

Suzzy Finnefrock

TRANSFORMATIONAL LIFE COACH  
EMBODIED WISDOM GUIDE

# Full Circle

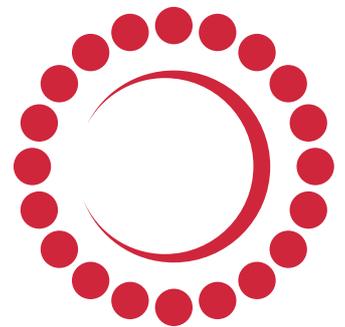
## Circling Back to Self

**A 6-month full embodied immersion into your *heroine's* journey.**

Winter Session 2023: Feb - July  
booking clarity sessions now

### **Full Circle is for the woman who:**

- Feels the call to emerge fully into herself.
- Is ready to disrupt limiting beliefs and illuminate old stories.
- Longs for ease.
- Needs to understand the wisdom of her feminine essence.
- Realizes she has forgotten her own radiance.
- Yearns to stand confidently in her naked desire. (resounding yes)
- Is invested in experiencing (creating) real intimacy and wants more.
- Has been inviting genuine authentic connection.
- Hears her body asking to join the conversation.
- Values deep diving.
- Wants to be held and supported by a like-minded community of visionary women exploring at the same depth.



My Gift  
To You...



Full Circle

"We are continuously birthing new versions of ourselves. Every new experience, every life event - adds a new dimension and new context for how we engage with and in our environment.

Life is uncertain. Without awareness and support, we can easily find ourselves existing in a state of overwhelm, feeling lost, stuck, and disconnected from who we truly are and who we are meant to be.

Things happen in life that we have no control over - yet being out of control is one of our worst fears. Anger, resentment, and resistance come from our need to control our lives. If we try to control the natural flow of life we create unnecessary suffering. Full Circle teaches how to find and ride the state of flow.

When we become more conscious and aware of our body, our mindset, our natural cycles, and synch with rhythms of the earth - how we experience and respond to life changes.

When we feel empowered even the most difficult circumstances, conversations, and interactions become easier. We learn how to bring curiosity, compassion, and love to everything.

It starts with the desire to take ownership of your life. I'm just here to remind you of the permission you've always had. ♥ Suzy

### Full Circle's Focus:

(RE)Connect you to your innate power & body wisdom from which you live every day

### The main intentions (outcomes) of this program:

1. It is a catalyst for *sustainable* transformation. You will essentially repattern your brain and train yourself to always see your divinity. This program is designed to take you into elevated states of consciousness for sustaining this confidently AFTER the program is over.
2. You will learn how to develop and nurture more authentic, dynamic, honest, compassionate, enjoyable, and easier relationships.
3. You will learn how to activate all of your senses to live a sensory-rich and responsive life - developing the felt sense of your body as your greatest guide.
4. You will practice how to unapologetically show up and BE YOU in a safe sacred container so you feel safe and sacred to ALWAYS BE YOU!
5. You will be guided through a proven framework that will stay with you forever! It will be carried with you so that you may stand confidently in your power, depth, breadth, and presence as a woman even when life feels hard.

# What you can expect by the end of 6 Months:

- Developed practices to sustain a healthy body, mind, emotions, & spirit
- Easily adaptable tools to build and support those practices
- An understanding of how to integrate the shadow side of self as a source of empowerment
- Explore, embrace, & embody masculine and feminine energies
- Deepen your relationship with your divine feminine
- Understand what it means to own your leadership
- Activate and Embolden your voice - declare needs and boundaries
- Sense feeling supported by women who expect nothing in return
- Identify & let go of limiting beliefs that no longer serve you
- Confidently create more space for what nourishes you
- Freedom from habits, behaviors, and patterns that keep you from living in alignment with your highest self
- Shift from living in fear to living in love.
- Healing of shame and self-judgment

You will walk away with a framework that will support you well beyond our 12 weeks together. This is a proven path to develop a deep, loving, and reverent relationship with your body that will be reflected in your life.



One of the biggest causes of stress, frustration, lack of directions and/or motivation in living out our dreams is the misalignment between core values, belief systems, and how we're spending our time.

# Is this for you?

## If you...

- Want to be in relationships that are meaningful and supportive, especially with other women
- Feel the desire to go deeper into your inner realms to heal or shift and either don't know where to start, or you don't want to do it alone
- Find yourself with strong emotions that often consume your attention for long periods of time such as anger, grief, resentment, judgment, fear, frustration
- Are asking yourself, "how did I get here?" or "is this what my life is going to be?"
- Feel like you've lost your sense of self in parenting, partnering, or profession
- Want to move through struggles with greater ease, compassion, and awareness
- Are ready to let go of the masks that keep you from fully expressing yourself
- Desire more ease and calm while simultaneously feeling more alive, alert, & aware
- Want to balance your masculine and feminine energy
- Have aspects of yourself that you are healing (body, mind, emotions, spirit)
- Feel alone and find it difficult to cultivate meaningful friendships...

*...then YES!*



# Program Includes:

**Weekly Circles: Each core circle is 2.5 hours and builds on the next.** They're designed for introspection, insight, and clarity in order to heal, understand, and grow. Our journey is rooted in embodiment, leadership, and mindfulness. We'll explore the multi-dimensionality of our humanness and how our unique experiences influence how we show up in our own lives and in our relationships. This program will help you open up to your fullest, deepest, widest, richest capacity - alive in all of your senses using movement, mindfulness, and connection.

**Initiation gift:** When you commit - I'll send you a book, a 100% beeswax pillar candle, essential oils, and a little love note from me to you.

**Individual Coaching:** Each woman receives 1 monthly private coaching call with Suzy.

**Group Coaching:** Group coaching call happen on the "off" weeks. Designed to be a place to bring insights and challenges for reflections and support.

**Access** to special guest speakers and teachers

**Access** to all weekly Nia classes/recordings during the program.

**Sisterhood:** each woman in this circle becomes a friend, a sister, a mother, a grandmother, a healer, and a teacher: a mirror for us all.

**A sacred sister accountability partner** to support you around your purpose, relationships, assignments, practices, challenges, and more.

**Lifelong practices:** including embodied movement, mindfulness, leadership, and spiritual practices that will support you far beyond program time frame.

**Private online community** to stay connected and support each other outside of our time in the program.



# Answering the call...

Discover what it feels like to feel whole, to sense deep love and trust for yourself, attune to your intuition, and move through life's joys and trials with confidence, intentionality, and integrity.

## Let's Break it Down by VALUE...

### Group Sessions: \$7,450

- 12 Ritual Circles - \$3,500
- 6 Private Coaching Calls - \$1,500
- 12 Group Coaching Calls \$2,000
- Initiation Gift - \$150

### Class Portal: \$3,188

- Weekly Movement Practices - \$997
- Bonus Course on Archetypes - \$497
- Meditations, Visualizations - \$97
- Program Workbook - \$1,597

### Priceless:

- Your Life Lived Authentically
- Lifelong Sisterhood
- Lifelong tools and practices
- Lifelong Community

*Cost*

**\$3,997**

payment plans available