

RISE & THRIVE

Full Curriculum Breakdown following the RISE method

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Restore Safety

REBUILD NERVOUS SYSTEM SAFETY

Week 1 – Disarming the Mind

"You're not broken. You're just running old programming."

- The subconscious mind & how it runs your life
 - Identifying your mental loops & limiting beliefs
 - Why insight alone hasn't been enough
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Week 2 – Tackling Trauma & Triggers

"Trauma is not what happened, it's who you had to become to survive it."

- What trauma actually is (big T & little T)
 - How the past lives in your present reactions
 - Recognising your numbing agents & avoidance patterns
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Week 3 – Reconnecting with the Body

"Safety isn't found outside. It's built within."

- Sympathetic vs. parasympathetic nervous system
 - Why you disconnected from your body & how to return
 - Building a felt sense of safety from the inside
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Increase Awareness

DEVELOP EMOTIONAL AND SOMATIC AWARENESS

Week 4 — Inner Alchemy

"Your emotions aren't the problem, they're the doorway."

- The vibrational frequency of emotions
 - The alchemy process: awareness, allowance, acceptance
 - Meeting your protective parts with compassion
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Week 5 — Somatic Clearing

"The body keeps the score, and it can also release it."

- Why avoidance keeps identity frozen
 - Expanding your capacity without overwhelm
 - Somatic tools to process & release stored emotion
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Week 6 — Inner Child & Parts Work

"The part of you that's still waiting to be told it's safe."

- Understanding your inner child & attachment patterns
 - Why your nervous system treats growth as a threat
 - Guided healing to reparent yourself
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Shed Survival Patterns

RELEASE PROTECTIVE IDENTITIES AND REACTIONS

Week 7 — Self-love, Identity & Manifestation

"You don't get what you want. You get what you believe you deserve."

- How identity acts as your internal thermostat
 - Survival identities vs. your authentic self
 - Why affirmations fail without identity-level shifts
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Week 8 — Identifying Real Desires - Core Truth Activation

"Stop performing. Start living from what's actually true for you."

- Reconnecting with feminine energy & body wisdom
 - Aligning with your energetic blueprint
 - Discovering your real desires beneath the conditioning
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Expand & Embody Your True Self

Week 9 — Building the New Identity

"You can't fully step into who you're becoming while carrying who you had to be."

- Letting go of the old self with compassion
 - Understanding your receiving blocks
 - Embodying the new you in everyday moments
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Week 10 — Embodiment & Manifestation in Practice

"Growth is a lifestyle, not a destination."

- Consciously creating your future with clarity & agency
 - Energetic boundaries & daily integration practices
 - Living as your most aligned, embodied self
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What Happens After Week 10?

The way I see it is that week 10 isn't an ending, but it's the beginning of the life you've spent ten weeks building the capacity to live!

You leave with a complete nervous system toolkit, embodiment practices you actually use, and a deep familiarity with your own inner landscape that doesn't expire when the program does.

Lifetime access to all recordings and materials means you can return to any session whenever you need it. The community space remains available after the program closes so the connections you've built don't disappear.

And for women who want to continue working with me, there are pathways to do that. You won't be sent off alone, but the work you do in ten weeks is designed to compound for the rest of your life.