

WORKSHOP PROPOSAL: “From Secret to Sacred” ...for God-Centered Women



The Benefit of the Workshop for your Membership:

BE READY & PRESENT FOR YOUR NEXT LEVEL!

God-centered women are at a critical time where deeper self-discovery is necessary to take us to the next level.

We often wear masks to hide our guilt, shame, choices, & past history never allowing ourselves the time or the process to truly explore our “whys.” The results of inaction or lack of guidance shows up in our lives & intimate relationships as our brokenness, bitterness, & fear.

This workshop is designed to release the strongholds that fuel the lack of intimacy, loneliness and unfulfilled spaces where only the love of self and God can make our hearts ready to be filled by our mate and/or our potential mate.

...Even in our silence, women are asking for help.

I am purposed with next steps!

Heather Hetheru

*Heather Hetheru Miller,
Personal Change Coach
“Your INSPIRED Journey”*

“From Secret to Sacred”

...for God-Centered Women



The rising influence of media images and our lack of true identity founded in our limited self-awareness have given rise to strongholds in the lives of God-Centered women. Because we are unaware of our feminine power and “Divine” connection we often model behaviors where control, pride, abandonment, rejection, and distractions have become our normal state. We wear the “mask” to cover our brokenness while our lack of intimacy and touch fuel the bitter and unfulfilled spaces where only the love of self and God can make us ready to be filled by connecting to our mate/potential mate.

The **keys** to self-discovery workshops and/or learning series with Your INSPIRED Journey are based on 4 processes: *Appreciation, Information, Application, and Transformation*. What this means for participants is that there is a process that they must agree and expect to endeavor. This is a demonstrated commitment that they have a goal that will not be realized until the process is complete. Each participant accepts responsibility that the journey begins with the first step of a *deeper* level of self-exploration.



Many women have lost their way due to a conflict in establishing self-determined values and are still processing the shadow of expectations establish in childhood. As women, the journey of self-discovery in the sacred feminine has become a lost teaching. In this generation “Media” became the *teacher* and our lack of identity the *programmer* with primary influence in how we shape our reality and define ourselves as women. Women are often confused by the balance of gender roles, expectations of religious practices, and/or the balance of the biological/biochemical need for love, touch, and companionship all while seeking or trying to manage a desire for a committed marriage relationship.

Journey with Personal Change Coach, Heather Hetheru as we share tools, strategies, and insights that gently guide participants to explore and address “tender” and “sensitive” areas in our self-concept where the influence of our strongholds hold us back from having the life and love we deserve! Unravel the “my-stery” (my-story) in this 1 day (Saturdays preferred) 7 hour workshop and journey the path to becoming whole.



For more information:

call: 313-759-7855 ❖ email : heather2hetheru@gmail.com ❖ visit: www.yourinspiredjourney.com

“From Secret to Sacred”

*With Personal Change Coach, Heather Hetheru Miller
...for God-Centered Women*

Who should attend?

The workshop is designed for women 30+ (if married) and 35+ (preferred) to 55.

What is the purpose of the workshop?

The purpose of the workshop is to increase the awareness of **20 participants** (20 maximum; 14 minimum capacity) in the sacred feminine by exploring our strongholds through the lens of:

- Understanding the biological/biochemical (physical) needs of women
- “Inner-standing” Sex as a God “idea” and why we like it so much (or don’t)
- Understanding that we are Co-creators with man and God; the woman’s responsibility as the man-i-fester
- “Inner-standing” the steps to becoming whole (and self-aware); by finding your peace
- Understanding how to positioned yourself for a mate and/or renew the relationship with your mate
- “Inner-stand” the impact of your past history; present mystery (what influences has shaped your ideas and values)
- Understanding how to breaking the cycle of loneliness, poor choices in men, and bitterness it causes

When are the sessions offered?

The session can be offered in a 1 day 7 hour Saturday workshop (lunch is optional and can be included in the final price).

Where are the session offered?

The session can be offered on location in a classroom or meeting room.

Why should this workshop be offered to your membership?

The workshop provides women the opportunity to address and release the 5 “strongholds” (pride, control, rejection, abandonment, & distraction) that prevent God-Centered women from engaging in healthy committed intimate relationships.

