

women are the medicine

Welcome to the *Force to Flow* Mastermind

Build The Impact You Dream Of (And Actually Have a Life While You Do It!)

Picture this: It's the weekend but here you are at your desk, caught in an exhausting cycle that probably feels familiar...

Some days you're in masculine overdrive - surrounded by to-do lists, running on caffeine and determination, wondering when you last saw daylight.

Other days (or sometimes even hours later), you swing into what we call feminine collapse - tab-switching between another online course you don't need, perfecting a website nobody's visiting, and wondering if you should just get some more certifications before you "really" start.

And the most exhausting part? You ping-pong between these states, burning yourself out with hustle one moment, then paralysing yourself with perfectionism the next. It's like being stuck in an endless game of emotional tennis, and you're playing both sides.

Sound familiar?

Breaking Free From The Cycle

Like most visionary women, you're caught between two extremes: either pushing yourself to exhaustion with endless 'hustle harder' strategies, or holding yourself back with endless preparation and perfectionism. Both paths keep you stuck, just in different ways.

This is exactly why we created the **Force to Flow Mastermind**. Because getting out of this cycle isn't about pushing harder OR waiting until you feel ready. It's about rewiring the patterns that keep you stuck, while taking bold (but manageable) action to move your business forward.

Through our unique blend of group coaching, practical experiments, and community support, you'll:

- Identify and rewire the deep patterns holding you back (instead of just ignoring them or pushing on through)
- Work through the mindset and identity shifts needed to fully step into your vision
- Bring more of your real self and all aspects of your medicine into your work
- Design and implement experiments that move your business further, faster - without exhausting you
- Create sustainable momentum that doesn't depend on either overdrive or overthinking

This isn't about finding some perfect middle ground. It's about building a new way of working entirely - one that draws on both your drive AND your natural flow.

Our promise to you

We will make it nearly impossible to stay small, scattered and stressed out in your business.

You'll stop second-guessing yourself, create momentum without burning out, and finally bring your full medicine to the world.

In 90 days, you'll go from '*I should be further ahead than I am*' to '*I can't believe how much I'm enjoying this!*'

The Mastermind experience

Each month we deep-dive into one of our feminine principles, using it as a lens to examine and transform both the practical and psychological aspects of your business. We combine deep pattern-rewiring work with concrete business-building steps, so you're not just gaining insights - you're creating real change.

Here's how we make that happen:

Two transformative group coaching calls every month

Immersion Call: This is where the magic happens. We dive deep into the month's feminine principle and explore how it shows up in your business. Through powerful group coaching, we unpack the patterns keeping you stuck - those things you might think are your personal flaws but are actually shared challenges we can solve together. You'll get practical tools, techniques, and resources for making real shifts. There's something profoundly liberating about seeing your challenges mirrored in other brilliant women and tackling them together.

Integration and Accountability Call: Two weeks later, we check in on your progress. This isn't just about awareness - we're committed to actual change. We work with your brain's natural neuroplasticity through tiny experiments that push your comfort zone in smart ways. We celebrate wins, troubleshoot challenges, and identify your next best steps. No more lonely business building - we're in this together.

A Slack community that has your back

Our Slack space is where you'll find support between calls:

- Share your wins (and your wobbles) with people who get it
- Get help and ideas when you need them
- Share tried-and-tested recommendations for everything from VAs to web developers, as well as resources that actually work
- Help amplify each other's events and launches

Quarterly sessions

Each month, you'll get one of these sessions, rotating through the cycle every quarter:

Breathwork A session that helps you step back from the day-to-day, process and integrate what you're learning

Expert Speakers and/or Bonus Call with Naz & Rachel Practical sessions with specialists from our network who can help with everything from visibility to course creation - chosen based on what the group needs most

Deep-dive Networking Session A chance to properly share your work with the community, spot opportunities for collaboration, and build those word-of-mouth recommendations that are worth their weight in gold

...AND more perks!

- Everything is recorded, so there's absolutely no problem if you miss anything - you can always catch up in your own time
- Membership area where you can access all the recordings and a supportive library of resources
- *At least* one live in-person event annually with inspiring speakers and workshops (to which you get an invite even if you're only with us for a 3 month block!)
- Priority access and special rates for our retreats and new programmes
- Access to our inner circle events that we don't advertise publicly

Meet Naz & Rachel

Naz: After spending a decade in marketing, PR, and events (managing everything from luxury retreats to festivals with thousands of attendees), I found myself asking "is this it?" During the pandemic, I took a leap into the unknown and built a thriving six-figure relationship coaching business from scratch. Now, as a transformational coach and women's empowerment leader, I help other women bring their vision to life without sacrificing their soul in the process. I blend feminine principles of business with deep transformational work, drawing on my expertise in psychedelic integration, my experience as a podcast host and speaker, and most importantly -

the lessons learned from my own journey of building a business that actually feels good.

Rachel: I spent two decades as a strategist climbing the ladder in the world's leading marketing and tech agencies, only to realise I was climbing the wrong wall. After navigating my own midlife reinvention (and learning the hard way that there's more to life than PowerPoint presentations), I now help women redefine success on their own terms. As a strategy consultant and coach, I combine my years of business experience with transformational practices to support women in making meaningful impact. I specialise in helping you navigate those tricky identity shifts and transitions - whether you're scaling your business, finding your purpose, or simply ready to do things differently.

Together, we bring:

- Over three decades of coaching and consultancy experience
 - Deep expertise in somatic, energetic, and narrative work
 - Real experience of building businesses that feel good (and the battle scars to prove it)
 - A profound understanding of what it takes to create lasting change
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Your Investment

Become a Founding Member

- £500 monthly OR
- £1,250 for three months (paid upfront every 3 months)

This is a rolling programme with a special founding member rate that you'll keep for as long as you're part of this amazing community. While the regular price will be £1,000 per month, you'll lock in your founding member rate for as long as you choose to stay with us.

Limited to just 12 spaces

We are only taking 12 founding members, to ensure deep and meaningful connection and individualised support.

The Choice Is Yours

You're at a crossroads:

Path One: Continue as you are. Minimise your vision and impact. Keep pushing that boulder uphill. Stay stuck in the exhausting cycle of masculine hustle and feminine collapse, hoping that someday it'll feel better.

Path Two: Join a growing community of visionary women who've discovered a better way. Learn to create impact from a place of flow, not force. Finally bring your full medicine to the world in a way that lights you up.

The truth? **You already know which path is calling you.**

Ready to join us? Book your call now to:

- Get clear on what's really holding you back
- Map out exactly how we can help you shift from force to flow
- Discover how our Mastermind can support you as you bring your vision into reality
- Start making changes right away, from our very first conversation

[Book a call with us](#)

The world needs your medicine.

Don't shrink yourself.

Don't shrink your vision.

Join us!