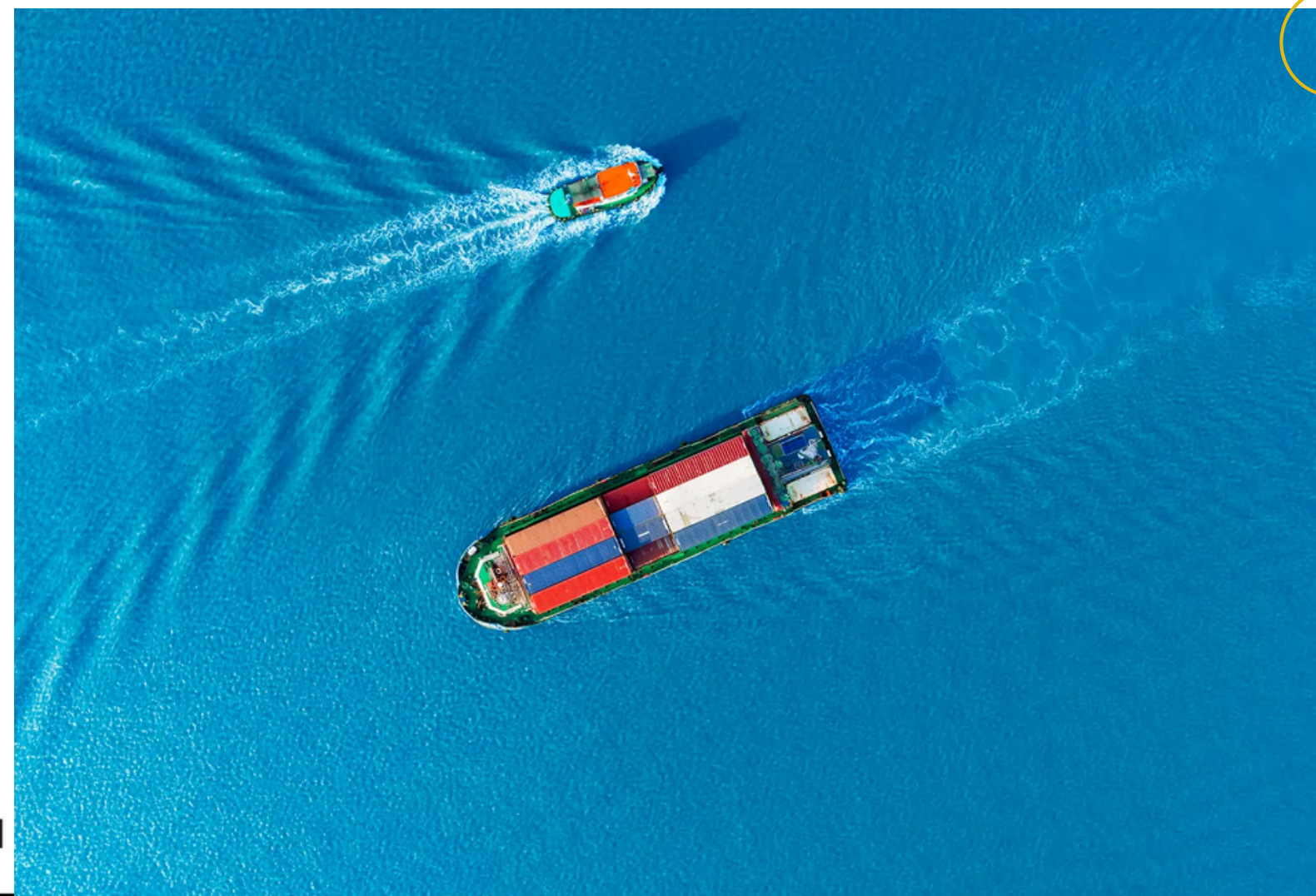
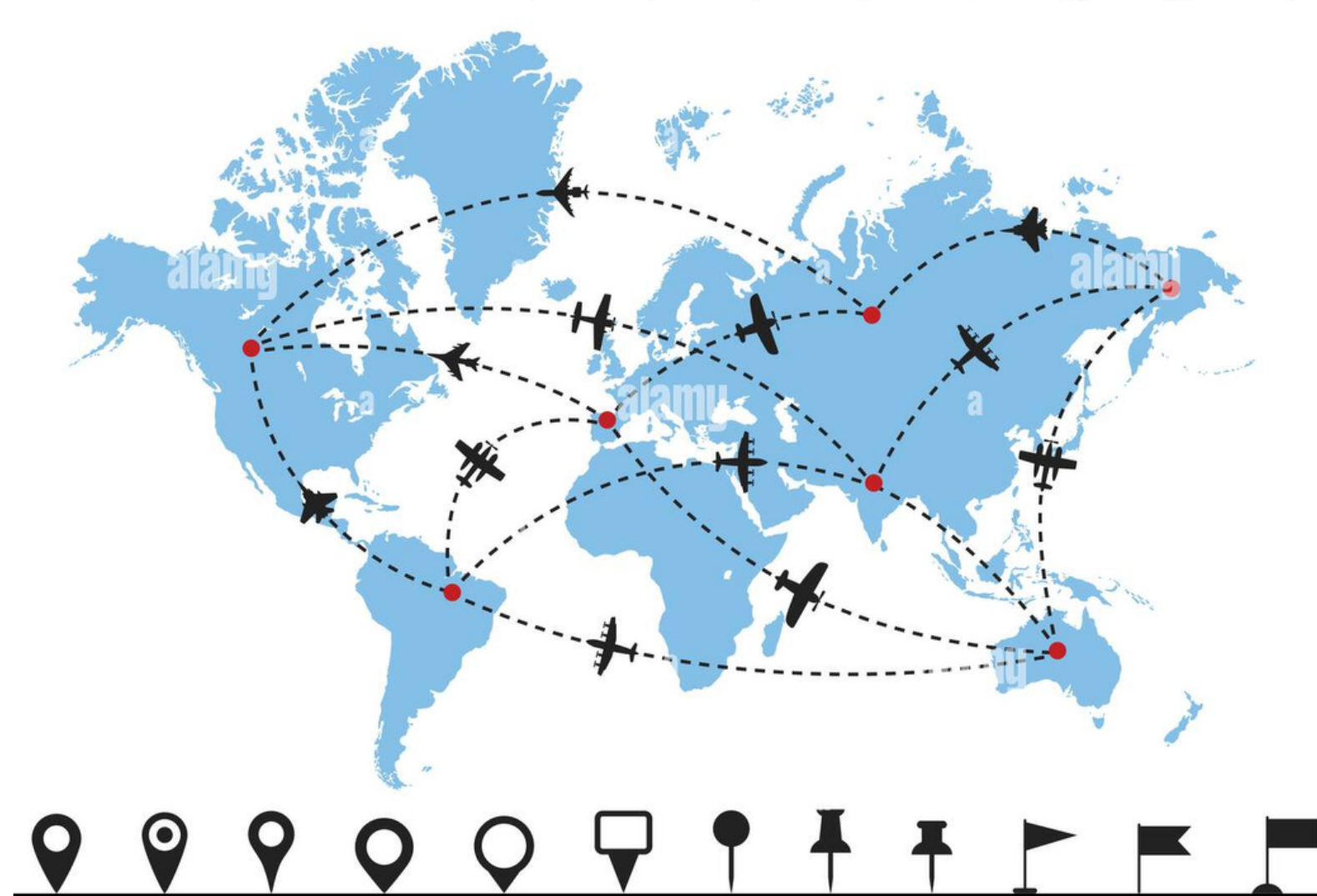
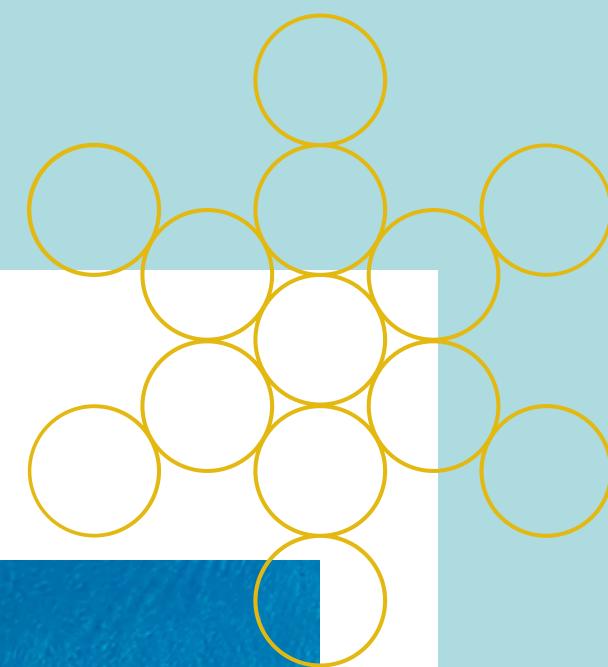
- 1) Growth Mindset and Motivation
- 2) Practicing Out Of Your Comfort Zone
- 3) Consistency
- 4) Feedback





