

Program,
OUTLINE 2018-2019

Women's Transformational Group



Thank you for completing the [application](#)!

While we review the applications, we would like to share with you the details of our Women's Group.

Why is there an application process?

We prefer a small group size in order to offer the highest quality program. As a result, we are very meticulous in choosing group participants. We want to make sure participants are committed to the group and will stay for the whole duration. The dynamic of its participants profoundly impact the group. We, therefore, pick ten women out of all our applicants and make sure they are a good fit with the facilitators and the other women.

✱ The program ✱

Our 16-week program calls on women to review four critical areas of their lives: self-care, relationships, mindset, and stress management. As she reflects on these four aspects, a participant sees interconnections that she may have been unaware of before. As a result she has a better understanding of the unfolding of her life in a new and profound way. She gives voice to needs she had suppressed and silenced for years. As she listens to other women's stories, she gains valuable perspective on their common humanity. For new habits to take root through reflection and practice, and create change that is lasting, a longer commitment is required through the support of facilitators and women sharing a common goal.

Every aspect of the 16-week group teaches a woman to rely on her own intuition and personal needs in order to determine the unique direction of her life. As facilitators of this program, our goal is to allow each woman to listen to and trust her own voice. Our role as facilitators is distinctly nonhierarchical, rather we are guides and encourage you to trust that the answers are already nested within you. As a result, the facilitators frequently return the questions back to the women. Maureen and Gina lead by example. They use their life stories to serve as examples on how they triumph over life's challenges and how they incorporate the daily practices into their own lives. Just as the women that join our groups, as leaders, they are still very human and continue their journeys of learning and growing.

A compelling aspect of this extended 16-week format is that the content challenges not only a woman's mind but also her emotions, her body and her spirit. Personal agency requires engaging all these dimensions of the human experience. Research in the fields of neuroscience and psychology shows that we need to engage both emotions and the intellect to foster change. Our beliefs about our ability to take control of our life live deep inside the heart as well as in the mind. To feel empowered and develop self-efficacy, a woman needs to connect with what really matters to her, with the dreams and goals that live within her heart and soul. Neuroscientists have shown that our deepest dreams tend toward the transcendent more than the material; often a woman's deepest desires are of a spiritual nature.

Our approach to empowerment includes appealing to emotions and the spirit as well as the intellect because so many women have repressed their needs in order to juggle the multiple demands of families, the couple and work. Reconnecting with their emotions and basic feminine needs is a necessary step on the journey to empowerment and transformation.

Throughout the 16-weeks program we will engage all aspects of our beings : our mind, emotions, body and spirit. We will combine a variety of tools guiding each woman to trust in her own inner wisdom. We will use practical tools in addition to tools of self-inquiry. The latest neuroscience has shown the benefits of mindfulness, visualisations and meditation on stress management, happiness and wellbeing, so these tools will also be incorporated.

We like to keep the group small to allow women to feel safe and to speak openly, in a non-judgmental and confidential environment. We might break into dyads for certain activities.

The Program Outline

How was the program developed?

We developed the program based on happiness research, neuroscience, and positive psychology. It also incorporates the teachings of famous psychologists, social workers, spiritual teachers, motivational speakers, and the like. The group incorporates the best of all worlds.

This program format is experiential. Meaning that we will discuss, share, learn and participants then go experience and practice in their life the themes discussed during our meetings. At the end of every meeting, each woman will have an action plan to execute as part of developing new habits. The key to transforming your life will be in the daily actions that you take on a consistent basis.

The entirety of the program is based on happiness research and the essential habits to lead a happy, empowered, and joy filled life, no matter what life throws your way.

Empowerment and Transformation Framework

The group process will allow each woman to move from awareness to vision to transformation to growth. In a first step, we will guide her to increase her knowledge to determine what she desires by seeking the answer to the question “Where am I now?”. We will then usher her to translate that knowledge into a compelling vision by visualising “Where do I want to go?”. The next step will be to identify limiting beliefs and adjust her vision accordingly by answering the question “What do I need to change to get there?”. Finally, each woman will continue on her journey past the group by articulating the next development step by creating a statement of intention, and a visual image, sparked by her answer to “What is my next growth step?”.

