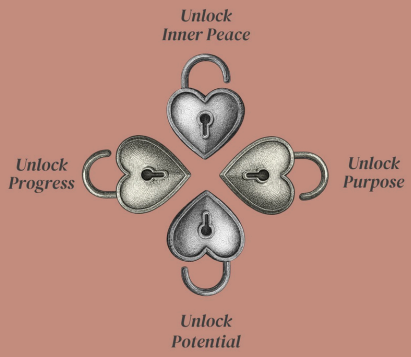
THE PATH TO FREEDOM

COACHING PROGRAM

EVERYTHING YOU NEED TO TURN
SMALL STEPS INTO REAL FREEDOM



the KEY
to be FREE



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

https://www.thekeytobefree.com.au/ptf-enrolment

info@thekeytobefree.com.au

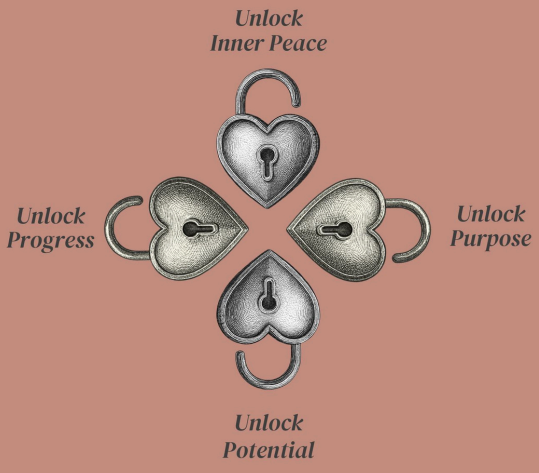
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HOW TO RECLAIM LASTING FREEDOM, CONFIDENCE, AND PURPOSE — IN 3-6 MONTHS

The Path to Freedom Coaching program empowers women to remove limiting beliefs, regulate emotions, and build daily practices so they can step into a clear, purposeful life that supports meaningful relationships, steady progress toward goals, and sustained inner freedom.



WHAT YOU'LL GAIN:



- Crystal-clear sense of purpose and aligned priorities
- Freedom from chronic self-doubt, anxiety, and people-pleasing
- Practical tools to manage emotions and stay resilient under stress
- A personalised, action-focused roadmap to reach career, relationship, and wellbeing goals
- Consistent habits that create momentum and measurable progress
- Support, accountability, and connection to ensure lasting change
- Follow the Path to Freedom with focused steps and expert guidance—and confidently create the life you were meant to live.

WHO IS THE PATH TO FREEDOM FOR?

New You Seekers

You're ready to step out of doubt and uncertainty — newly committed to personal growth and eager to turn insight into daily habits that create real change. You want a clear, guided path to build confidence, define your purpose, and start living with intention.

Growing Women Leaders

You've made progress but struggle with consistency and overwhelm. You want predictable momentum, clearer priorities, and practical tools to manage emotions so your progress is steady and sustainable.



Established Women Ready to Level Up

You've done the inner work and seen results, but now you want to amplify your impact with more freedom, leverage, and lasting alignment—growing your influence and life without sacrificing wellbeing.

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



"MOST PEOPLE DON'T NEED MORE MOTIVATION, THEY NEED A PLAN."

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**
- **Organiser**
- **Gatekeeper**
- **Care-giver**
- **Provider**
- **Fixer**



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

KEY DELIVERABLES

Clarity on Your Life Purpose

- Define core values, strengths, and a concise purpose statement that guides every decision.
- Identify one values-aligned goal that matters and a focused weekly plan to replace confusion.

Personalised Freedom Roadmap

- A step-by-step, timebound plan with milestones for career, relationships, wellbeing, and energy/time recovery.
- Strategies to reclaim hours each week with simplified routines and prioritized, value-based actions.

Signature Emotional Regulation System

- A repeatable, named method (diagrammed and practiced) to identify triggers, shift states, and stay grounded.
- Simple somatic practices to lower reactivity, reduce overwhelm, and improve sleep and recovery through consistent regulation.

