

# Coming Home to Wholeness



AN 8-WEEK TRANSFORMATIONAL COACHING COURSE



# Thank you for choosing to join me.

I'm so excited that you're interested in discovering the path home to wholeness. There is infinite wisdom to be unlocked, so let's get started!

Mia xo

# Learn how to process pain and navigate fear.

2022 has been a year to open our eyes, minds, and hearts to what we truly value. What has this year revealed about the shape of your life? It has opened uncomfortable spaces in many of us that are asking for attention and healing.

Have you ever felt like a round peg in a square hole? I have, and it's painful. Forcing ourselves into a life that doesn't fit our heart, leads to suffering and separates us from our truth. The outdated belief systems we have been carrying can weigh us down and keep us stuck in repetitive, hurtful patterns.

Learning how to process pain and navigate fear, builds the inner guidance to trust our intuition and follow new pathways. It is an auspicious time to come home to the heart of who you are.

# How we self-care impacts the collective care.

“Coming home to wholeness” is an 8 week transformational coaching experience. Each week is designed to invite self-inquiry, group engagement, and expand awareness on how to live in alignment with our unique purpose.

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Coming together and creating community through these turbulent times of change empowers us to build inner strength and self-confidence. We are not all the same, and we are all connected. How we self care impacts the collective care.

# Week One: Stop!

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Stop! Breaking the trance of unworthiness, this is where impostor syndrome lives. The world needs us in our authentic power. Exploring our relationship with the roots and concept of power. Identity, where we seek approval from others Vs. Authenticity where I know my worth and I no longer need to prove myself to be lovable.

# Week Two: Breathe

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The gateway to Expansion, returning to Source. Breaking down old habits doesn't happen overnight. We breathe into the discomfort and listen to what feels real and what is actually true. The familiar patterns can pull us down like an undertow towards the echoes of fear. Breathe into truth and swim toward clearer waters.

# Week Three: Pause

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This is where the transition starts to get messy. Pause allows space for the old to give way to the new. This is often when transformation gets gritty because we can't see forward. The temptation to go back to normal is strong. Do we want normal if it's keeping us angry, hurt, depleted, oppressed? We are in creation and we can hold paradoxes. Here we build inner strength to stay on the journey.

# Week Four: Feel

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Love and truth, learning to love all our truths that lead us home to true love. We all want love and connection, yet we can push people and experiences away when it touches hurt places. Many of us have learned a version of love that holds control, neediness, withdrawal, codependence at its center. This week is about untangling the hurtful places of how we love ourselves and others. Dropping the armor and courageously living from our heart with self trust.



# Week Five: Hold

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Holding on too tightly keeps us in an unconscious state of gripping. This week we learn to rinse and release painful voices that suffocate us from speaking our truth. When we block our Gremlin voices, we don't listen to our hurt that needs holding. Shedding old skin that constricts our life opens us to conscious choices that hold us accountable for how we show up.

# Week Six: Heal

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We will all take missteps and make mistakes in life, this is where our struggles are here to teach us, not keep us in a swirl of self beat. Learning to process our upsets become the fertile ground to heal old wounds. This liberates us to fight for freedom with vision and inclusion, letting go of the fight to be right and change others. Creation lives here, bravely envisioning a world that is equitable and just.

# Week Seven: Trust

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Seven is a sacred number and week 7 is a space to drop into what is shifting in our inner world. How have the stories we have lived and the lessons we are sharing bringing us insights to OWN our life? The good, bad, and the ugly. We can't change our past, but we can change our relationship with it. Owning our story allows us to embody self trust and build a life where Home is in our wholeness.

# Week Eight: Grace

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Eight weeks of creative collaboration, surrendering old patterns of control and opening to receive the wisdom of Grace. Our wellness requires wholeness, integrating all of who we are. The Infinity symbol ignites the power of resurrection and regeneration, the learning never ends and the growth lights our way home to our center. We are born whole, we splinter off in search of the extraordinary to make meaning out of life. The meaning is in life, in the ordinary exchanges that keep us connected to our humanity. Grace is gleaned from living out in the open where we touch down and our spirit finds the magic in the mundane.

Knowledge is a form of power -  
owning our stories activates the  
wisdom needed to empower  
change.