Experience



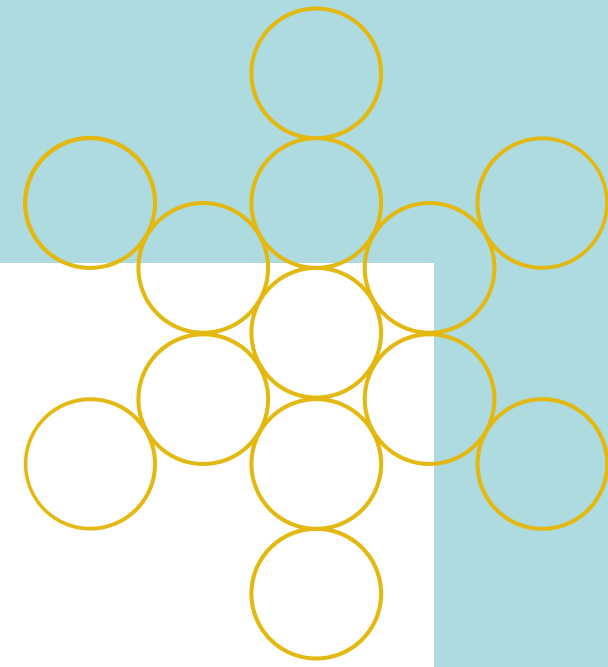




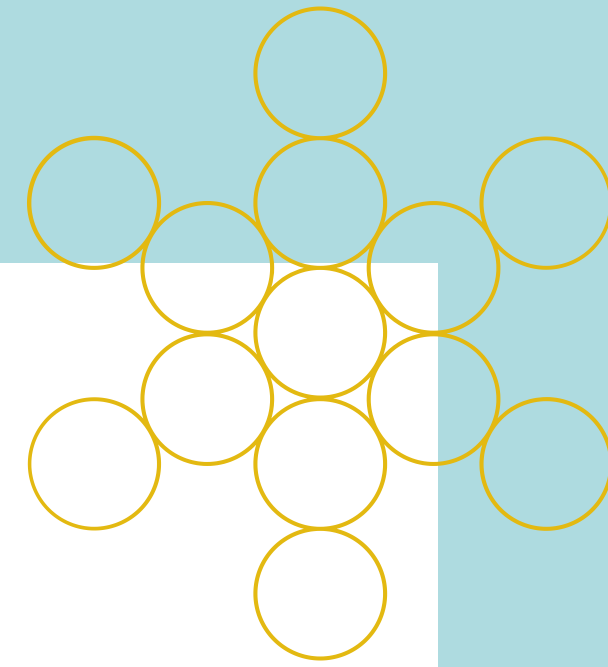
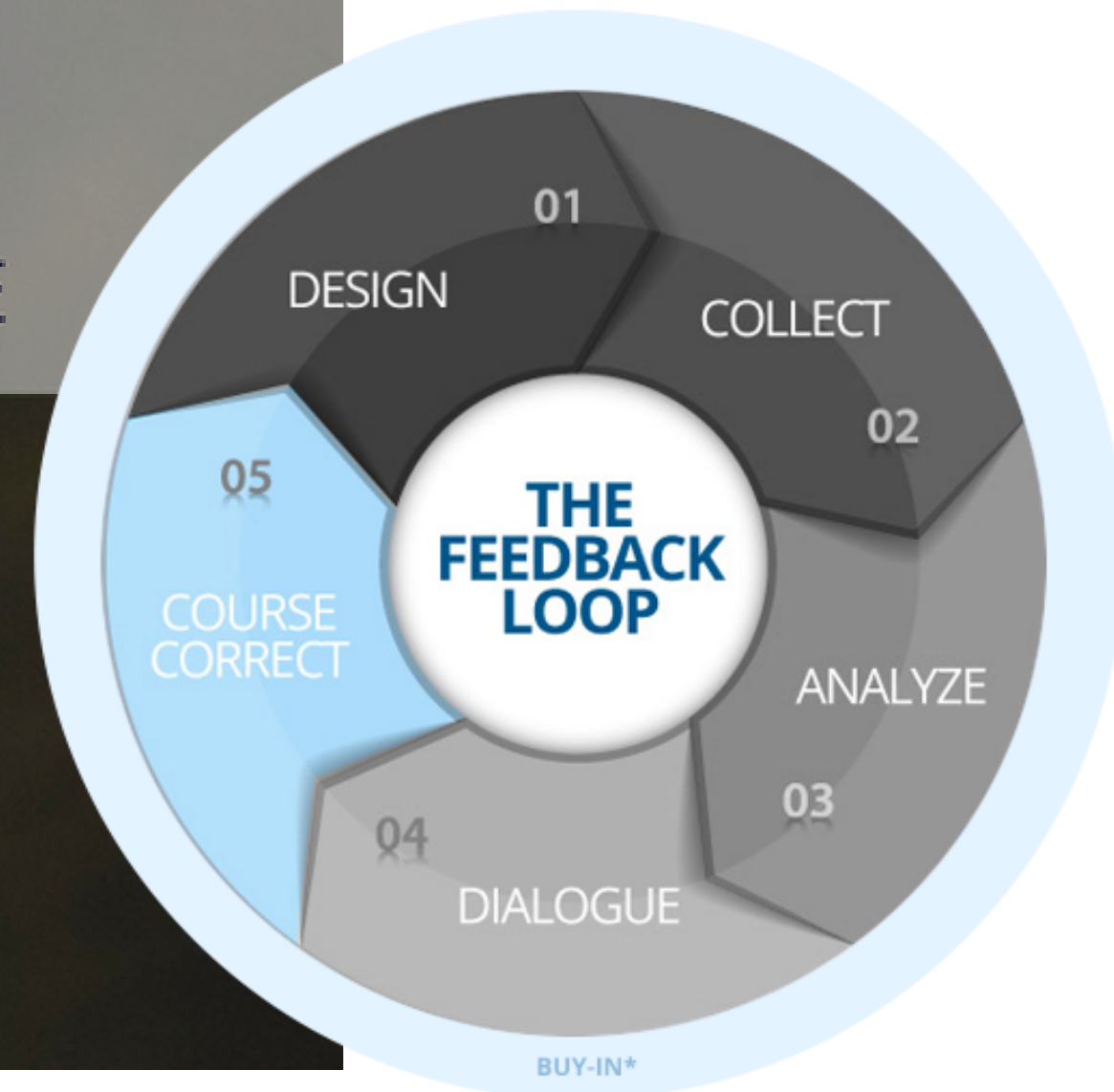
“Think about taking a trip on an airplane. Before taking off, the pilot has a very clear destination in mind, which hopefully coincides with yours, and a flight plan to get there. The plane takes off at the appointed hour toward that predetermined destination. But in fact, **the plane is off course at least 90 percent of the time.**

Weather conditions, turbulence, and other factors cause it to get off track.

