

THE **PATH** TO **FREEDOM** COACHING PROGRAM

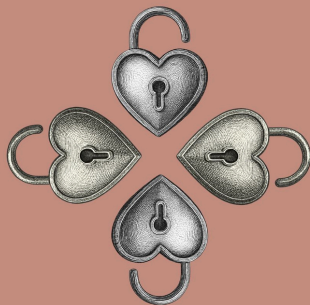
EVERYTHING YOU NEED TO TURN
SMALL STEPS INTO REAL FREEDOM



*Open doors to a
Life you love*

*Unlock
Inner Peace*

*Unlock
Progress*



*Unlock
Purpose*

*Unlock
Potential*





YOU'RE READY TO FEEL FREE IN YOUR PERSONAL AND PROFESSIONAL LIFE.... WHAT NEXT

Excited...

but slightly overwhelmed

Inspired...

but unsure where to start

Know you're meant for more...

but still doubting yourself



THE REAL PROBLEM IS OVERWHELM

Knowing what you want and knowing how to get there are different skills: most women aren't short on insight, they're drowning in decisions and dysregulated nervous systems.

Multi-tasker

Provider

Care-giver

Organiser

Manager

Gatekeeper

Fixer



WE GUIDE YOU TO SHIFT FROM SURVIVING,
TO THRIVING BY CHOOSING THE LIFE YOU LOVE

3 PATH TO FREEDOM

Everything you need to turn small steps into real freedom.

**THAT'S
WHY WE CREATED
THE **PATH**
TO **FREEDOM**
COACHING PROGRAM**



The Path to Freedom teaches simple regulation practices, clarity tools to define a goal that truly matters, and a steady accountability structure so you can move toward that goal with calm, confidence and consistent progress.



DEFINE YOUR WORTH, REFINE YOUR GOALS, ALIGN YOUR ACTIONS,
AND SHINE YOUR LIGHT—BOLDLY, WITHOUT APOLOGY.

4 PATH TO FREEDOM

Everything you need to turn small steps into real freedom.

FROM SURVIVING TO THRIVING

BEFORE THE PROGRAM

Exhausted
Overwhelmed
Numb
Anxious
Scattered
Guilty
Stuck
Doubtful
Defensive
Fragile
Reactive
Drained

AFTER THE PROGRAM

Calm
Centered
Energised
Confident
Focused
Grounded
Clear
Empowered
Resilient
Steady
Purposeful
Rested

EXPERIENCE MORE OF THE 4 FREEDOMS
FINANCIAL - EMOTIONAL - TIME - LOCATION

5 PATH TO FREEDOM

Everything you need to turn small steps into real freedom.

WHO IS THE PATH TO FREEDOM FOR?



The Path to Freedom is for women rebuilding after loss, separation, or burnout who are juggling multiple roles and feeling depleted.

It suits those who want trauma-sensitive tools to regulate their nervous system, clarify a values-aligned goal, and take steady, supported action.

This program is for women ready to do practical, paced work (not a substitute for urgent clinical therapy) and who want accountability to turn small steps into lasting change.



OPEN DOORS TO EXPLORE MORE OF WHAT
LIGHTS YOU UP

6 PATH TO FREEDOM

Everything you need to turn small steps into real freedom.

YOUR NEXT STEPS STARTS WITH THE PATH TO FREEDOM

The Path to Freedom program is for women at every stage of survival mode who want the feeling of freedom to have agency to choose from a place of calm.

The Hollowed and Reactive Stage

You're running on adrenaline and autopilot, reacting to crises and exhaustion without space to notice your needs.

The Stabilising and Seeking Stage

You've started to notice patterns and want steady tools to regulate your nervous system and make small, safe choices.

The Choosing and Thriving Stage

You're ready to act from clarity and values, turning practiced micro-steps into confident, sustained change.



7 PATH TO FREEDOM

Everything you need to turn small steps into real freedom.

YOUR PATH WITH THE RAPID SYSTEM

Your transformation is our map. We use the RAPID framework to ensure clear, measurable progress.

■ **R - Result:**

We begin by crystallising your #1 desired outcome. What does freedom truly look and feel like for you?

■ **A - Align:**

We align your goal with your core values and healed nervous system. This ensures your path forward feels safe and authentic, not triggering.

■ **P - Plan:**

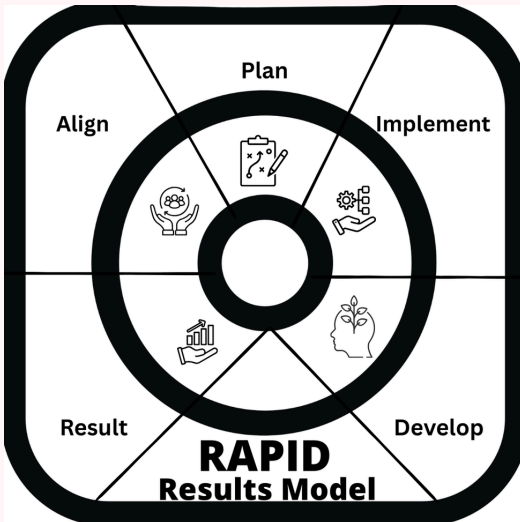
We co-create a personalised, step-by-step plan with somatic practices and strategic tools tailored to your life and responsibilities.

