


Rise Into Your Leadership

Women's Circle Facilitator

A large group of women of various ages and ethnicities are sitting in a circle on the floor, engaged in a community activity. Some are looking at each other, while others have their eyes closed in a meditative or reflective state. They are wearing casual clothing, and some have lanyards around their necks. The background is dark, and the overall atmosphere is one of connection and shared experience.

How to fill, lead
and grow the
community of
your dreams!

What we are doing

From March 14-15th we're going to be meeting live on Zoom – the platform we're using for our event.

To join us live and fully participate, you **MUST** have the newest version of the Zoom app on your computer (or your phone). You can get the app [here](#).

All sessions will be recorded and ready for replay by the next day.

Because this is an interactive event with breakout sessions and circle experiences, we request that you are there on time for all sessions to get the maximum benefit.

To join our Live Sessions, simply click on the ZOOM LINK below and you will be taken to the event waiting room. At the designated time we'll start like magic:

  **JOIN ZOOM**  

When you registered for this event you should have received an email from us inviting you to come on over and join us on Facebook in our private event group. There you can meet new friends – folks who you may want to collaborate with.

  **JOIN FACEBOOK GROUP**  

It's important to join the FB group because this is where you will connect with other circle leaders from around the world.

I also recommend joining our Facebook group so you can ask questions if you're watching the replays, or if you have a question that doesn't get answered during a live session (yes, the chat moves FAST!). Plus, there's so much magic and love that happens in the group!

You can always email Dominique Lynch our Sister Support Extraordinaire at support@sistershipcircle.com and she'll be happy to problem-solve anything for you and with you.

  **REPLAYS**  

The Team



Tanya Lynn, Visionary & Founder

Tanya is the visionary bringing the Sistership Circle mission to life and has been facilitating, coaching and leading groups of people since 2006. She co-founded Tribal Truth in 2010 and created women's communities all over the world including California, New York, London and India. She wrote the books *Open Your Heart: How to be a New Generation Feminine Leader* and *How to Lead Circle*. She recently started raising her own little new generation feminine leaders, Kali and Summer.

TRAINERS



Sharlene Belusevic, How to Lead Circle Trainer

Sharlene is devoted to a life of contribution and service to women who are ready to be real, refreshed and radiant. She loves being a women's life coach, a women's circle & workshop facilitator, a vegan & macrobiotic cook and a macrobiotic consultant. Her passions include teaching women how food, in all its forms (especially food, sisterhood, & transformative communication), can be used as a gateway to the divine and as a means of aligning with one's true nature. She is currently leading monthly & 6 week circles & workshops in Peterborough and Cambridge in the UK, as well as leading virtual circles and a How to Lead Circle Trainer.



Natasha Daubney, How to Lead Circle Trainer

Natasha has a passion for supporting women to reclaim their power and come back to living in a way that allows us to be both wild and untamed and live more harmoniously. Valuing our connections to the Earth, our Wombs and our Sensuality. She shows women they CAN create a life that holds space for their desires to be met through powerful embodiment rituals and movement.

When she stepped into Sistership Circle, her world shifted dramatically and she was able to receive powerful support and healing. There is incredible value and importance in women coming together to do this transformational work. With over 10 years experience working with women in the health and wellness industry, welcoming this ancient process and feminine wisdom has been the most potent piece of the puzzle. Let her guide you to reconnect with who you are and reclaim your birthright as a women: a life that lights you up and is led by your wild soul.

The Team



Lyn Hunter, How to Lead Circle Trainer

Lyn is a Certified Reiki Master/Teacher; certified aromatherapist; author and spiritual healer for more than 35 years. As a single mom; Lyn's journey started in 1995 when first diagnosed with breast cancer; a journey, with many lessons and many obstacles. Starting with a 2 year battle which consisted of 8 surgeries; 6 for cancer. That was when she decided to change her own path and heal her life. Thus began her journey with an intimate connection with her inner Goddess; her divine feminine. This brought her to become the healer and teacher that she is today; but that is not the end of her story. She journeyed through her pain to find purpose.



