



# **Sovereign Woman Total Immersion Program**

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**6 Month Intensive**



## Hello

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I am so pleased that you are exploring how to become the Powerful Creator you really are because I know that although, many women have more power, success than ever before and yet, there are still many that feel powerless, helpless unable even, to create what they desire. This shouldn't be the case and so...

I would like you to consider, if you are struggling that it might not be solely your fault. Research shows that many women struggle because they are trying to manifest their dreams from their head and not from where their real power is located. Women's power comes from an embodied wisdom, where dreams, emotions and intuitions play a huge factor in motivating women to act. When women are fired up or highly activated they have the potential to become unstoppable. And so, it is time to change what you have wrongly learnt and embrace a new way to fulfill your destiny.

I designed this program because I was struggling because of Imposter Syndrome and nothing seemed to change until I realized I was going about doing things, the wrong way. I was using my mind to drive my dreams and because I was trying to validate **WHO I WAS** on **WHAT I DID** and got myself into a huge pickle. I was that person who collected so many things that I became a "Jack of All Trade and a Master of None" and yet, with all these qualifications and successes I still felt I wasn't **GOOD ENOUGH**.

So I have been there but I really want to say that it does get better the moment you **Choose To Take A Chance On Yourself**. So Choose Now, to see the **Deeper Truth** that there is an even bigger possibility for you that is waiting for you!

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**Sherine Lovegrove**



## This program is for you if you..

- Are a smart, capable, highly successful motivated professional woman and yet, you just can't seem to get traction on where you want to be and you can't understand why.
- Feel compelled that you must move forward and so, you try to not spend time dwelling on the past.
- Feel a fraud even though all the evidence shows the exact opposite of what it is you feel.
- Focus of filling time so that you don't have to think about how bad life is or has been.
- Tend to be more pessimistic than optimistic; you are always looking for to go wrong.
- Describe yourself as a "bit of a control freak" because it's what keeps things safe for you.
- Work is your happy place, because that is where you succeed but then you keep setting impossible deadlines, pressuring yourself to take it all on board until eventually it takes its toll; physically, mentally, in relationships, etc.
- Often have difficulties in controlling your emotions when things get challenging; things may come out wrong and which often makes you ashamed or guilty but because you are so busy criticising yourself that you can't find it in your heart to forgive yourself?
- Are plagued by niggly illnesses such as headaches, migraine, chronic back and neck ache, gastric issues i.e. bloating, heartburn, irritable bowel syndrome (IBS), stomach pain; teeth grinding, difficulty sleeping, exhaustion, etc....
- Have relationship difficulties i.e. are irritable, avoid intimacy, can't get your needs met or ask for what you really want want because you are afraid of rejection.
- Compensating behaviours such as over-eating, drinking, smoking, gambling, shopping; doing activities which don't really bring you any real joy and lasting pleasure





## **This program is for you if you cont..**

- Do things alone because you don't trust others to do what you want but then, you are lonely and find it difficult to connect deeply or commit to friends and loving relationship
- You struggle to reconcile what you feel with what you know and often feel disconnected from your body, numb or detached from it. You may not even be able to name what it is that you are feeling and it can be confusing when people ask you.
- You often feel there is something deeply wrong with you and that you'll never be happy in life because you can't see things working out - your life is so full of strife.

**Yet despite all of your troubles and pain you've had there is a glimmer of hope for you  
You see the truth through the darkness and you know what it is that you must do  
You finally hear the calling of your soul, as you turn toward yourself  
And you witness a deeper truth that you are Absolutely GOOD ENOUGH**

**AND SO YOU ARE READY NOW TO....**

**Create The Life You Were Destined to Lead  
Let Go Of The Fears That Caused You To Emotionally Bleed  
Work With Someone Who Knows How To Help You Without You Falling Apart  
Gather Courage To Push Past Your Resistance So You, face And Heal Your Past  
And Now, You Can Fully Show Up Authentically, Embracing Your Power  
And Love Living Your Life as Your Perfect Imperfect Self**





## TAKING A LEAP OF FAITH

**MOST PEOPLE LEAD ORDINARY LIVES BUT THERE ARE A FEW THAT HAVE THE ABILITY TO CREATE AN EXTRAORDINARY LIFE**

The one thing that is absolutely certain is that there are few things that we can't achieve when we set our mind to doing it. To be honest, people rarely often go for goals they don't think is possible for them because there is a self-correct aspect within all of us that knows what we can and cannot do!