Our vision for the group is to 1) Shift from dysfunction to vision; 2) Shift from static to organic growth, and 3) The integration of awareness and behaviour change/desired outcomes.

Module 1: Self-Care (8 hours)

Self-care includes all aspects of our lives: Mind, body, and spirit. Daily rituals allow us to stick to routines that keep us healthy. We will discuss why routines and rituals are essential in living a balanced and healthy life. We will look at what rituals we can incorporate in our life that are unique to our values and specific needs. We will look at a variety of options adaptable to each woman's lifestyle and unique circumstances.

As women, we tend to place our needs last. We are good at taking care of our partners, children and businesses, and often leave the crumbs for ourselves. Alternatively, we do too much and don't know when to slow down and do less, because doing less is also part of self-care.

In the group, we will have discussions on different forms of self-care, and each week each woman will leave the group with personal strategies designed just for her to implement in her life.

Module 2: Mindset (8 hours)

During this part of the program, we will look at limiting beliefs; moving from a set mindset to a growth mindset. We will also look at beliefs, attitudes, habits that we have that gets us into trouble in our relationships. When we become more mindful of the way we think, it is then easier to change the way we relate to ourselves and others. Our brain generates between 60 & 80,000 thoughts a day. Without even knowing it, our incessant mind chatter can get us in a state, or we do not know how to stop the feedback loop that keeps us stuck. That is because most of us live on auto-pilot; we do not even pay attention to the constant monologue going on in our heads. We make assumptions, we do not keep our word with ourselves and others, we do not always do our best, we are mind readers, and we expect others to read our mind, things happen, and we take it personally. In this part of the program we bring to light our unique way of thinking and to perceive the world, and we learn how we can modify, or even ignore, some of it to have a more significant impact on our lives, and bring more joy and happiness to the daily grind.

Module 3: Relationships (8 hours)

Relationships are an integral part of our lives. People have an impact on us and us on them. In this module, we look at the habits happy people instil in the day-to-day to ensure their relationships run smoothly, while at the same time stand in their power, have their boundaries respected and knowing when it is time to walk away. We will be looking at the all too common tendency to co-dependent behaviour and how to replace this with healthier interpersonal interactions. How to stand in our power, set clear boundaries and have them be respected, how to teach people how to treat us, how to declutter our lives from toxic people, knowing our rights, how to discern healthy from unhealthy relationships and finally how to attract people that will honour and respect us and allow us to shine our brightest light.

Module 4: Stress Management (8 hours)

We all know that stress is at an all-time high. Some of it is unnecessary. In this module, we will look at how people who live wholehearted lives manage the stresses of daily life and can feel grounded and not get caught up in overwhelm mode. Each woman will look at the stressors in her life and apply the stress management strategies that we will teach. She will also discover how some of the stress is self-imposed and which ones in her life are unnecessary. Our common humanity is that we only have 24 hours in a day and so, we will look at how to utilise those precious hours best to be able to incorporate self-care and better life choices and determine priorities based on each woman's life values.

Time investment: This program is comprised of 16 consecutive two-hour meetings for a total of 32 hours of group work. We break during holidays.

Benefits of group over one-on-one coaching: Not only is there a significant savings on costs (5+ times cheaper), there are multiple other benefits to the group format :

• support from other women • benefit from the experience and insights from other like-minded women • facilitates giving and receiving support • can propel you forward • an opportunity to receive feedback from others in a supportive environment • provides an opportunity for personal experimentation	• two facilitators • more hands-on activities that cannot always be completed in a one-on-one coaching session • accountability • a natural process of enhanced acceptance of self and others occurs as one learns to relate more honestly and directly with others in the group	• ongoing support online • helps you realize you're not alone • provides a sounding board • helps you relate to others (and yourself) • teach you about yourself • groups are often more effective
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Join us on this journey of self-inquiry, discovery and empowerment, and transform your life!