Sharon Terzza, How to Lead Circle Trainer

Sharon Terzza is a circle facilitator in the UK who has been leading circle for over a decade and is currently creating retreats for women to unwind and take space for themselves while connecting more deeply in sisterhood. She is known as a gatekeeper for transformation, and embodies the Wise Woman archetype, using her intuition and connection with Mother Earth to hold sacred space.



Alicia Love, How to Lead Circle Trainer

Alicia Lauryl Love is a Mindful Spirit Coach leading regular Circles in Portland, Oregon. Alicia's life has been guided by the innate wisdom of her soul from a very young age but while finishing her degree in Herbal Science from Bastyr University she had an awakening to her true calling, not to only to heal the physical body with natural medicine but to provide healing on the soul level and reconnect us to our wholeness. Through dance and community of women in circle, celebrating one another, Alicia knew the Divine Feminine within was calling her to lead women to embrace the sacredness within. In her sessions she leads clients to strengthen their connection with their own divine wisdom, power and self love. The Soul Loves the Truth!

The Team



Lisa Hunter, How to Lead Circle Trainer Apprentice

Lisa has been using the Sistership Circle framework as the foundation for her Free Your Menopause work with women navigating the menopause transition. She launched her first summit and 12-week program in 2024 and has been guiding that cohort in ongoing programs since. The Sistership Circle way has been instrumental in Lisa's success with her newest passion business!



Carrie Shultze, How to Lead Circle Trainer Apprentice

Carrie has been guided by her psychic gifts since childhood, sensing truths before they unfold. An Astrologer, Intuitive Guide, and Certified Circle Facilitator, she holds certifications in Life Coaching, Integrative Hypnosis, Astrology, Tarot, and Energy Healing, having trained under renowned teachers in the mystical arts. As co-founder of the Magdalene Rising Collective, she is devoted to resurrecting the lost wisdom of Mary Magdalene, reclaiming intuition as holy and personal divinity as our birthright



Dominique Lynch, Sister Support Extraordinaire

Dominique Lynch is an Instinctive Meditation Teacher who helps awakening souls to navigate and integrate their fears of being fully embodied, so they can live the life they were created to live instead of the life they were conditioned to live. She is also brilliant at systems, technology and customer service, holding the container as Sister Support behind the scenes at Sistership Circle.

LEVEL 1 & 2 FACILITATORS - BIG SISTERS

Lili Daliessio
Brenda Stinson
Annika Moreau
Veronica Bath
Gabrielle Taylor
Leann Evans
Samantha-Jayne Love

Tracy Read
Maria Chowdhury
Donna Taka
Sistah Yaya
Lauren Pollock
Jacqueline Cooke
Lisbeth Savard

Hannah Wells
Meredith Saseen
Daisy de Veiga
Stacy Feliciano
Annie Lee
Willow Broaddus
Raquel Leverson

Schedule

FRIDAY MARCH 14, 2025

9:00 – 10:00am PST	How to Create a Safe and Sacred Container
10:00 – 11:00am PST	9 Pillars of the How To Lead Circle Blueprint
11:00 – 12:00pm PST	Tanya & Sharlene in Action with a Circle Demo
12:00 – 1:00pm PST	Unpacking the Demo
1:00 – 2:00pm PST	Meet the Trainers: Keys to Mastering Circle Work

SATURDAY MARCH 15, 2025

9:00 – 10:00am PST	Commitment: Working the Circle Biz Model
10:00 – 11:00am PST	3 Secrets to Start Your Circle in 90 Days or Less
11:00 – 12:00pm PST	Panel of Level 1, 2 and 3 Facilitators
12:00 – 1:00pm PST	Sold Out Circles: Activating Your Feminine Leadership Archetype
1:00 – 2:00pm PST	You are Worthy! How to Charge for Circle

SUNDAY MARCH 16, 2025

9:00 – 11:00am PST	Leap - Advanced Training
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MONDAY MARCH 17, 2025