Limit-Removing Belief Work

- Tools and protocols to identify, reframe, and weaken limiting beliefs blocking progress.
- Build the mindset and beliefs of a successful difference-maker to move from hesitation to decisive choice-making.

Measurable Progress System

- Tracking templates, regular review sessions, and celebration points to measure change and pivot as needed.

KEY DELIVERABLES cont'd

Confidence, Boundaries & Agency Toolkit

- Scripts, role-plays, and strategies to reclaim voice, set boundaries, and practice tiny visibility steps that expand influence.

Daily Practices & Habit Stack

- Tailored morning/evening and micro-practices that build momentum, resilience, and sustainable change without extra hustle.

Signature Emotional Regulation System

- A repeatable, named method (diagrammed and practiced) to identify triggers, shift states, and stay grounded.
- Simple somatic practices to lower reactivity, reduce overwhelm, and improve sleep and recovery through consistent regulation.

Practical Accountability & Support

- Structured 1:1 coaching check-ins, small group strategy sessions, and a supportive cohort for gentle course corrections and ongoing momentum.
- Access tools and tracking templates that make follow-through realistic and measurable.

Signature Results System

- Your unique way to get client results or personal outcomes, complete with a clear name, steps, and diagram.

FROM SURVIVING TO THRIVING

BEFORE THE PROGRAM	AFTER THE PROGRAM
Exhausted	**Calm**
Overwhelmed	**Centered**
Numb	**Energised**
Anxious	**Confident**
Scattered	**Focused**
Guilty	**Grounded**
Stuck	**Clear**
Doubtful	**Empowered**
Defensive	**Resilient**
Fragile	**Steady**
Reactive	**Purposeful**
Drained	**Rested**



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:

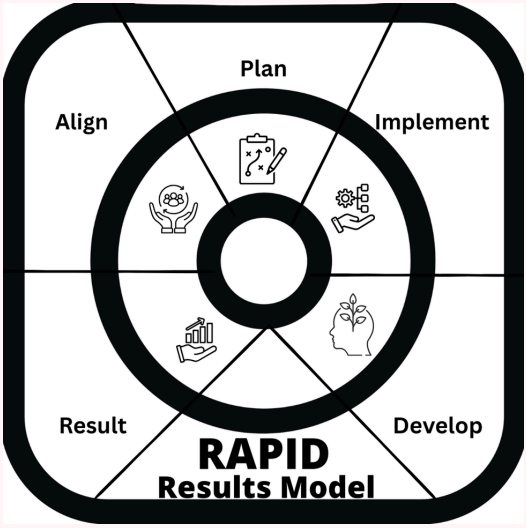
We co-create a personalised, step-by-step plan with somatic practices and strategic tools tailored to your life and responsibilities.

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.



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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

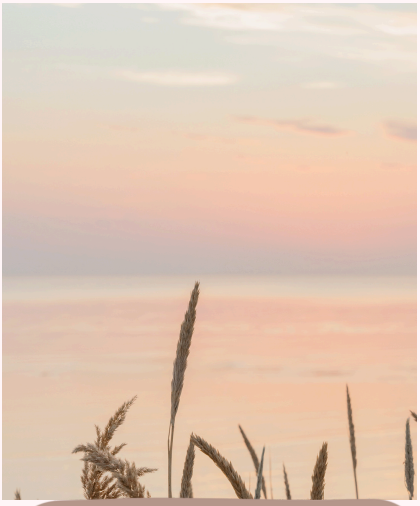
You're ready to act from clarity and values, turning practiced micro-steps into confident, sustained change.



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:
Diamond - Weekly Sessions
Sapphire - Bi-Weekly Sessions

We work at your pace with either weekly or bi-weekly sessions for those who prefer to space sessions out to allow space for other existing commitements.





I'm not sure if I may need to pause, is this an option?

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

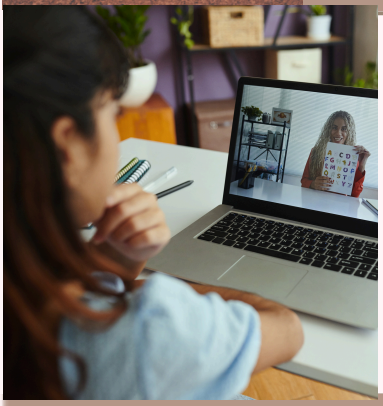
You can pause for up to 3 months.