Investment: Early bird: **\$1889**. After Sept. 26th: **\$1939**. Payable in full by October 2nd, 2018. A **\$500 deposit** is required for registration to secure your spot. We accept Visa and MasterCard or etransfers.

Payment Plan: Early Bird: 3 x \$664.00. After Sept. 26th: 3 x \$678.00

REMINDER: If you were to work with Dr Gina on a one-to-one basis, for 32 hours, this same program would cost you \$6400.00 and would take 32 weeks instead of 16 weeks to complete. Group is a time and money saver!

FREQUENTLY ASKED QUESTIONS

Who can attend?

Women only. Usually older, ambitious, well-established career women (including women who have chosen to be stay-at-home moms) who have been in the workforce for many years, have older children, have worked through most of their most difficult personal issues, and are ready to take action to change their lives for the better. Are looking for direction rather than therapy. Can afford this program and are willing to commit.

What is the difference between life coaching and a therapy group?

Life coaching is not the same as therapy. It is designed to help ambitious individuals meet the outcomes that will bring them success, growth, empowerment and fulfilment.

The difference between a life coach and therapist is that a life coach sets clients up with a process that may be long or short-term, instead of regular sessions. In life coaching, a client works with a coach to clarify goals, identify obstacles and problematic behaviours in order to create action plans to achieve desired results. The process of life coaching takes the client's current starting point as an acceptable neutral ground and is more action-based from that point onward. Life coaches focus on results and actions. Their goals can be measured with specific behavioural outcomes and goals.

This program is not meant to process individual issues or problems. In therapy, we can go deep into personal issues such as depression, anxiety, marital problems, parenting struggles. In this group, we will not have time to address issues and expect the women to get psychological support for this outside the group.

Group Format

We like to keep the group small to allow women to feel safe and to speak openly, in a non-judgmental and confidential environment. We might break into dyads for certain activities.

We will meet once a week for two hours for 16 weeks. We will break during the holidays.

The first hour we will look at a domain, and the second hour we will develop a specific implementation plan for each woman. Depending on the activities, they can be implemented as a group, dyads, or on an individual basis.

A private FB Group has been created for accountability, sharing resources, making comments and asking questions. We have found that all participants benefit from a woman's questions.

Individual coaching with Dr Gina Madrigano is at an extra cost (\$200/hour). For extra assistance on other modalities, these as well can be offered at an extra cost with Maureen Sullivan (\$75 to \$120/hour). Women who already have a therapist/counsellor/coach, are encouraged to speak to them to discuss the issues that cannot be addressed in the group.

Can I get my money back if I change my mind?

A \$500 deposit is required to secure your spot. Registration fees are reimbursed in full minus a \$50 administrative fee, up to 13 days before the group begins. There is no reimbursement for cancellations 14 days or less before the event (**October 2nd deadline**). We reserve the right to cancel or delay a workshop based on low registration. In such cases, we reimburse participants in full, and without penalty.

Where can I find the application form?

You can find the form on this page : www.drmadrigrano.com

or by clicking on the link: <https://goo.gl/forms/Vgbt3Nx6jepGQFGU2>

Meet the facilitators on the next page!

Meet your facilitators

Between the two of them, Maureen and Gina have over 40 years of experience in counselling, coaching clients, teaching and offering workshops. They have a particular interest in empowering women and helping them transform their lives. They have a holistic and complementary approach to the transformative process.



Maureen Sullivan

Alternative Healing Practitioner. Maureen is also a counselor (degree in psychology and diploma in social work), Integrated Energy Therapist, Reiki Master, Certified Reflexologist, Intuitive Energy Healer, teacher, and spiritual guide. Maureen offers workshops on a regular basis to children and adults alike.

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Dr Gina Madrigano

Transformational and Life Coach. Gina also trained as a Clinical Psychologist and Parenting Consultant. She facilitates workshops and teaches meditation and mindfulness. She also offers Equine Assisted Psychotherapy and spiritual guidance.

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