

A JOURNEY BACK TO YOURSELF

FIND *Your* WAY

6 Week Program

It's not just a program, it's a
Homecoming...Welcome, Home!

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MERAKI *inspired*
COACHING & CONSULTATION



FIND *Your* WAY

“Find Your Way: A Journey Back to Yourself” is an experience for the woman who has lost herself in the pressures and expectations of the world around her.

She is a woman, wife, mother, employee, leader, sister, daughter and more.

She forgets who she was before the world told her who to be.

Using Joseph Campbell’s, “Hero’s Journey” framework you’ll learn the four coordinates of your Inner GPS and rediscover who you are from the inside out.

Imagine a life where you step into your most authentic, fully expressed self and show up powerfully at home and work, everyday!

Are you a woman who is:



- Tired of abandoning yourself in every area of your life to make other people happy
- Burned out by a never-ending cycle of proving your worth and hiding your “flaws”
- Longing for balance in your life but end up depleted at the end of every day
- Ready for change but don't know how or where to start

If you can relate, the good news is that you're not alone.



In 6 weeks you'll learn to:

- **Prioritize your wellbeing** and give yourself more compassion, forgiveness, and unconditional love.
- **Break the cycle** of people-pleasing so you can say “no” without guilt.
- **Choose yourself first** so that every relationship is rooted in your unwavering confidence & self-worth.
- **Eliminate the inner voices of judgment**, criticism, & self-doubt.
- **Trust yourself** enough to stop seeking permission, validation, & approval from others.
- **Celebrate your individuality** without compromise or comparison.
- **Anchor into your values** and follow your intuition without hesitation.
- **Release the expectations** that have kept you quiet and playing small.
- Be **unapologetic, unconventional and unf*ckwtihable**, everyday!

The 4 Coordinates



1. Compassion - Declare your Worth



As a people pleaser, it's likely you don't have much time for yourself and that's why Compassion is the first coordinate of your internal navigation system.

This small shift will dramatically change how you show up for yourself in relationships and at work.

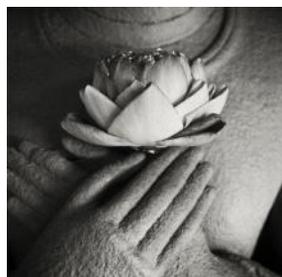
2. Character - Live your Essence



Learn how to anchor into your core values so you can confidently assert who you are and what you want, without hesitation.

No more compromising what's important to you because you are connected to your fail-proof decision-making operating system.

3. Courage - Activate your Inner Knowing



Learn how to break free from old patterns and beliefs with a new, more powerful mindset that will activate your inner knowing and allow you to channel the fierce courage you need to take the next best step.

4. Choice - Unlock the Power of NO



Recalibrate the final coordinate of your internal navigation system and learn how to connect deeply to the people and things that support your growth while creating space for you to embrace your most unapologetic and unconventional self!



If you dare to admit this isn't the life you imagined and are ready to bring joy, laughter and fun back into your life...

Welcome, Home!

You'll have access to a series of practical, actionable exercises designed to help guide you home, including:

- Video **Intensives** introducing the Coordinates that will guide, anchor and focus your journey.
- An **Interactive Workbook** with tools, links, and resources to help you quickly and easily put your learning into practice and level up when you're ready.
- Six LIVE Weekly Zoom **Group Coaching Calls** to grow and connect with a group of like-minded women.
- A curated list of the **Top 10** must-read titles for the woman who is finding her way back home to herself.

What Graduates are Saying



“JUMP IN. I was worried I was too busy, but I listened to my gut and I am so grateful I did...there is no right time except right now!! Do it, I promise you won't regret it! **Do this for you, go back to who YOU are, surrounded by amazing women on the same journey.**”

Kelly

“I knew what I needed to change and what I wanted to be different but I didn't really think I was going to be able to do it this quickly. **I have the tools to do it now**”.

Tamesha

“**I have given myself the gift of forgiveness**...this program allowed me to step back and take a different path for myself based on what feels right for me. I found MY way.”

Kay

“You have someone to guide you to show you all the options to make that dream/path a reality. **It's really the beginning of the rest of your life.**”

Vanessa

“**The most impactful, specific, relevant, hands-on implementation of material I have ever seen.** You are leaving no possibility for a person not to change if they do what you've prepared for them.”

Alisha

I bet you have questions...



I've taken the liberty of answering some of them below:

How intense is the Find Your Way program?

The program is 6 weeks long...BUT...before you freak out thinking “ain’t nobody got time for that” let me assure you - the time investment is low, the impact is high.

Each week you’ll watch a 10 minute video intensive to set the focus for the week. Your PDF workbook exercises will deepen and personalize your understanding of the coordinate and offer tools to motivate, inspire, and practice throughout the week.

Attend the weekly 1 hour Zoom Calls with your group, led by Coach Susan Crawford, for a chance to reflect and discuss the exercises, your challenges, successes and insights.

What is my investment?

An online program like this would easily cost you \$2000. I could offer it to you for \$997 but times have been tough and we need to show up powerfully for ourselves now more than ever.

Because I believe in this program and know it will change your life I'm offering it all for only \$497 (+HST).

Want the ULTIMATE experience?

If you're ready to level up in an EPIC way, work with Susan 1-on-1 after the program and guarantee your results with her personalized approach for more focus, support and accountability.

Contact [Susan](#) to see if this option is right for you.



What do I do now with all this information?



Are you a HELL YES? Awesome. I love the feeling of a Hell Yes, don't you? Register [here](#) to get started!

Are you a MAYBE? You want to, but there's something holding you back. Let's talk about it - book a 15-minute [call](#). I'm happy to answer any questions, help you work through a block, or just get to know you better to see if this program is a fit.

Are you a NO? That's okay, too. It may not be the right timing. Be sure you're on the mailing list to stay up to date on future offerings.



Do something your future self will thank you for!

Reserve your spot for the next program - first come, first served!

Your Coach,
Susan



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