12:00 – 1:00pm PST	CIRCLE BREAKOUTS SESSION 1 - Healing the Sister Wound
5:00 – 6:00pm PST	CIRCLE BREAKOUTS SESSION 2 - Healing the Sister Wound

Day 1: Turn Your Circles into Transformational Experiences

- ✧ Understand the difference that will make your circles transformational instead of surface level
- ✧ Participate in a live demo of a circle that we'll unpack together so that you can see my techniques in action
- ✧ Understand what a "container" is and why it is the most important thing to create safety
- ✧ Increase connection, intimacy and engagement with this secret tool



Agreements

This is a BRAVE circle (bold, responsible, authentic, vulnerable, empathetic). I give myself permission to show up and play 100% no matter how messy. I don't need to apologize for my tears or my ecstatic joy.

We are here to heal the sister wound through circle. I come with an open heart and mind, creating a safe judgment free container for all women to be themselves.

This call is recorded for all registered participants. I understand that the recording is available for 10 days until Sept 25. I can keep the recording for life if I pay the full tuition of \$97. I understand that I gave consent to be recorded to benefit my sisters around the world.

This is not solely a lecture. We want to keep you engaged and connected throughout our time together so we will be using breakout rooms. If you haven't used these, you will be placed in your breakout by Dominique. Make sure you have your full name written under your video now.

In your breakouts, you do not give feedback. We do the BEAM: Raise your hands in front of you palms facing the speaker - as you look at your sister who just spoke; sending love... this lets her know that she is seen and heard.

If someone is talking, you aren't going to use the chat. Just as if someone was talking in circle, you wouldn't talk over them. Why is it any different with typing away when someone is talking? This may be different than other online events, but we create a safe and sacred space here and that requires presence, and if you are using the chat, you are not fully present. There will be a designated time for you to share in the chat.

Each session today is building on the one before. So please commit to being present the entire weekend. We'll have a 5-10 minute movement break between sessions. You can move, lie down, go get a snack, or whatever you need to take care of yourself. We'll try to keep on schedule. Know that ALL OF YOU are welcome today, whether you are laughing or crying.

Breakout circles will take place on Monday at 12pm PST and 5pm PST. The topic will be healing the sister wound. We ask that you watch the video on the agreements on the Details page and that you come prepared to be on camera, present and available to both listen and share. We will use the same zoom line. All you need to do is pick which time, 12 or 5 and stay for the full hour

Stay till the end of today and come back tomorrow and plan to stay till the end! We always end with a super inspiring closing ceremony that is more powerful when we have more women here.

3 Secrets

SECRET 1:

I feel confident in the value of the circle when I create a safe & sacred container

Afraid that you don't know enough and will be a fraud?

Misconceptions:

- 1) Have to teach
- 2) Have to do something
- 3) Have to give to receive money

Value in the container

- 1) _____
- 2) _____
- 3) _____

"The deeper I go, the deeper I can lead others. I witness with pure presence."

Mindset: I value the container.

SECRET 2:

I increase engagement when I give women permission to be real and authentic

Stressed about content and elaborate rituals?

Misconceptions:

- 1) I have to wow them with great content so they come back
- 2) Pressure is on me to perform

“When I show up vulnerable, real and authentic, I give women permission to share from their hearts and connect with themselves and one another.”

Mindset: I push my edge of vulnerability.

SECRET 3:

How fully I show up determines if and how other women will show up.

Doubting you can generate enough interest?

Misconceptions:

- 1) I have to have a big network to start
- 2) My friends won't be interested because its too woo
- 3) Not enough spiritual women in my town

“The size of my circle is a direct reflection of my inner belief system: mindset, capacity and presence.”

Mindset: I am willing to show up especially in my mess.

