



THE HAPPY ON MONDAYS EXPERIENCE

CURRICULUM



Your gateway to going from feeling stuck in a hamster wheel to feeling alive and aligned again in your career

For high achievers who fell out of love with their career/business and are ready to take back their power, step into their leadership and access new levels of success through building their own movement. Power of community mixed with 1-on-1 attention

WHO IS THIS Mastermind for:



An “established business owner”

An “established business owner” (been in business full-time for 2-5 years already) who’s been hustling/using strategies to grow your business. You fell out of love of your business, lost your way, feels like there’s a disconnect and want to find a way that is authentic to run your business, reconnect with your inner fire, your motivation and drive and get results in your business

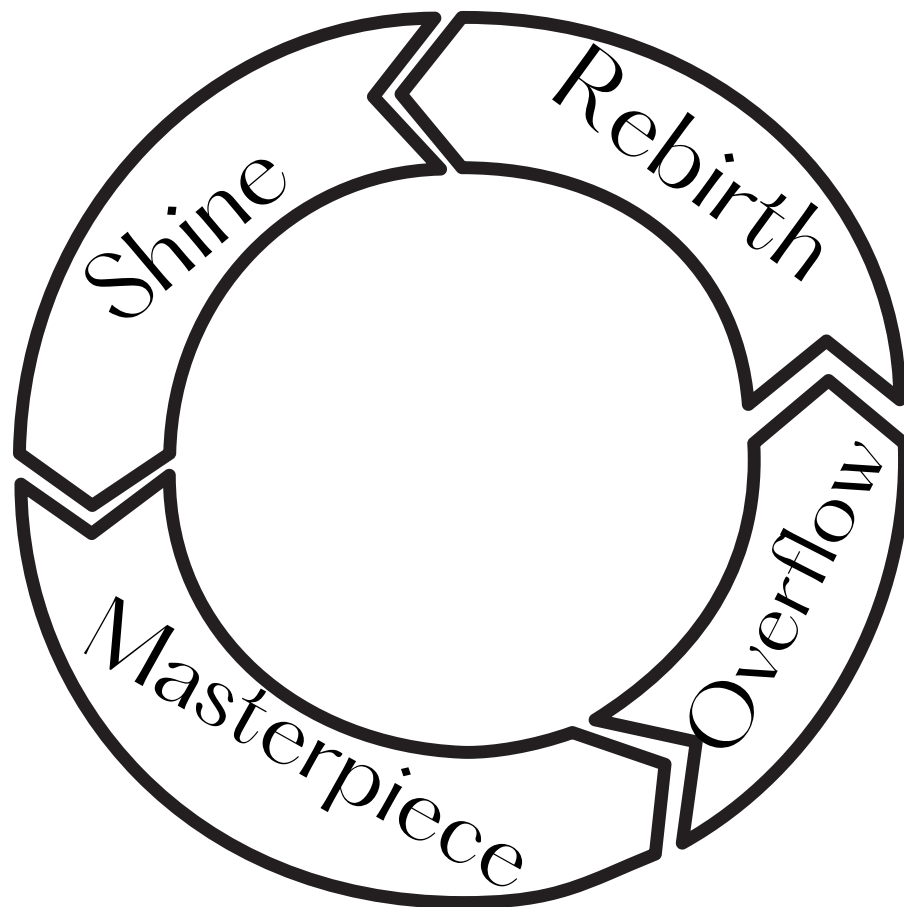
Or

An “Successful Corporate Woman”

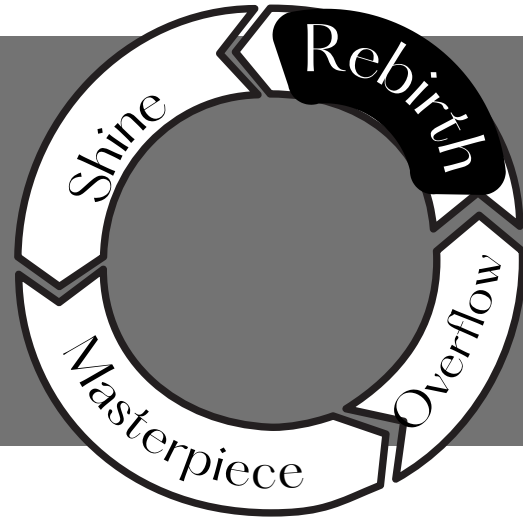
An “Successful Corporate Woman” who is ready for your next move in your career, you know you’re meant for more impact. You want to find your edge within your industry so you can stand out and grow your thought leadership. You’re wondering what is it you’re truly meant to be doing next? You’re facing different options and have all the fears, the stakes are high, you built a lot and you don’t want to loose your momentum, so much uncertainty, but you know you must first get out of your own way and unlock a level of leadership within yourself.

HERE'S WHAT WE'LL Accomplish Together:

Introducing the curriculum of the Wheel of Growth:
4 phases to help you step into your full potential.



Rebirth



1. Identifying & Releasing from the negative emotions keeping you stuck
2. Allowing yourself to dream big-ger & defining your big vision
3. Letting go of what you built, to make space for the new beginnings
4. Surrendering to the changes & embracing them with confidence
5. Giving yourself the permission to unleash fully into the world as a leader of your industry
6. Becoming a master communicator through navigating pivots, conflicts and change management
7. Making the bold moves & owning them fully with elegance and ease

Rebirth is a phase where you are invited to challenge everything you thought was a “done deal” in your life.

