

WHOLENESS PROGRAM CASE STUDY

A single woman, educated professional entrepreneur in her early 40's that lives in California. Enjoys a "Sex and the City" lifestyle.

AT A GLANCE

CHALLENGES

- Walked away from business
- Driven by type A personality
- Safety was missing
- She was lost and afraid
- Trust was broken by friends
- Belief there was not way out

JOURNEY TO WHOLENESS

- Went within to find the answers
- Connection to self and intuition
- Developed Awareness
- Found her own truth

CHALLENGES

She had recently walked away from a three-year journey of establishing her own health and wellness business that took multi millions of dollars in investments from an outside resource.

Driven by her Type-A personality, all of her energy, focus, and time had been put into the formation of her business, and when she left it behind, she was struggling to know who she was, her self-worth, and being present.

Safety was missing, even within her. In the transition, she had done things that she never would have imagined she would do. As a result, she was trying to find anywhere else she could be through various forms of distractions.

She was lost and afraid.

Her trust was broken by friends, partners, and herself. She didn't trust anyone, even herself, which caused her to lose her self-worth quickly.

She had a deep belief that there was no way out of the dark hole she had found herself in.

She knew something had to change and quickly, the feeling of life depended on it. She decided to sign up for a year long Wholeness Program.

JOURNEY TO WHOLENESS

The first thing she realized was she had been in a space of looking outside of herself for the answers, and in order to truly change and get to the real root of her challenges she needed to go within. Deep down there was a part of her that remembered, and knew, that the lost person she had become wasn't her.

Through the Wholeness Program, she received the gift of connection to herself and her intuition. She was able to listen to herself. She learned to sit and be with herself without going from thought to thought. She developed an awareness for her ideal lifestyle and created it through the feeling that she desired. She went from "doing things" to experiencing and connecting. She wasn't just checking the boxes anymore, because she was feeling into what she wanted.

She never wanted to be given the answers, just guidance so that she could form her own opinion and answers. She wanted to find her own truth, what was right for her, and what she wanted. She just needed somebody to help her remember who she was before she had gotten to where she was. This is why she decided to work with Leah.



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AT A GLANCE

OUTCOME

- Mindset shift
- Not allowing others to affect her
- Respond rather than react
- Kinder to herself
- Grateful for her life
- Never lost herself again
- Connects to her soul
- Deep Belief she deserves this life
- Knows how to harness her superpower

OUTCOME

One of her big aha moments was recognizing where she used to think everything was so personal and she would let others actions or words destroy her. She learned to shift everything about the pain and confusion, rather than allowing the pain to hurt her. She was able to get curious because she was ready to heal. She learned to ask regenerative questions because she wanted to understand herself more: where things are coming from; and why she was reacting a certain way.

Now, she is kinder to herself. She is grateful for her life. She is no longer reactionary and affected by all the shit.

Through the Wholeness Program she chose to never lose herself again. She chose to take moments to connect to her soul and ask for what she wants. She now has a deep belief that she deserves this life because it is hers.

Without a doubt, she now knows how to harness her superpower of being a leader of people.

THE WHOLENESS PROGRAM

Where transformation meets fun and unleashes the vibrant, fulfilled life you've been yearning for.

	6 months AWAKEN EMPOWERMENT	12 months THE TRANSFORMATION
Mindset Zoom Calls (60 min)	5 Total	10 Total
Inner World Somatic Calls (60 min)	5 Total	10 Total
Embodiment Practice Zoom (30 min)	5 Total	10 Total
Private Facebook Group	✓	✓
WhatsApp Energy Lift Messages	✗	10 Total
Private 3 Night Reset Getaway Retreat	1 Total	2 Total
Virtual Half-Day Live Lovelight Event	✓	✓