The Value of My Container

Agreements

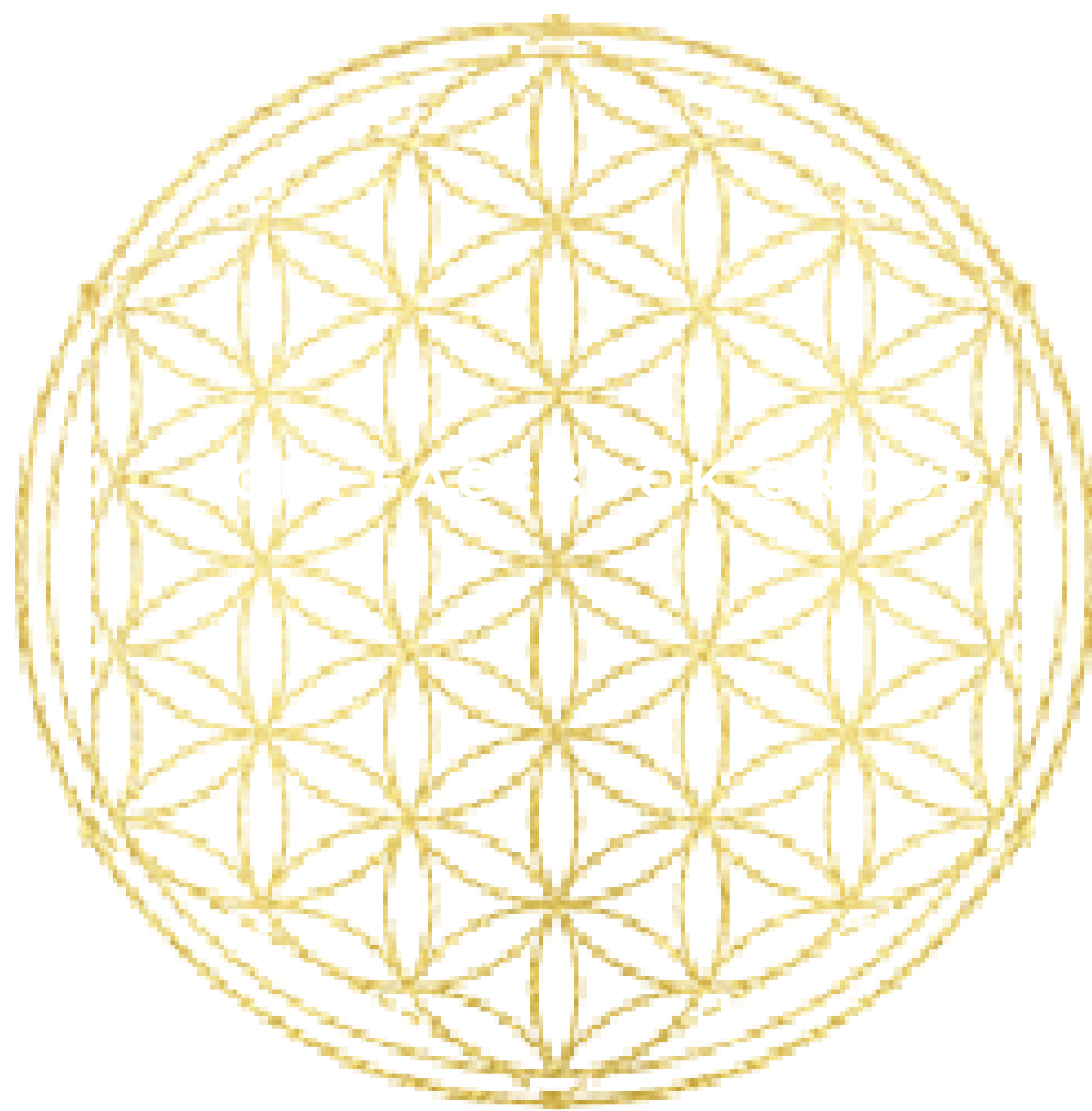
Outline/Container

transformational Arch

Structure/Flow

My strength is _____

My weakness is _____



Structure of Circle Outline

Opening Sacred Space

- Smudging or anointing
- Invocation/prayer
- Bringing each woman's energy into the circle

Introduction to the Circle theme and intention

- Thanking everyone for coming
- Context for the theme
- Why are you gathering

Group Share - Talking Stick Style

- Create a potent question for everyone to answer
- Use a timer to create equality in the circle