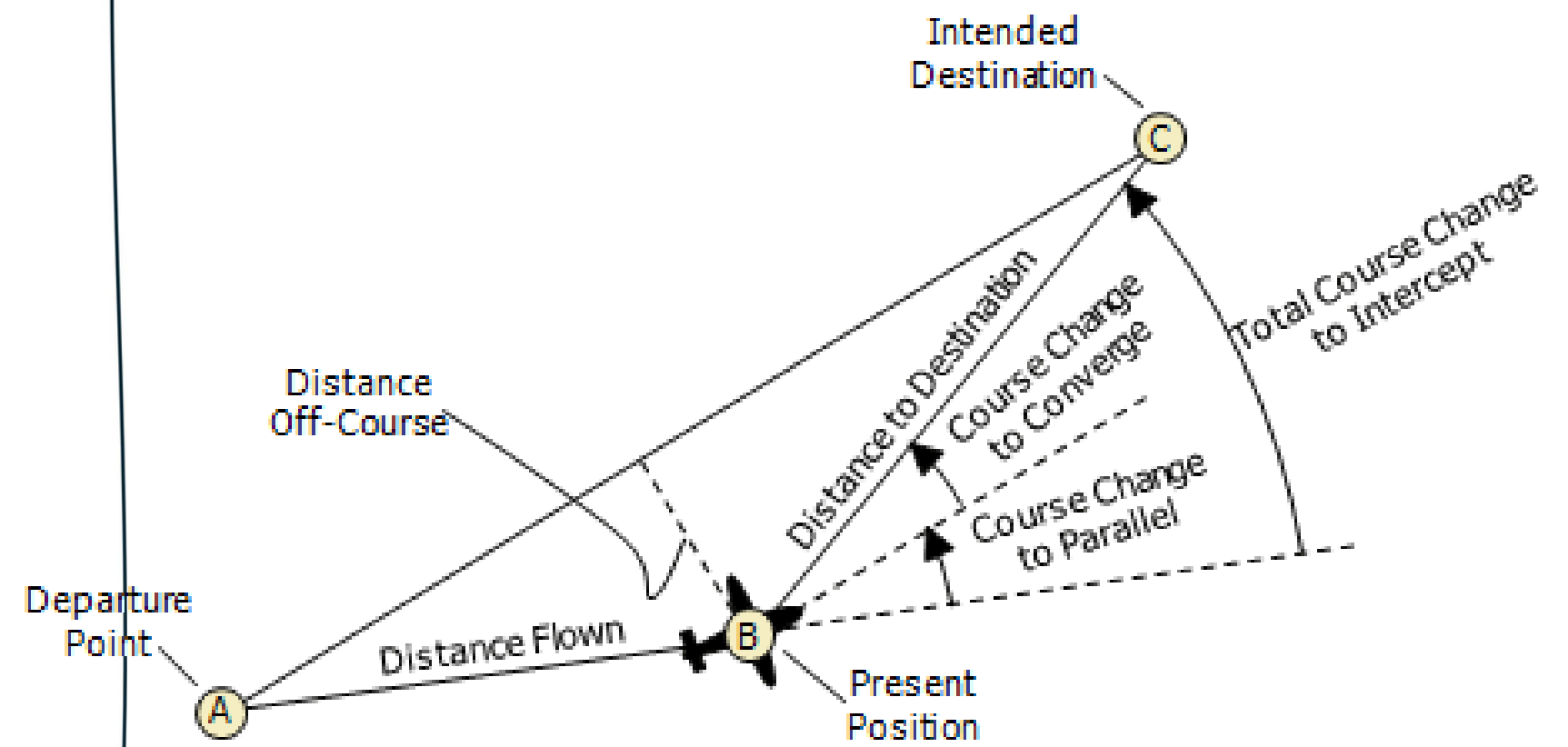
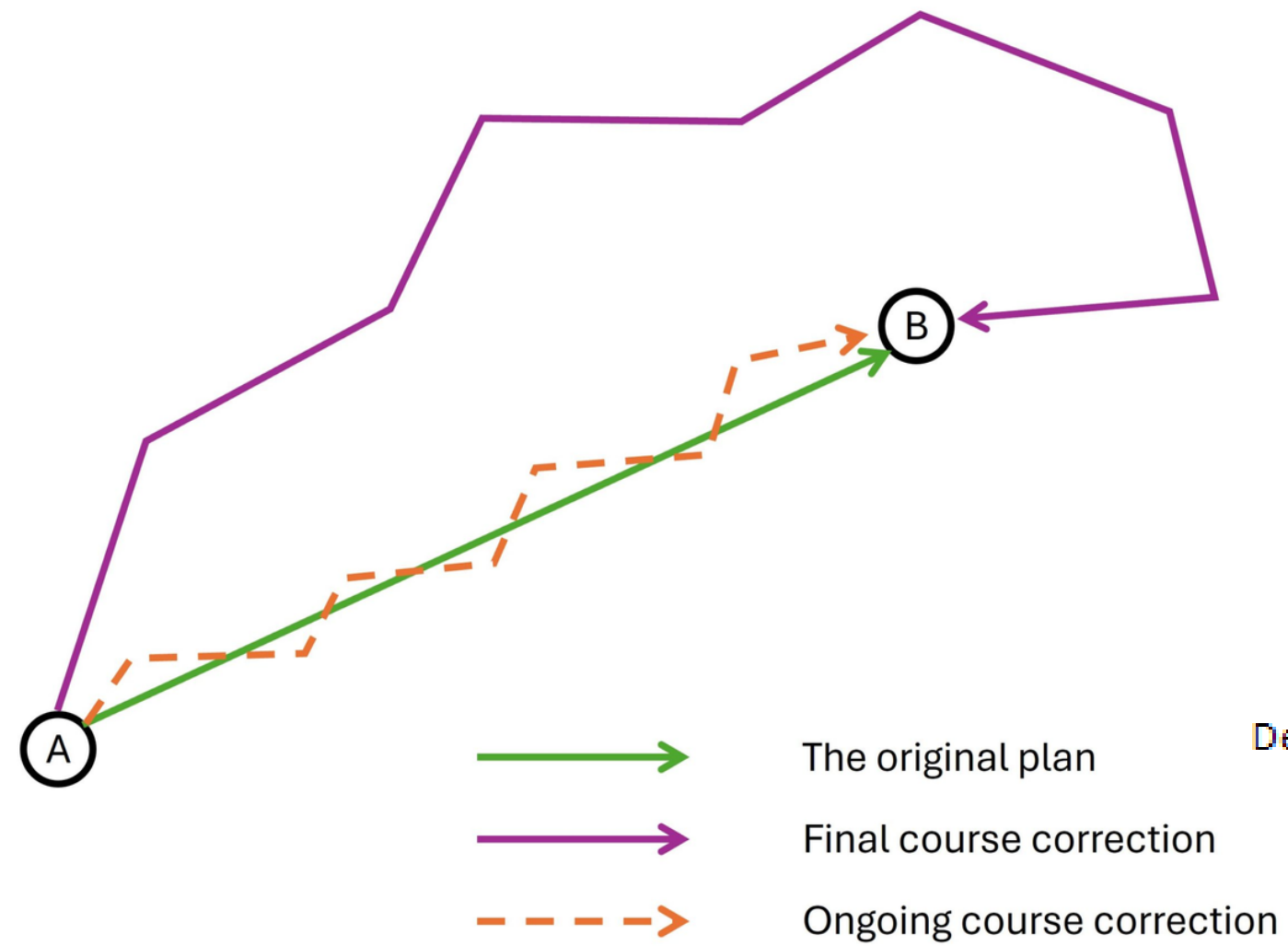
However, **feedback** is given to the pilot constantly, who then makes course corrections and keeps coming back to the exact flight plan, bringing the plane back on course. And often, the plane arrives at the destination on time... Even if you are off course much or most of the time but still hang on to **your sense of hope and your vision**, you will eventually arrive at your destination. You will arrive at your destination and usually on time. That’s the whole point—we just get back on course.” (Stephen R. Covey)