And so, I believe that if you can PERCEIVE IT, you can ACHIEVE IT. I also know that if you haven't already got where you needed to be it is not some "divine plan" that you mustn't have it.  
That is just not true!!!

You probably haven't succeed because you possibly went about trying to achieve it incorrectly.

And so lets be clear

**YOU are the Creator and the Creation of Your Life Period!!!**



# Road Map to Becoming Fully Yourself

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This program focuses on three key aspects of transformation

## RECONNECTING YOU BACK TO YOU

This is about re-orientating you towards your deepest desires and yearnings because this will guide you in what is most "in season" for to work with, right now. We can't motivate ourselves when our dreams are not aligned with our heart and by knowing where the most charge is for you will automatically help steer you towards your vision. It becomes the anchor that pulls you forward rather than having to push your way towards your outcome.

## RECLAIM YOURSELF FOR YOURSELF

This is about taking back your Sovereign Power and own it so that, you have unstoppable confidence to make the right decisions for you.

**This requires three things to happen:**

1. Strengthening your mental muscles so that, you have sufficient energy to maintain your new behaviours
2. Recognise your inner barriers and deal with them appropriately
3. Activate your Wisdom Keeper so that you are constantly supported

## RADIANT SOVEREIGN MASTERY

COMMITTING to a following a pathway of SOVEREIGN MASTERY as only by consistent, persistent practices will you begin to embody the NEW YOU. Here you elegantly fine-tune Your Divine Blueprint so that, your vision can pull you towards it. It is about Ease and Flow, like a ship you are steered forward as you elegantly course correct as you go. Thus you are the best version of yourself, on a daily basis.



# General Structure of Coaching Outline



All coaching modules follow a Dual Track Approach.

- Individual Indepth Coaching with me and
- Positive Intelligence App Led Course

The program combining two very powerful approaches which individually it has been shown to be very effective. The aim is that you get to maximise your potential for achieving sustained long-term results

1. You will be asked to fill out an extensive Self-assessment questionnaire. This is based on the 8 Key Aspects of Sovereign Activations which will need to be filled out 48 hours before your first appointment in addition to signing a coaching agreement. If you have been to therapy before you may never have done this however it is good that you have all the details clearly written out.

2. 6 x 1:1 Individual coaching sessions which include the following:
- Initial session is an Intensive Deep Dive Session to set and intention for the program and to find the best place to focus on so you can get the best results going forward. We will start looking to uncover the limiting beliefs that are holding you back and set an action plan for the way ahead. This is not a firm outcome rather an evolving unfolding as like when you restructure an old house you often find some hiccoughs you have to deal with first.
  - 5 x 1:1 integrated coaching where we will be constantly self-correcting and finetuning the plan, shifting your "Horison Line" to match your goal. Because you are in the controlling seat you get to choose the flexibility of when you want to take these sessions over your 6 month period of coaching



3. 6-Week of Positive Intelligence App led "Mental Fitness" program plus 2 weeks of GROW. This is designed to strengthen your mental muscles because when you constantly run your "sabotaging patterns" those mental muscles associated with them, get stronger and bigger and inversely the muscles that help you interrupt and stop them, get weaker. So, to create sustained change you must build mental muscles that can quickly help you interrupt and stop your negative Judge Saboteur ruining your life.

4. Once 6-week P. I. Course Complete we will do a further 5 weeks of coaching where together we set out a destiny plan to help you shift gears so that, you can become unstoppable.

5. Weekly interactive Zoom meetings led by Sherine. These will be recorded and made available to you for replay within 24 hours after the session

6. Regular Monthly Training videos which are uploaded to your Facebook group for you to watch

7. Private Facebook and/ or WhatsApp groups for your peers to connect with you and share your journey together.

### **Question should I do Individual Coaching or Group?**

Both programs follow the same structure although individual coaching is much more personalised and intensive.