Movement

- Shift the energy
- Integrate the shares

Visualization

- Begin to move the energy up out of the dark and into the light
- Healing

Ritual

- Anchor in your circle theme and intention

Paired Share

- Integrate the ritual

Closing Sacred Space

- Ritual to signify the end of circle
- Announcements

HOW TO FILL YOUR CIRCLES

1 The first pillar is: **CLARITY**

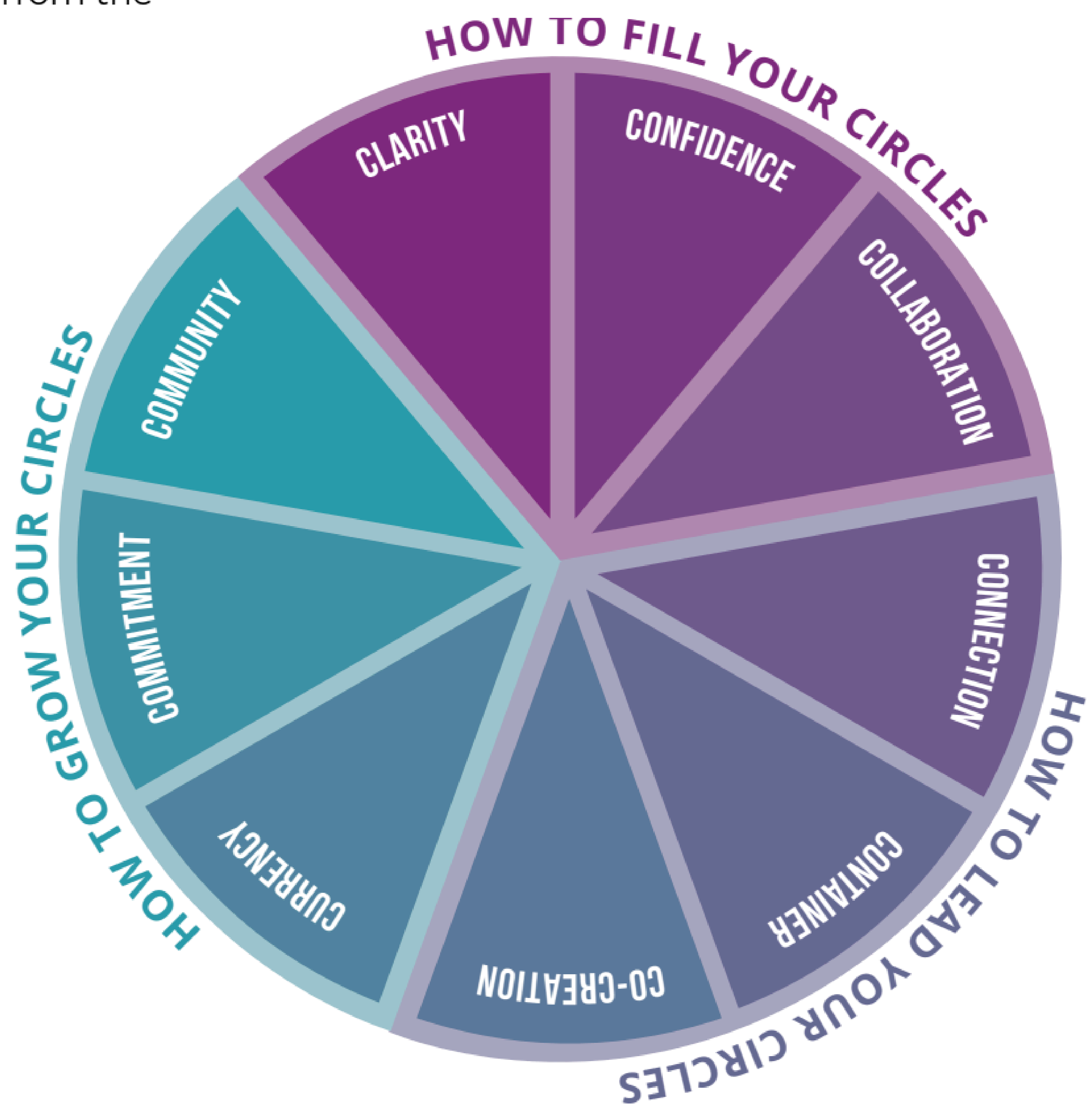
By knowing your desire, you become more clear in your intention and create a clear opening for women to come in. This clarity from the feminine is magnetic.