How to schedule a session?

The flat rate of the session is \$1,500. To schedule and hold the date a 50% deposit is required. The session includes lunch and supplies. The organization is responsible for setting up/securing the location.

When is the timeline for scheduling?

A designee of the organization should contact your Personal Change Coach to schedule the session within at least 2 week notice of scheduled event. A 50% deposit is required to secure a session and 2 alternative dates should be provided upon request. To schedule an appointment call: 313-759-7855 or email at heather2hetheru@gmail.com.

Tools of the Journey of Self-Discovery & Self-Exploration include:

*Books * Blog talk radio show * Workshops * Learning series * Personal Coaching Sessions*



Heather Hetheru Miller,

Personal Change Coach

“Personal Change Coach is a title that I use to share my intent. It is more than a life coach, mentor, teacher, consultant, trainer it is a way of life that acknowledges each small stride that an individual takes towards self-discovery as a giant step toward change! Coaches draw out what is already in the individual. I see the talent, gifts, abilities, and the spark of spirituality glowing in a person and help to affirm the insights, clues and cues that life provides to gently guide or aggressively push fellow travelers along the path. Where are you on the journey?”

My Story: Personal Change Coach

My story is one of love of self, family, community, and God. It is also a *testimony* to all of the miraculous things that happen when you realize that your life has *meaning* and *purpose*. As I seek to continue to elevate spiritually and balance my physical and spiritual existence, I *listen* intently and share generously the adventures and insights of my life.

I am *far* from arriving at a destination because I see my life as a *journey*. I share my lessons and insights through books, personal sessions, workshops, seminars, intimate small group chats, and my blogtalk radio show at blogtalkradio.com/theseetchamber.

Further, I am a *student* and *guide* into sacred sexuality and the sacred feminine. Simply put, I *understand* the value and importance of sex and the sacred art of sensuality as part of my path of self-discovery. I recognize what has been lost in mixed media messages and in our loss of identity. I “innerstand” that women need gentle guidance in finding their way back to the sacred and sensual ways of the Goddess. I listen *without* judgment and *guide* with an open and insightful heart. My ultimate goal is to BE THE CHANGE I want to see in the world and allow God's love to illuminate everything I do.

I look forward to sharing this journey with you.

....*Let the Journey Continue...*

Heather Hetheru



For more information:

Personal Change Coach ❖ Author ❖ Host Blogtalk Radio Show ❖ Facilitator ❖ Consultant

call: 313-759-7855 ❖ **email:** heather2hetheru@gmail.com ❖ **visit:** www.yourinspiredjourney.com

Embracing Your Inspired Journey....

.....with Heather Hetheru Personal Change Coach

Group Workshops:

- From Secret to Sacred: *Remove the “mask” of God-centered women worn to cover brokenness and release the strongholds that fuel the lack of intimacy, bitterness and unfulfilled spaces where only the love of self and God can make our hearts ready to be filled by a mate and/or potential mate.*
- The Journey of Place and Purpose: *Finding the cues and clues to your career & life purpose*
- The Becoming of Queens and Goddesses: *Understanding your feminine identity and your call to change or heal your family, workplace, & community*
- Cultivating the Vision of God’s Business: *Taking Next steps and insights when God gives you a gift to cultivate & or an “inspired” business idea*
- The Inspired Word: Writing the Book Inside YOU: *When you know you are supposed to write a book but don’t know what, where or how to start building content*
- Cultivating the Art of Sensuality: *When the perception of “sexy” won’t get the desired results build your positive self-concept & identity through enhancing your personal appeal*
- Sex on Purpose: *Understand the hidden “Godly” power of sex; empower your mind and change your relationships & the world*
- The Meridian Path: Past History, Present Mystery: *Understand how your past experiences impact your present romantic relationships, education, and career*
- Unleash the SHERO: *Understand why no one is coming to save you, YOU are the HERO you’ve been waiting for; release dependent/co-dependent tendencies & recreate YOU*
- The Sensual Arts of the Goddess: *Learn the 9 sensual arts to fulfill your feminine power and draw positive experiences and relationships into your life*



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Personal Coaching Sessions