

Suzy Finnefrock

WOMEN'S EMPOWERMENT COACH  
EMBODIED WISDOM GUIDE

# Full Circle

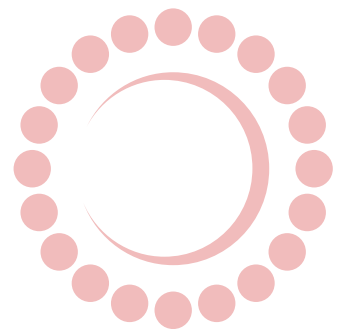
## Circling Back to Self

**A 6-month full embodied immersion into your *heroine's* journey.**

Winter Session 2022: Feb - July  
booking interviews now

### **Full Circle is for the woman who:**

- Feels the call to grow, expand, & emerge into herself fully
- Is ready to disrupt limiting beliefs and old stories
- Wants to understand & root into her feminine wisdom
- Wants to feel confident & sexy in her own skin
- Desires healthier, happier, deeper, and more meaningful relationships with kids, partner, friends, & colleagues
- Wants to feel and sustain feeling fluid & free, strong & agile in her body, mind, emotions, & spirit
- Wants to be held and supported by a like-minded community of visionary women exploring at the same depth



# Full Circle



"We are continuously birthing new versions of ourselves. Every new experience, every life event - adding a new dimension, a new context for how we engage with our environment. Sometimes these life events can take us off guard. They leave us feeling overwhelmed and derail us from what we're doing and where we want to go. In addition to external out-of-our-control life happenings, our own stories, fears, and limiting beliefs make it easy to get caught in a cycle that's hard to break free of.

When we become more conscious and aware of our body, our mindset, and the natural cycles and rhythms of life, how we experience and respond to life changes. When we feel empowered and step-in to our leadership even the most difficult circumstances/conversations/interactions can become easy, full of curiosity, compassion, and even enjoyable. It all starts with the right tools, practices, and mindset." ~Suzy

---

## Full Circle's One focus:

(RE)Connect women to their innate power & body wisdom

### The main intentions (outcomes) of this program:

1. Be a catalyst for lasting and sustainable transformation in your life
2. Create space and illuminate a path to cultivate deeper, more authentic, and enjoyable easier connections to self and others
3. Activate all of your senses to live a sensory-rich and responsive life.  
Developing the felt sense in your body.
4. Empower and support women to unapologetically offer their gifts to the world. Stand in your personal leadership - own it!
5. Tend the garden of each women's soul so she may live confidently in her power, depth, breadth, presence, and feel liberated to express herself fully and completely.



# What you can expect by the end of 6 Months:

- Development of practices to sustain a healthy body, mind, emotions, & spirit
- Learn easily adaptable tools to build and support those practices
- An understanding of how to integrate the shadow side of self as a source of empowerment
- Explore, embrace, & embody masculine and feminine energies
- Deepen your relationship with your divine feminine
- Understand what it means to own your leadership
- Activate and Embolden your voice - declare needs and boundaries
- Sense feeling supported by women who expect nothing in return
- Identify & let go of limiting beliefs that no longer serve you
- Create more space for what nourishes you
- Freedom from habits, behaviors, and patterns that keep you from living in alignment with your highest self
- Shift from living in fear to living in love. Healing of shame and self-judgment

You will walk away with a framework that will support you well beyond our 12 weeks together. This is a proven path to develop a deep, loving, and reverent relationship with your body that will be reflected in your life.



One of the biggest causes of stress, frustration, lack of directions and/or motivation in living out our dreams is the misalignment between core values, belief systems, and how we're spending our time.

# Is this for you?

## If you...

- Want to be in relationships that are meaningful and supportive, especially women
- Feel the desire or need to go deeper into your inner realms to heal or shift and either don't know where to start, or you don't want to do it alone
- Find yourself with strong emotions that often consume your attention for long periods of time such as anger, grief, resentment, judgment, fear, frustration
- Are asking yourself, "how did I get here?" or "is this what my life is going to be?"
- Feel like you've lost your sense of self in parenting, partnering, or profession
- Want to move through struggles with greater ease, compassion, and awareness
- Are ready to let go of the masks that keep you from fully expressing yourself
- Desire more ease and calm while simultaneously feeling more alive, alert, & aware
- Want to balance your masculine and feminine energy
- Have aspects of yourself that you are healing (body, mind, emotions, spirit)
- Feel alone and find it difficult to cultivate meaningful friendships...

*...then YES!*





# Program Includes:

**Weekly Circles:** Each core circle is 2.5 hours and builds on the next. They're designed for introspection, insight, and clarity in order to heal, understand, and grow. Our journey is rooted in embodiment, leadership, and mindfulness. We'll explore the multi-dimensionality of our humanness and how our unique experiences influence how we show up in our own lives and in our relationships. This program will help you open up to your fullest, deepest, widest, richest capacity - alive in all of your senses using movement, mindfulness, and connection.

**Initiation gift:** When you commit - I'll send you a book, a 100% beeswax pillar candle, essential oils, and a little love note from me to you.

**Individual Coaching:** Each woman receives 1 monthly private coaching call with Suzy.

**Group Coaching:** Group coaching call happen on the "off" weeks. Designed to be a place to bring insights and challenges for reflections and support.

**Access** to additional monthly Women's Embodiment Circles.

**Access** to all weekly Nia classes/recordings during the program.

**Sisterhood:** each woman in this circle becomes a friend, a sister, a mother, a grandmother, a healer, and a teacher: a mirror for us all.

**A sacred sister accountability partner** to support you around your purpose, relationships, assignments, practices, challenges, and more.

**Lifelong practices:** including embodied movement, mindfulness, leadership, and spiritual practices that will support you far beyond program time frame.

**Private online community** to stay connected and support each other outside of our time in the program.



# Feeling the call...

Discover what it feels like to feel whole, to sense deep love and trust for yourself, attune to your intuition, and move through life's joys and trials with confidence, intentionality, and integrity.

## Let's Break it Down...

12 Ritual Circles - \$1200  
6 Private Coaching Calls - \$4,500  
12 Group Coaching Calls \$700  
Nia Classes \$350

## Priceless:

Your Life Lived Authentically  
Lifelong Sisterhood  
Lifelong tools and practices  
Lifelong Community

*Cost*

**\$3,997**

payment plans available