



Empowered Living

Unleash the Boss Lady Within!

ARE YOU READY TO BOOST YOUR CONFIDENCE, ASSERTIVENESS, AND EMOTIONAL RESILIENCE?

JOIN OUR EMPOWERED LIVING WOMEN'S GROUP PROGRAM AND TAP INTO YOUR INNER STRENGTH! THIS TRANSFORMATIVE PROGRAM WILL ELEVATE YOUR MENTAL FITNESS AND PROVIDE YOU WITH THE TOOLS TO FACE LIFE'S CHALLENGES WITH CONFIDENCE, CLARITY, AND FIERCE SELF COMPASSION.

- 💪 ENHANCE YOUR MENTAL FITNESS
- 💫 BUILD RESILIENCE & EMOTIONAL STRENGTH
- 💖 MASTER CONFIDENCE & ASSERTIVENESS
- 💡 MATCH YOUR PHYSICAL FITNESS WITH YOUR MENTAL POWER

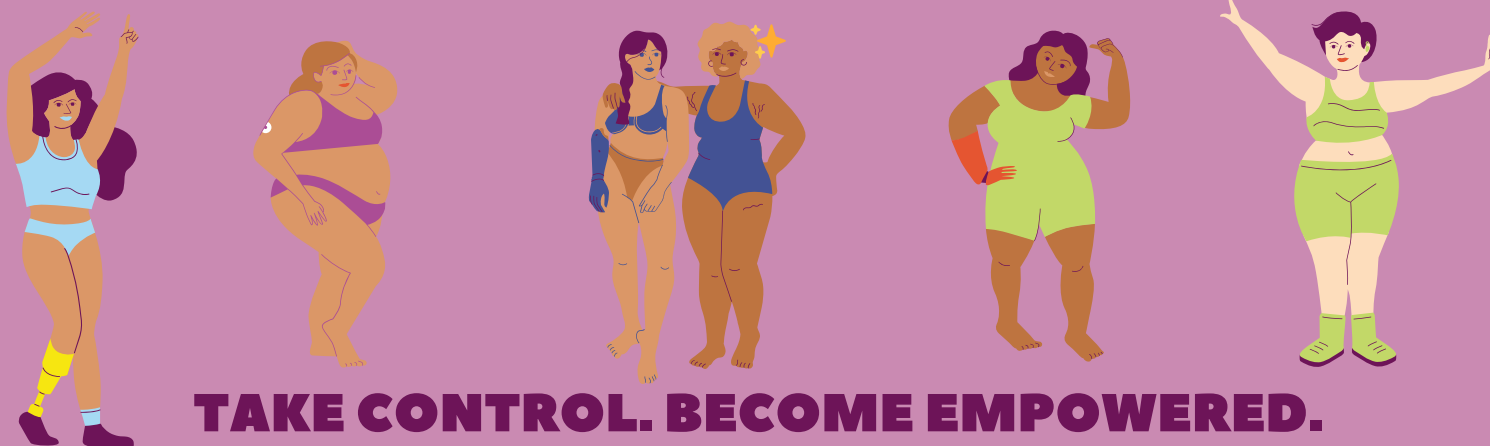
All are welcome – we are stronger together!

It's time to unlock your true potential and become the unstoppable force you were always meant to be. ✨

For bookings and more information:

✉ Contact:

malika@freedompsychologyandlifecoaching.com.au



TAKE CONTROL. BECOME EMPOWERED.

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The Challenge We Face:

Too often, women experience feelings of self-doubt or impostor syndrome, particularly in male-dominated spaces, leading to a sense of not being “good enough,” even though we are worthy and even when evidence of competence exists.

- Misunderstanding emotions like anger as "bad"
- Misunderstanding the Acute Stress Response (Fight-Flight-Freeze-Fawn) as a personal flaw
- High self-standards that fuel self-criticism and hold back growth

Your Path to Empowerment:

We will teach you to reframe emotions such as stress & anger as powerful tools for growth, not obstacles. By understanding that all emotions are natural, non-judgmental responses rooted in our survival system, you will learn to be kinder to yourself and more confident in the process.

How We'll Do It:

- Dive into the science of the brain and understand how to take control of your emotional responses
- Use practices like mindfulness, deep breathing, and body awareness to regain emotional balance
- Learn to reframe limiting thoughts, set boundaries, and confidently say "No"
- Own your fierceness and recalibrate your mindset to take back control of your life!

It's time to be kinder to yourself, embrace your emotional power, and become the confident, unstoppable force you were always meant to be.

Ready to take control and empower your journey?

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Goal:

This program is designed to empower women to reach their full potential by fostering self-compassion, emotional fitness, and nervous system regulation. Our aim is to help you confidently assert yourself and pursue your goals in alignment with your core values.

What You'll Gain:

- **Practical Exercises to strengthen your emotional fitness**
- **Invigorating Group Discussions to learn, share, and grow together**
- **Tools for assertive self-expression and goal pursuit without doubt or hesitation**

ALL ARE WELCOME — WE ARE STRONGER TOGETHER!