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?

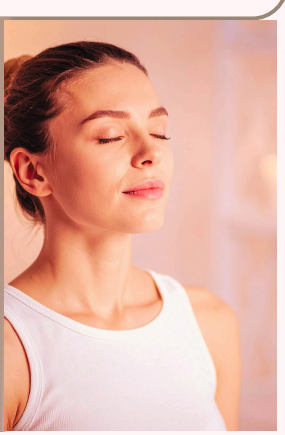
Coaching sessions are one on one and are private and confidential.

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.	295
☑ **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.	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.	75
☑ **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. .	35
☑ **The Freedom Breath Guide Audio Library** 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.	95

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

☑ Monday Motivation Messages — 95

Every Monday 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.

Administrative Support

☑ 24-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).

TOTAL VALUE 5,085

Paid-in-full bonus sessions

(2 x bonus sessions for Paid-in-full (not available for payment plan option.)

☑ Energy Clearing Session — 295

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.

☑ Legacy Leaving Session — 295

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.

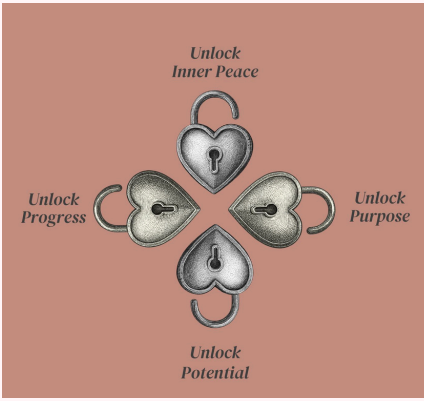
P.I.F. BONUS 590

THE PATH TO FREEDOM
COACHING PROGRAM

EVERYTHING YOU NEED TO TURN SMALL STEPS INTO REAL FREEDOM

the KEY to be FREE

Open doors to a Life you love



Your Total Program Value

5,085

YOUR INVESTMENT IN THE PATH TO FREEDOM PROGRAM

2,995 Paid in Full (AUD)

(Plus 2 x bonus sessions)

Total Savings - 2,090

or

3,355 Payment Plans (AUD)

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.

https://www.thekeytobefree.com.au/ptf-enrolment

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Inclusions	Diamond & Sapphire Paid-in-full	Diamond & Saphhire Payment Plan	Ruby
Onboarding & Establishment Session	☑	☑	
VIP Onboarding: priority scheduling + welcome package (digital workbook + audio)	☑		
10 x 1:1 Coaching Sessions	☑	☑	
Coaching Journal	☑	☑	
30 Day Confidence Challenge	☑	☑	
24-Hour Rescheduling Policy	☑	☑	
The Freedom Breath Guide Audio Library	☑	☑	
BONUS guided practice	☑		
Weekly Monday Motivation Messages (exclusive PIF version with VIP prompts & micro-actions)	☑	☑ ☑	
Energy Clearing Session (full 60-90 min) — deeper work, priority scheduling	☑		
Legacy Leaving Session (recorded + professionally edited takeaways)	☑		
One complimentary extra time in session (30 min)	☑		
Email & SMS Support	☑	☑	
2 x 1: coaching sessions			☑
Personalised Reconnection Toolkit			☑
7 Day Momentum Action Plan			☑
150 (AUD) upgrade coupon			☑
INVESTMENT	**2995**	**3355**	**395**

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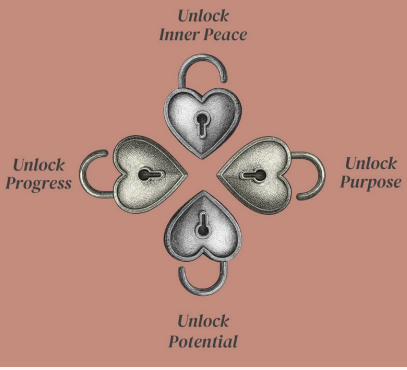
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