2 The second pillar is: **CONFIDENCE**

Your confidence is trusting the voice of your own inner authority. It comes when you know who you are, the value of the unique gifts that you bring, and the power that you hold. You discover this truth when you sit in circle and have other women reflect back to you what they see ... your light, unique essence, power, and strength.

3 The third pillar is: **COLLABORATION**

Remember in the first video when I talked about letting go of doing it on your own? Well one of the most powerful tools you can use to fill your circles is collaborating with other women. This is how I built Sistership Circle. Not alone but in collaboration.



HOW TO LEAD YOUR CIRCLES

4 The fourth pillar **CONNECTION**

Women come to circle for connection. And in order for women to connect, they must be given permission to open up and get real. To create the space for connection, it's important that you model authenticity and vulnerability. All you need to do is show up as yourself.

5 The fifth pillar is: **CONTAINER**

The CONTAINER is the masculine structure that serves and supports the WHY.

6 The sixth pillar is: **CO-CREATION**

If you were leading a workshop, the focus would be on you teaching everything by yourself. But leading circle is different in that the focus is on the connection. This is what makes it so appealing because you don't need to know anything to get started. To take this principle a step further, when you bring co-creation into your circles, you create even more powerful experiences.



HOW TO GROW YOUR CIRCLES

7 The seventh pillar is: **CURRENCY**

We cannot have this conversation about circles without talking about money. There is a stigma that circles should be free, sisterhood cannot be commoditized and it's not spiritual or healing if you charge money.

8 The eighth pillar is: **COMMITMENT**

To build and grow your circles into a business, you must commit AND have the women make a deeper commitment.

9 The ninth pillar is: **COMMUNITY**

Without building a community that is bigger than you, you can't really grow your circles. All of the pillars that we have mentioned so far create a real community that is rooted in love. A community of women dedicated to sacred sisterhood and feminine leadership. A community of women who have each other's backs and support one another's dreams.



BRAVE Circle

Bold

visibility, being self-expressed, trusting the medicine/mystery

Responsible (Resilient)

taking responsibility for your triggers / trauma

Authentic

being yourself, that's enough

Vulnerable

sharing the under belly

Empathetic

putting yourself in other women's shoes, compassion for everyone's journey



Day 2: Attract Your Ideal Community & Sell Out Month After Month

- ✧ Discover your divine feminine leadership archetype and how to use those super powers to call in the women
- ✧ Activate your unique radiance so that you have to work less on marketing
- ✧ Know exactly how to talk about your circles so that you receive more YESes
- ✧ Hear directly from our certified facilitators how they have sold out their monthly circles



3 Secrets to Grow Your Circle Biz

#1

#2

#3



Circle Biz Model

LEVEL 1 ~ SISTER GATHERINGS

These are your typical women's circles that meet monthly for connection and support. This is where most leaders get started (including myself when I first started in 2010) and what we focus on during Rise into Leadership. They are the typical women's circles that meet for 1-3 hours, just like most events, classes or workshops but with an emphasis on sharing and listening to each other's experiences.

- They are one-off, meaning there is no ongoing commitment.
- They range in price from \$5 - 100
- While they can be transformational simply because of the power of women coming together, their primary intention is to gather women for connection and sister support.

LEVEL 2 ~ YOUR SIGNATURE CIRCLE PROGRAM

This is a long-term container typically 6 - 12 weeks long and meets weekly, taking a group on a transformational journey together, which require more advanced skill.

- It's a group program utilizing circle distinctions and sacred ceremony to take women on a transformational journey that has a specific intention and outcome (could be wellness, sacred sexuality, finding your voice, or relationships, to name a few examples).
- Because of the commitment, they are priced higher, from \$100 - 1000.
- Your Signature Circle Program integrates multiple modalities to guide women on their journey, customizing the circle program to your body of work.