■ **I - Implement:**

This is where the magic happens. We take action with weekly support, accountability, and adjustments to ensure sustainable progress.

■ **D - Develop:**

We focus on integration and legacy. You'll develop the confidence and systems to maintain your new-found freedom and thrive long after our work is complete.



PROGRAM BENEFITS



Calm & Nervous System Regulation

- Learn simple somatic practices to lower reactivity.
- Reduce overwhelm so decisions feel manageable.
- Sleep and recovery improve with consistent regulation.

Clarity & Purpose

- Identify one values-aligned goal that matters to you.
- Cut through second-guessing with a clear decision framework.
- Replace confusion with a focused weekly plan.

Confidence & Agency

- Move from hesitation to decisive choice-making.
- Reclaim voice and boundaries in relationships and work.
- Practice tiny visibility steps that expand your influence.

Practical Accountability

- Receive structured check-ins and gentle course corrections.
- Join a supportive cohort that keeps you moving forward.
- Access tools that make follow-through easy and realistic.

Energy & Time Recovery

- Reclaim hours each week through simplified routines.
- Reduce mental load with prioritized, value-based actions.
- Increase presence and enjoyment in daily life.

Sustainable Change

- Embed habits that stick without extra hustle.
- Translate short-term shifts into long-term lifestyle changes.
- Graduate with a self-managed system for ongoing growth.

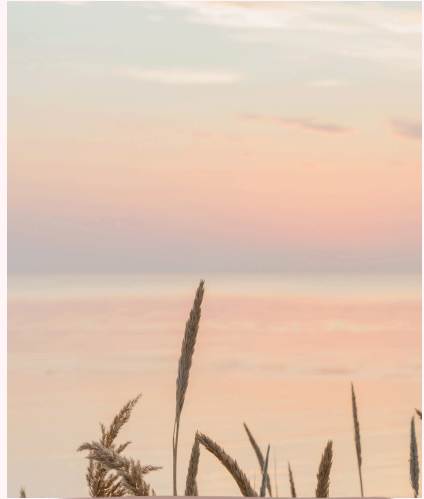
9 PATH TO FREEDOM

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SUCCESS STORIES

Diana

I was honoured to have Sandy coach me for one of my very important goals. She worked with me with so much dedication. I received so much more than I expected from the Coaching Program. I grew incredibly from the time I worked with Sandy. I look forward to staying connected with her and I highly recommend Sandy to be your coach if you have dreams to accomplish in life.



Trish

I was navigating the change from permanent employment to building my own coaching and consulting practice, along with juggling the demands of being a Mum. I wanted some coaching to unpack and overcome the self-doubt and blocks holding me back. Sandy is such a pleasure to work with - she meets you where your energy and confidence is and helps you build that up by taking meaningful steps that feel manageable. Her humour, authenticity and professionalism make conversations flow easily and I felt safe to be completely open and real with her. Sandy challenged me firmly, but gently, and I always felt like she held me accountable without judgement, only kindness and an unwavering belief in my ability to rise beyond my own mental blocks. She helped me find clarity and to keep persevering through the doubts. I highly recommend Sandy to anyone seeking a safe space to explore a way forward, rediscover their inner strength and develop practical, manageable tools that help them reclaim their identity, perspective, and power.

FREQUENTLY ASKED QUESTIONS

I'm not sure if I'm ready to join right now?

To help you, we have a 7 day happiness guarantee.

If after your onboarding and establishment session you're not happy to continue, email us for a complete refund.

HAPPINESS GUARANTEE



I'm not good with technology, is that a problem?

That's ok, most people aren't! The majority of the program doesn't require technology. As long as you have a computer, quality internet and the ability to follow a guide you will be fine.

I'm not sure that I can commit to weekly sessions, is there an alternative?

Yes! There is an alternative.

We also offer bi-weekly sessions for those who prefer to space sessions out to allow space for other existing commitments.

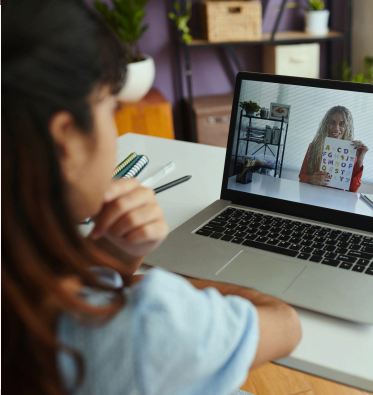


FREQUENTLY ASKED QUESTIONS



What if I want to join but need time to get my finances in order?

That's fine. We have a provision to give you time to move money around to lock in your enrolment. Simply make a minimum deposit and pay the balance of either paid in full or first installment of your preferred payment plan within 7 days.