The advantage of group coaching is that people are 500% more likely to achieve their goals and dreams. The reason is because a group dynamic that is set up to see the potentials in everyone tends to be very supportive, challenges are collaboratively worked with and often goes beyond the group, where lifelong friendships develop that often feed and nourish future successes.



# YOUR PATHWAY TO

## BECOMING EXTRAORDINARY

### SESSION 1 – DEEP DIVE DISCOVERY SESSION

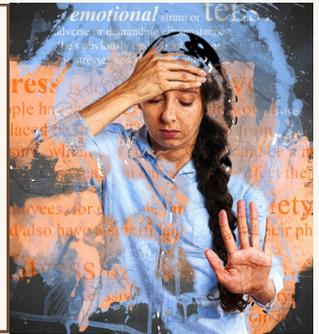
Setting up the coaching container and agreements.

Clarify your vision and establish what is "in season" for you to focus on. Identify where are your biggest gaps between your vision and your current reality and which areas hold most emotional charge. Start plotting a course of action that you can follow



### SESSION 2 – IDENTIFY INNER BARRIERS AND ELIMINATING DISTRACTIONS

Identify the primary inner barriers that are stopping you from achieving your dreams. They are the old stories you tell yourself which cause certain patterns and behaviours to run automatically. We want to find the threads that holds everthing together and unravel it.



### SESSION 3 – CREATE A NEW RELATIONSHIP WITH YOURSELF

Activation of Feminine Power Centre One helps you to deeply connect with your emotional self and give it the support and radiance that it needs to let of fear driven patterns it is running and regain your Sovereign Power.



### SESSION 4 – RELEASING OLD PATTERNS AND INTEGRATING THE NEW ONES

Continuing to deeply connect and release those inner barriers and begin generating a new story which will support you having an ongoing loving relationship with yourself. You will create a framework of skills and capacities so you can consistently show up in alignment with your goal.





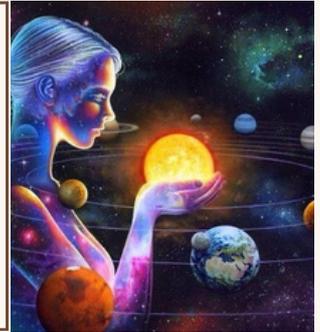
# YOUR PATHWAY TO

# BECOMING EXTRAORDINARY CONT..

## SESSION 9 – TAKING BACK CONTROL

Expanding key skills and capacities that build new neurological networks which help you continuously show up in new ways that are aligned to your new story.

Taking Control relies on building strong foundations so that your those new behaviors become your state of being – YOUR ESSENCE”.



## SESSION 10 – POWER PARTNERSHIPS THAT FEED AND SUPPORT YOU & OTHERS

Creating Power Partnerships through the development of a dynamic growth mindset. You will learn Feminine Super Powers that shift you into an extraordinary states so you can, remaining clear headed, curious, empathic, compassionate and uplift others when they are in their disruptive patterns



## SESSION 11 – LIFE MASTERY & REGAINING ULTIMATE SOVEREIGN POWER

Revisiting your journey to establish where there may be other areas that could be catalysed to help you further along your journey. We will see what additional breakthroughs may be required and how to set more successful pathways for increased resilience and self-confidence.