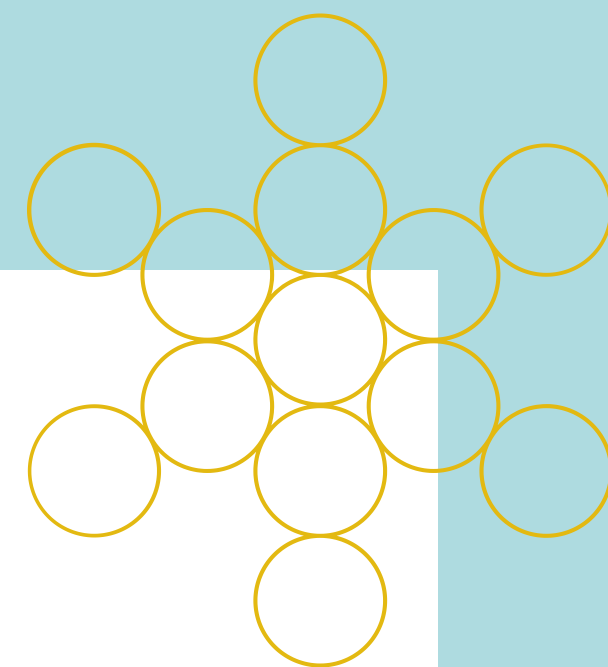


COURSE-CORRECTING:
THE PATH TO ACHIEVEMENT
ISN'T ALWAYS A STRAIGHT LINE



Ongoing versus final course correction



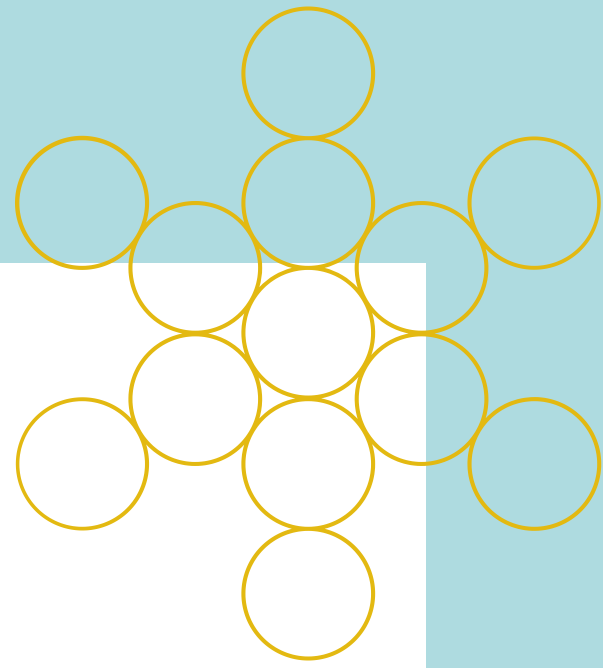


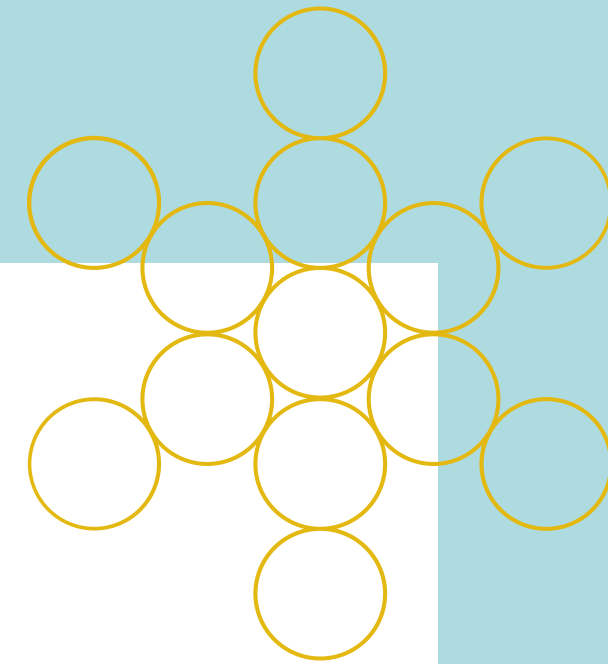


The cost of Being Off- Course:

"I have learned that the difference between happiness and misery in individuals, in marriages, and families often comes down to an error of only a few degrees."

