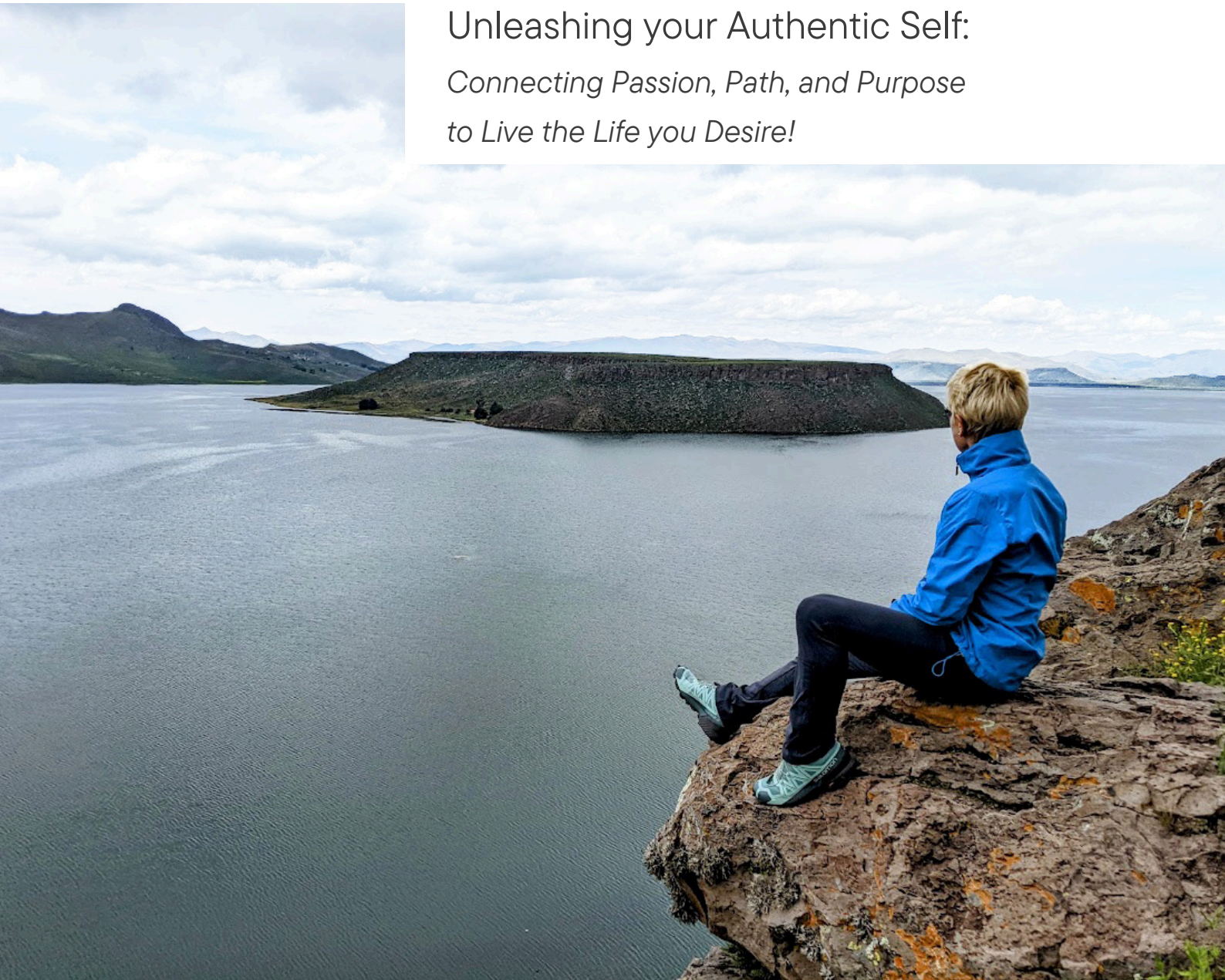




sherrileneclassen19@gmail.com
YourSacredSummit.com
(352) 221-3041

Women's Empowerment Group

Unleashing your Authentic Self:
*Connecting Passion, Path, and Purpose
to Live the Life you Desire!*



15th January 2025 - 19th March 2025

Women's Empowerment Group

This 10-module empowerment group is designed for professional women who want to unlock their potential, overcome limiting thoughts, connect with their authentic selves, and start creating a fulfilling, meaningful life.