## SESSION 12 – COMPLETION SESSION & FUTURE PATHWAY FORWARD

Reflection and celebration what you have achieved during our sessions together and also take time to explore a deeper pathways to Life Mastery that will support your continued forward movement to creating and fulfilling all your life aspirational dreams and goals



# RESULTS YOU CAN EXPECT AFTER COMPLETING YOUR COURSE

- You will connect to your Deep Inner Knowing which will give you the power, strength and courage to trust yourself implicitly so that, you can make the right decisions for you letting. You let go of doubts and worries, free to take risks and challenges in your stride knowing that you have got this even if you don't know the whole journey.
- You will develop the Super Power of Radical Empathy for yourself and others knowing that all decisions were informed by how you have encoded your past experiences and that "You are NOT that person now". You have the knowledge and power to easily shift gears, pivot and actively create what you desire and want.
- You will develop a Radical Growth Mindset that supports you to be resilient and anti-fragile. These are facilitated by states of such as curiosity, self-discovery, humour and deep inquiry that take you into a positive and harmonious state of being - deeply in love with all of life itself
- Your Wise Inner Sage or Sovereign. becomes your default state of being which enable you to quickly discount and quash any self-shaming, blaming, punishing judgements caused by your Internal Judge Saboteur .
- Feel confident and happy to be present moment-by-moment, trust you can successfully handle emotions that potentially could overwhelm or derail you. You understand that although you cannot control the outcome you do have enormous power to influence the results and so, you to "let go" and enjoy yourself.
- You understand that you are a powerful human and that, the behaviours you've been doing are the result of a protective mechanism "They are not who you are" and so, you can forgive and accept yourself wholeheartedly, acknowledging You Are Enough
- You will learn how to grow the neurological frameworks that will support you through the restructuring process which will form the foundation for the rest of your life. This will bring a new sense of excitement about what is opening up for you as you experience permanent transformation and not just short-term relief and coping strategies.
- Learn how to create deeper relationships with loved ones, let go of misguided stories you run and actively deal with challenges as a gift and opportunity. Life is so much more fun.



# TESTIMONIALS



## JEN EDWARDS – COUNSELOR , EMDR TRAINER

I came to Sherine for coaching after getting to know her through the daily meditation she had so generously provided throughout the lockdown and beyond. My mental health was taking quite a dip, Sherine noticed and was very supportive and empathic. This enabled me to feel comfortable and trusting and engage really quickly in the sessions. This in turn helped in the level of insights, improvements and healing achieved. I felt so much better both mentally and physically through these sessions. As my mental health improved I was able to pick-up things I had been struggling with and putting off, including completing post-course work need to gain a qualification; overcoming presentation anxiety and produce a video talk I'd been commissioned to do on suicide awareness; and improved my confidence and interview skills. This increased confidence has flowed into my business with new planning for growth and development. I would whole heartedly recommend Sherine and her coaching programme.

## HILARY BRADFORD – PHOTOGRAPHER

Sherine is an experienced therapist / practitioner who has a wealth of different modalities/tools that she uses during her therapy sessions. I went to see Sherine during a difficult time in my life when I was experiencing a lot of turmoil in my internal world. Her down to earth, non-judgemental approach really helped me to pull through and come out the other side in a better place. I highly recommend Sherine as a therapist.



## NADIA GABBIE – BUSINESS COACH

"I was recommended to Sherine by a friend of a friend, during a time of enormous personal upheaval. I had never previously sought professional advice. I am so grateful for everything that Sherine did to guide me during that tricky period in my life. I'm in such a good place and as well as my own hard work, it has been her guidance and support that has got me here. Her advice still echoes in my mind and when I look back, I can't imagine how I would have charted those waters without her. I'm so very grateful to that friend of a friend as well as to Sherine and I very much hope this review helps navigate someone else in need to Sherine's safe harbour."



## NEXT STEPS

# TO BECOMING EXTRAORDINARY

1. Book in for a Free 20 minute No Commitment conversation with me
2. Complete the Saboteur Assessment on the link given below and have P.I. email a copy to me once you have completed it. We will go through this either at your initial chat with me or in our first session.
3. <https://assessment.positiveintelligence.com/saboteur/overview>
4. In that session we will explore what is troubling you and seek to gain clarity on how you might go about solving it.



### My Commitment:

Is to help you move forward in the best way possible and if I feel that we are not a good fit, absolutely no problems. I will help you to find someone that will be a good fit for you

If You are truly ready to take the next step  
Book yourself in for a conversation with me using this link  
<https://SherineLovegrove.as.me/MeetSherine>



Want to know more here is my website  
<https://sherinelovegrove.com/>