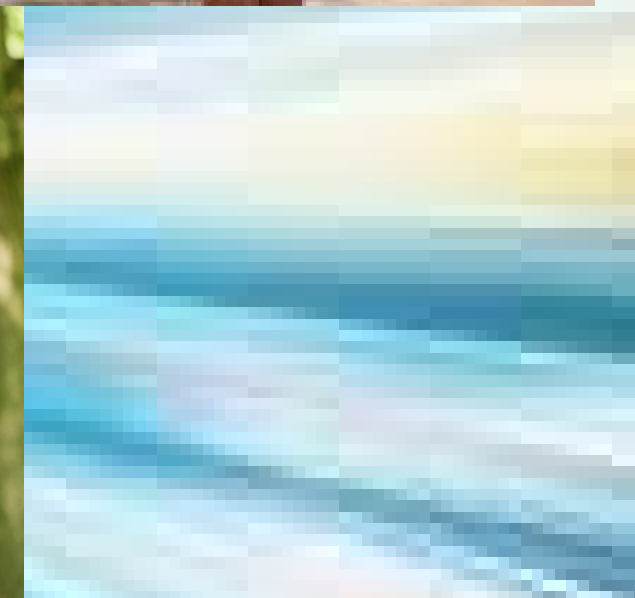
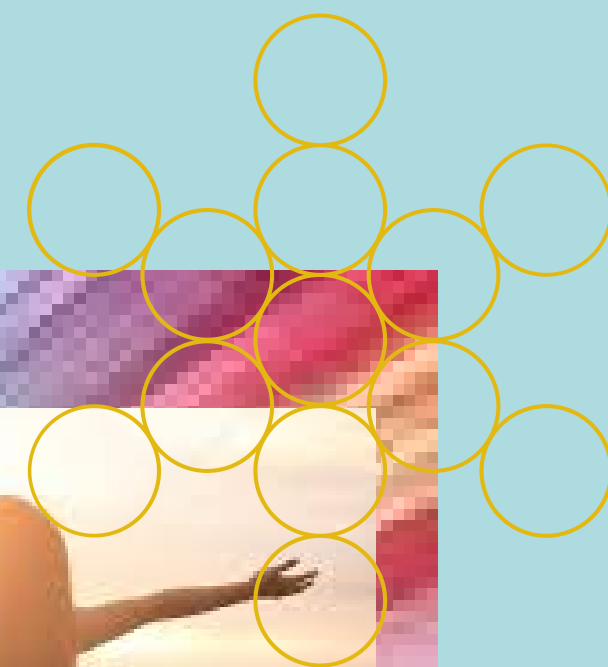
Dieter Uchtdorf

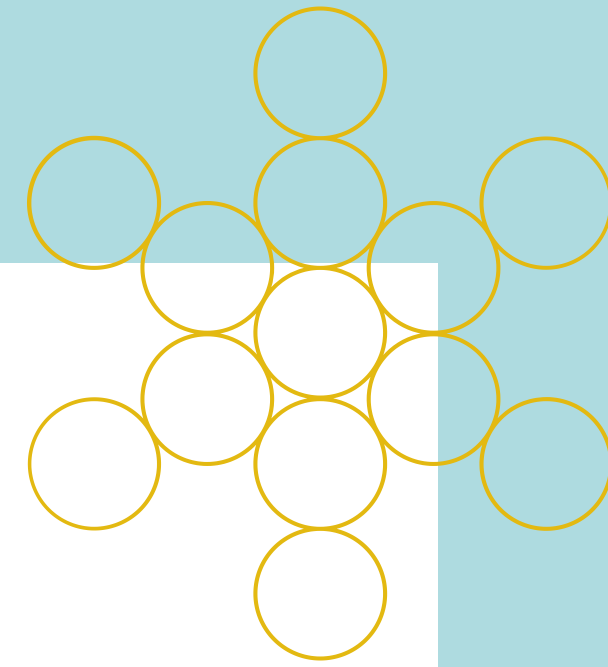




“Get in alignment, and your aspiration turns into actualised achievement.”

Irene Chong





“Engaged in the creative process we feel more alive than ever, because we are making something and not merely consuming, masters of the small reality we create. In doing this work, we are in fact creating ourselves.”

Robert Greene, *Mastery*

The Aligned Woman's Way 1:1 Coaching

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