There is a place for both and each has a specific intention inside your business.

A Sister Gathering is a great way to bring women into your community and give them a taste of your work before committing to a long-term program.

Your Signature Circle Program is where women are getting results, becoming the work that you are known for. This is why it is key to establishing yourself as a well-paid thought leader.

LEVEL 3 ~ RETREATS AND COACHING

These are add-ons to expand your business

LEVEL 4 ~ TRAINER

This is when you train others to do what you do

Let's do the math

10 women at gathering \$20
each x 2 months = \$400 = \$200/mo

10 women at 8-week circle
\$200 each = \$2000 = \$1000/mo

10 women at 12-week circle
\$300 each = \$3000 = \$1000/mo

10 women at 8-week circle +
1:1 \$500 each = \$5000 = \$2500/mo

10 women at 12-week circle +
1:1 \$750 each = \$7500 = \$2500/mo

10 women at 12-week circle +
retreat \$1000 each = \$10,000 = \$3333/mo



Strategy #1

NURTURE

Month 1: gathering

Date:

Month 2: gathering

Date:

Month 3: conversations

How many women do you want in the program?

How many women will you need to talk to to make that happen?

Month 4: program

Date:

Strategy #2

ACTIVATE

Month 1: gathering

Date:

Month 2: gathering

Date:

Month 3: launch party

Date:

Month 4: program

Date:

The Heroine's Journey

Three main stages of the Hero's Journey:

STAGE 1: DEPARTURE

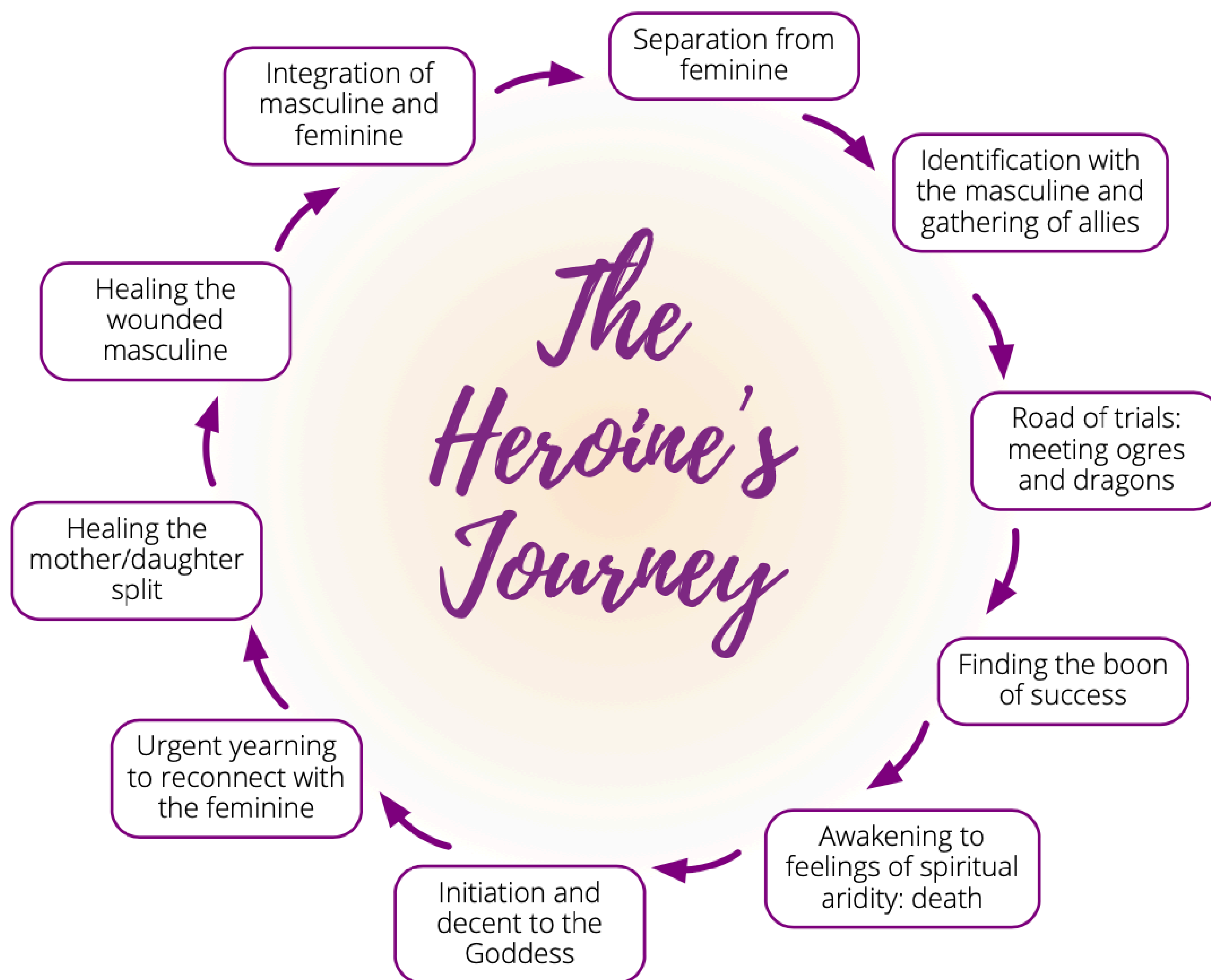
When you decided to go on this grand adventure called How to Lead Circle program to start your first circle, where we are right now.

