

The modules

6 months

3 lessons per month

2 1:1 coaching calls per month

The total cost of the 6-month program is \$3000, payment plan is available per request.

Voxer/FB messenger support Mon-Fri (I will answer within 24 hours)

Throughout the coaching program you will get Masterclasses, journal prompts, meditations, affirmations, and embodiment tools to support each weekly lesson.

I have suggested the topic of one of the two coaching calls per month – the second call that month you decide what you need support on. You are, however, free to request a customized program – so don't hesitate in reaching out to me.

You can also upgrade to weekly coaching calls if desired.

You get 1 extra coaching call that you can activate whenever you need extra support in the journey.

Module 1: Building a secure foundation

One of the coaching calls will be dedicated to your Strategy and understanding your Authority more deeply

Week 1: Finding your North Star + Future self Vision: Ground yourself and set yourself up for success in the coming journey

Week 2: Daily mindset practices and embodiment tools: Your practical "toolkit" for the program + life a head

Week 3: Trauma + trigger responses and calming the nervous system: Re-writing past wounds and learn how to hold yourself through triggers

Week 4: Integration week

Module 2: The deep healing

One of the coaching calls will look at conditioning in the open centers more deeply with specific journaling and affirmations to decondition + awaken and strengthen the defined centers

Week 5: Self-Acceptance & Deep Self-love: What parts of me needs love and healing

Week 6: Healing Generational/Mother Wounds (the wounds passed down to us from previous generations)

Week 7: Shadow & Deconditioning Work: Deepening into healing work. Get practical tools to do shadow work in day to day life

Week 8: Integration week

Module 3: Awakening to soul-seductive living

One of the coaching calls will be deepening into the Gates in your chart to understand yourself more deeply.

Week 9: Discover your passion and pleasure: What lights you up? Finding pleasure in everyday life – embody your pleasure Queen

Week 10: Re-connecting to your body and loving all parts of you

Week 11: Feminine energy, ease into flow, and open to the art of receiving

Week 12: Integration week

Module 4: Creating the future you desire

One of the coaching calls will be deepening into your life purpose in your incarnation cross, channels, and themes in your Human Design chart.

Week 13: Map out and envision the life you want: Activation your 2.0 version

Week 14: Mindset and manifestation – how to powerfully re-program your mind, and set yourself up to boldly pursue your vision in life and business

Week 15: Building trust in both your intuition and in yourself, so that you can claim your desires

Week 16: Integration week

Module 5: Reclaiming lust and intimacy

One of the coaching calls will be about your sexual energy and needs by Human Design

Week 16: Reconnecting to pussy, yoni dearmouring, exploring turn on

Week 17: Releasing shame, exploring shadow and light, reclaiming lust

Week 18: Reclaiming orgasm and pleasure through breathwork and embodiment: Pleasure Queen Coronation!

Week 19: Integration week

Module 6: Relationships

One of the coaching calls will be about relationships and love by your specific Human Design

Week 20: Deepen the intimacy in your relationships

Week 21: Explore dating and love: what needs to be healed and released? What do you desire?

Week 22: Mindful communication and feeling safe to express your needs

Week 23: Explore the big questions in partnership, dating, relationships

Final module:

Week 23: Reclaim your magic and empower yourself

Bonuses: (1 bonus bundle released each month for first four months)

1. Relationships by Design: 4 Masterclasses on relationships, intimacy, parenting, and attraction.
2. Marketing by Design: 2 Masterclasses for aspiring or existing soulpreneurs: how to sell from your centers, market and run your business by Type + Strategy + Authority.

3. Creativity by Design: Bring your creative gifts to the world by creating from your centers to create more with less stress, frustration and hustle.

4. Intuition by Design: Building on week 12 to deepen your intuitive gifts even more.