This program empowers professional women seeking more from life by helping them rediscover untapped potential through adult learning, self-exploration, and coaching. Participants will begin to shape and attract the life they desire.

Registration:

Early Registration

(Before December 31, 2024) \$500

Regular Registration

(After January 1, 2024) \$550

Register with QR code or at

<https://SacredSummit.as.me/WEG>

Because this course only takes a minimal number of participants, refunds will only be available two weeks before the first class begins.



Course Format

- Group meets live online
- Meeting Platform: Google Meet
- Day: Wednesdays
- Duration: 10 weeks
- Time: 7.30 PM- 9.00 pm EST
- Sessions will be recorded and made available only if members cannot attend a group discussion.

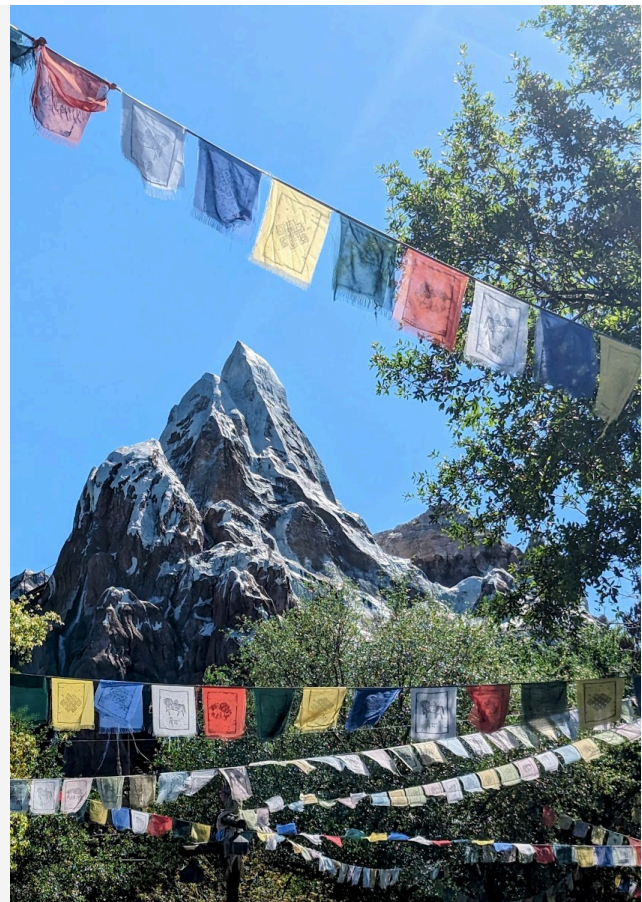


Course Objectives & Outcomes

Objectives	Outcomes
To identify your true intention for your future life.	A Developed Intention Statement
To gain insight into core characteristics of your personality and how it drives behavior	Personality-style analysis
To spot limiting thoughts and patterns that no longer serve you	Strategies to elicit productive thoughts and sustainable behavioral patterns
Identify and apply skills and superpowers to facilitate personal transformation	Tools to unleash your superpowers
To transcend “being small” into living an audacious life	Clarity on your passions and your life’s purpose to manifest the life that you desire

Course Modules

1. Intention Setting
2. Identifying your Personality Characteristics and Traits
3. The Drama Triangle: How to Spot and Break the Trap
4. The Empowerment Triangle: How to Step into the Higher Brain
5. Feeling is Healing: Dealing with Emotions
6. Name and Frame the Judge!
7. Applying your Sage Powers
8. Love, Forgiveness, and Surrendering
9. Discover your Passions
10. Connecting with your Life’s Purpose and Manifestation



About Sherrilene

My purpose is to unleash the human spirit to act by empowering professional people to unlock their untapped potential through heightened awareness and conscious engagement in life. Rooted in values of wisdom, wellness, and wealth, I founded SacredSummit—a coaching practice dedicated to guiding clients toward clarity, purpose, and fulfillment. I hold a Ph.D. in Occupational Therapy, a Post-Doctoral Fellowship in Rehabilitation Science, and a Master's in Public Health. With certifications in fitness, leadership, and transformational coaching, I bring a holistic approach to facilitate transmutation, transformation and transcendence for each of my clients.



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