

MASTER MIND COACHING PROGRAMME

For every woman who knows it is time to stand up, speak up, live her truth and share her gifts with the world.

Have you felt the calling?

To stand up, show up and live your truth? Does it also feel like you are being guided to share your unique gifts with the world but you’re not sure how? If you’ve ever felt ***restless, depressed, unfulfilled, challenged, directionless yet knowing there is more***, you are probably experiencing the call (or the squeeze) to step into your uniqueness, your beauty, your heart, your strength and come out from your hiding place.

It’s not easy, I know!

I know how difficult it can get when you are supporting everyone else and forgetting about your own needs and desires. I know the struggles we go through as women wondering if we are good enough, if we can make it, concerned about the way we look, not feeling great all the time, unsure if our ideas are valid etc. I’ve been there, and I also know it is much easier when we are supported.

Let’s do it together

A Master Mind group is a group of like-minded people, coming together every two weeks, with their own goals and desires, committed to support each other in their unique journeys. When women come together, something beautiful and magical shows up. We know how to support and be there for each other. It’s a space where we allow ourselves to be seen, to be vulnerable but also to be inspired to come home to ourselves and then take that centredness back into our relationships, our jobs, our communities, our homes.

It’s more than talking…

I know that simply talking about the changes we want to make doesn’t create change. We need to commit, act and do things differently. It’s easier to take the steps and make the changes when we are being held accountable and supported to do it. I know how to coach you into activating your potential, opening your heart and ultimately becoming the Woman of Strength I know you are.

There is more!

My vision is to create a movement of becoming a Woman of Strength. So, once you’ve completed the 8 session- master mind coaching programme, you will be able to facilitate your own Woman of Strength Master Mind group!! (T&C’s apply).

**Through this Master Mind Coaching Programme, you will:**

* Identify your most burning desire and act on it!
* Implement changes in an inspiring, moving and touching way
* Reflect on what is keeping you stuck and let it go
* Identify your unique genius and unleash that into the world
* Transform fear as we break through the Terror Barriers that keep us stuck
* Break the glass ceiling by expanding your self-image
* Learn the secret to increasing your personal power
* Take small steps to uncover your most authentic self
* Activate your heart, your passion, your voice and your strengths
* Support each other in being real and showing up with love and so much more!

**What:**

The Master Mind Groups consists of **8 sessions (+/-3hours each)** that will run every two weeks. Since most self-development programmes are done online these days, I wanted to keep it intimate, personable and face to face So, all the sessions will be held at my home in North Riding, Johannesburg.

**Sign up now as space is limited!**

Every group will be limited to **minimum 4 and up to 8 participants** only.

**When:**

31st May 2019 @ 09:30 am

**Where:**

203 Market Street, Johannesburg North

**Price:**

Johannesburg: **R2,700** per person. (Including all course material)

**Payment Plan Options**

Option 1: Payment in full R2,700
Option 2: Two instalments of R1,400 each
Option 3: Three instalments of R1,000 each

First instalment payable on registration and then by 1st of each month.

**Are you ready to join the movement?**

Please complete the following form to sign up.

|  |
| --- |
| WOMAN OF STRENGTH MASTER MIND COACHING PROGRAMME |
| Name: |  | Surname: |  |
| Email: |  | Contact number: |  |
| Address: |  |
| City: |  |
| Job title: |  |
| □ Yes, I am registering for the Woman of Strength Master Mind Coaching Programme for myself.□ Yes, I am registering for the Woman of Strength Master Mind Coaching Programme for \_\_\_\_\_\_\_\_\_ women  |
|  | **Item** | Facilitator: |
| □ Yes | Group 1: 31st May 2019 @ 09:30 am | Claire Domnakis |
| Payment options (please choose one)□ Option 1: Payment in full R2,700 □ Option 2: Two instalments of R1,400 each □ Option 3: Three instalments of R1,000 eachKindly make payment into the following account to secure your place: ACCOUNT NAME: Claire DomnakisACCOUNT TYPE: Cheque AccountBANK: First National BankACCOUNT NUMBER: 62382231901BRANCH CODE: 250655  |
| Please note that full payment should be made on or before 25th May 2019 to secure your place. Participation information will be sent upon receipt of payment. Payment is non-refundable. Please email a copy of this signed, completed form with proof of payment to: cdomnakis@gmail.com |
| Today’s date: |  | Signature: | . |