Do I need prior coaching experience?

No. The program is designed for beginners through experienced clients; we start with simple, safety-first practices and progress at your pace.

How private is the program?

Coaching sessions are one on one and are private and confidential.

Will this replace therapy?

No. The Path to Freedom complements therapy but is not a substitute for urgent clinical care. If you're in active crisis, please seek clinical support first.

What results can I expect?

Improved calm and regulation, clearer decision-making, consistent forward momentum, and practical steps toward a values-aligned goal.



THE PATH TO FREEDOM INCLUSIONS & BENEFITS

Here's What You Get In The PATH TO FREEDOM...

VALUE

Onboarding and Establishment Session

A session designed to give you instant clarity, confidence and momentum from day one.

In this session we walk through what to expect inside the program and find a regular day and time for the one on one coaching sessions.

10 x One to One Coaching Sessions

All sessions take place either via a Zoom Call or a WhatsApp Call.

The program is personalised and tailored to your needs and desired outcomes.

295

3,995

The Freedom Weaver Vault

Coaching Journal

Receive a guided coaching journal designed to be your safe space for reflection and growth. This essential tool helps you integrate our sessions, track your nervous system's healing, and document the profound shifts in your voice, vision, and vitality. It turns insights into embodied action and provides a powerful record of your courage to look back on whenever you need a reminder of how far you've come.

30 Day Confidence Challenge

The 30-Day Confidence Guide (your coaching bonus) is a gentle, practical roadmap of daily micro-actions designed to rebuild self-trust and steady your nervous system—one small win at a time. Each day offers a short, trauma-sensitive practice (breath resets, boundary scripts, mirror work, values prompts) plus quick reflection and a tiny celebration habit to cement change. It's built to fit busy lives, strengthen momentum, and pair seamlessly with your coaching sessions so the insights you uncover in coaching turn into reliable, lasting confidence in everyday choices. .

75

35

13 PATH TO FREEDOM

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Monday Motivation Messages

95

Monday Motivation Messages — a new, members-only boost for the Path to Freedom community.

Every Monday you'll receive a short, trauma-informed motivation message delivered into the private WhatsApp Path to Freedom group while you're enrolled in the 10-week program or month-to-month coaching. Each message includes a gentle grounding prompt, a practical tiny-step challenge for the week, and a quick mindset reminder to keep momentum without pressure. Designed to be bite-sized, actionable and kind, these messages help you stay steady between sessions, build consistent habits, and feel held by a community that understands the pace of real change. Remain a member of the group while you're enrolled to keep receiving the support.

The Freedom Breath Guide Audio Library

95

Audio Guides — Calm, Centre, Choose

Short, trauma-sensitive audio guides to help you settle your nervous system, reclaim calm, and step into clearer choice. Use these 5-15 minute practices before decisions, during overwhelm, or whenever you need to feel steadier and freer. Gentle, accessible, and designed to fit into a busy day.

Administrative Support

48-Hour Rescheduling Policy

Saving

Life happens. Reschedule calls penalty-free with 48 hours' notice.

Email & SMS Support

495

Unlimited between-session support via email and SMS during the program. Have a question, need clarification, or want brief encouragement — just reach out. Expect a reply within 48 hours (Mon-Fri).

P.I.F. BONUS

5,085

Happiness Guarantee

7 Days to Lean Into Your Investment

Our Happiness Guarantee gives you the peace of mind to invest today, knowing that you have our guarantee that if you are not happy with the program in 7 days, just email us and we will happily refund your investment.

Pausing the Program

6 months to Postpone

We understand that you may have pre-existing commitments that may effect your ability to show up consistently.

To get the most out of the program it is best to attend regularly as the processes are designed to take you on a transformational journey.

Paid-in-full bonus sessions

Energy Clearing Session

A gentle, focused session before the program begins to release what's keeping you stuck and enter the work feeling lighter, safer, and ready to receive.

295

Legacy Leaving Session

A closing session to clarify your mission, translate your progress into purposeful action, and leave the program with a clear plan for the lasting legacy you want to create.

295

P.I.F. BONUS

590

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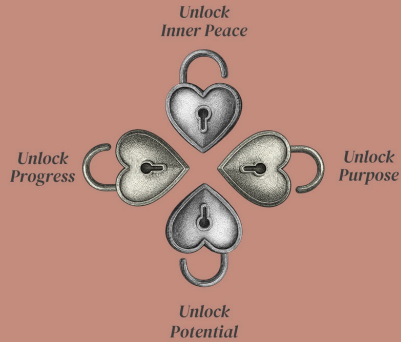
EVERYTHING YOU NEED TO TURN
SMALL STEPS INTO REAL FREEDOM

Your Total Program Value

5,085



Open doors to a
Life you love



YOUR INVESTMENT IN THE PATH TO FREEDOM PROGRAM

2,995 Paid in Full


(Plus 2 x bonus sessions)

or

3,355 Payment Plans

Your Total Savings - 2,090



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