This is the phase where you rebel against all the rules you’ve been following that either comes from generations before you, or simply society’s standards you’ve been following blindly that clearly don’t serve you anymore.

This is the phase where you allow yourself to rebirth into who you’re truly meant to be and dream bigger, outside of your current container.

Shine



O. A few key principles of success any leader must embody

1. Reconnecting with your true inner fire to unleash it

2. Recoding your mind for success to match your new leader identity

3. Becoming clear and unapologetic about your values & releasing fully from your old self

4. Ditching those limiting beliefs and raising your worth to match what you truly deserve

5. Get freaking visible and seen as the leader of your movement

6. Daily rituals & practices to raise your vibrations and activate your magnetic powers

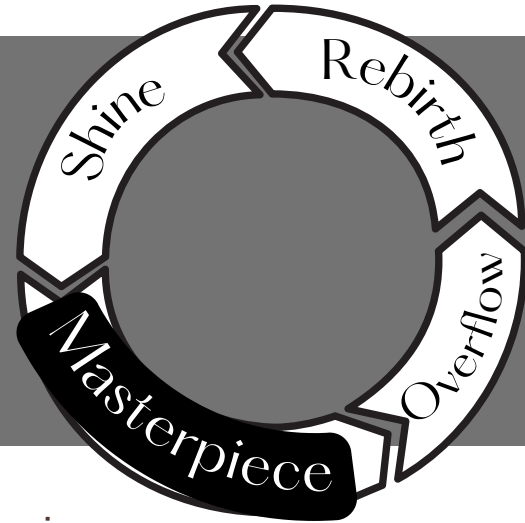
7. Making the necessary changes to your environment & releasing from the shadows that have kept you small

Shine is a phase where you align the beliefs, characteristics and habits you hold as the leader version of you you are becoming.

Step into your new identity with mindset tools and practices to set up the foundation of your new self.

A complete glow up from the inside out.

Masterpiece



1. Connecting to your message & allowing yourself to be a channel for it
2. Operating as the artist CEO of your career and designing it according to your authentic self
3. Creating your own unique brand & owning your voice
4. Sharing your message as your self-expression, becoming that thought leader
5. The anti-niche, creating followers of your movement
6. Channeling authentic content to grow your personal brand
7. Creating an offer that your followers will desire to purchase
8. Mastering the art of seduction as a charismatic leader that attracts people to you naturally

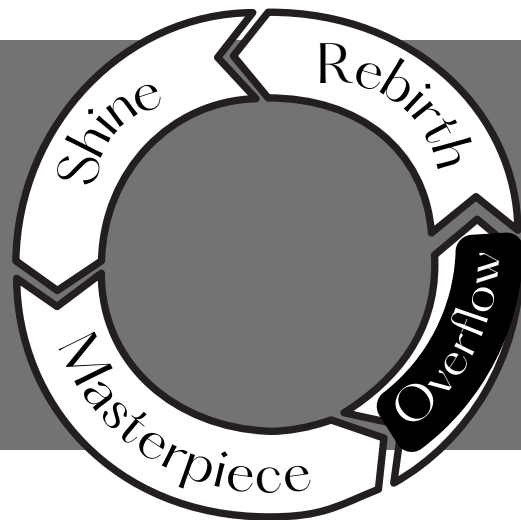
Masterpiece is a phase where, after learning how to be the leader of your own life, you find out what's the movement you are meant to be leading in your current/or new career environment where you'll be the leaders of others.

This is where you align your professional goals with a bigger purpose and life mission.

This is the fuel that gets you excited on Monday mornings.

Unleash your message into the world and become a master communicator. It's time to finally own your unique voice and reclaim your power around how you take up space in your life.

Overflow



1. Reprogramming your mind to focus on abundance and release from “lack mentality”
2. Releasing from the need for external validation and giving yourself the love, recognition that you crave
3. Fully surrender, release control and trust the timing and provenance of abundance in your life
4. Raising your energetic receiving standards in all aspects of your life
5. Learn to find value and opportunities in every experience
6. Learn to tap into the greatest source of power you’ll ever find
7. Unlock your ultimate manifesting powers for love, wealth, health and all forms of abundance

Overflow is a phase where, after getting clear on the message you’re meant to be sharing in the world and the vehicle in which you will share this message, you are ready to receive the visibility, the abundance, the recognition, the raise, the clients and truly own that new level of power you’ve unlock within yourself.

You get to have it all.

This is a year-long mastermind and here's why:

I truly believe in the power of commitment & re-commitment in our journeys as leaders.

Leading ourselves through the ups and downs of being high achievers with big goals and dreams isn't always a piece of cake.

Trust me, I know.

This is why "quick fixes" won't get us the impact & thought leadership we are looking for in this new chapter.

Throughout a year, we're going to shed layers of past conditioning and uncover new patterns to work on, and we will need to continuously lead ourselves through the challenges that will come our way.

That's what this community will do for you.

We won't let you settle.

We'll hold you accountable to higher standards.

We'll support you through it all.

And you'll progress exponentially faster with clear monthly action plans, daily accountability from cool people like you that get you and a personal development plan all laid out to support your growth.

Therefore, this is a 12-month commitment.



There isn't any option to mildly commit to a month-to-month basis. We do offer monthly payment plans though. All information about the investment is at the bottom of this page.

This mastermind is by application only.

The investment to join this experience is \$10,000 USD or monthly payments of \$1,000 USD.



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Click here to [Book your discovery call.](#)

Let's chat and see if this is a fit for both of us.