STAGE 2: THE INITIATION

Where you must face a series of trials and tribulations, face your fear of the unknown, seeking comfort in the familiar. You are tested in battle, skill, and conflict as you put your circle out there in the world and lead it.

STAGE 3: THE RETURN HOME

When you make it to the end, after leading your circle, you will have gone through a process of personal transformation. You will be changed. You will receive physical gifts and emotional rewards.



How to Lead Circle

Woo hoo! Registration is now open for the How to Lead Circle, Level 1 Certification Program.

Here's the story ...

We're bringing together the next cohort of women leaders and walking them through a step by step process to charge for their very first circle with no prior experience in less than 90 days, creating a circle structure that keeps women engaged and coming back for more.

Imagine being able to ...

- * Create CONNECTION, inviting and bringing forth deep and vulnerable shares in your circles so that real authentic sisterhood is developed, which is why women are coming to circle in the first place.
- * Hold the CONTAINER, creating a solid circle structure that creates potency, safety and spaciousness.
- * Find CLARITY, knowing who you are as a leader, utilizing your unique gifts, strengths and superpowers, making the circle your own.
- * Lead with CONFIDENCE, trusting your intuition and ability to handle challenging situations in your circles.

No matter who comes in the space and what happens.

The biggest pitfall that I see circle leaders make is failing to have the masculine structure that is able to powerfully hold ANYTHING and EVERYTHING.

An embodied circle leader is able to hold both the masculine structure and feminine flow, and she can't necessarily learn that from a book. She learns that from experience.

When she goes through a transformational process where she experiences how it feels to be in the circle container, she then really gets how to hold that space for others.

How to Lead Circle

During this 12-week, deeply powerful experiential program (officially beginning March 31 but you can get started now), you'll ...

- Have confidence to charge for your circles because you own the value of the circle as a safe and sacred container
- Increase engagement because you know how to give women permission to be real and authentic
- Show up fully as your true, authentic self so that you create a mirror effect where women will also show up fully
- Receive more love, support and compensation from the circle as you shift from burn out (from constant over-giving) to receiving the circle medicine each week
- Build real community by making your circles more inclusive for women from various walks of life
-
- Create a drama-free environment with new tools to help women move through triggers and create harmony amongst different personalities so that you create more unity in this divided world
- Settle into softness with our #1 tool to overcome overwhelm so that you are in your feminine flow and create more magic in your container
- Tap into your creativity to create your own rituals and meditations in circle with our 7 step process so that you create a stand out circle that women are wow'ed by
- BONUS: Follow the exact heart-centered strategies to fill your circle virtually or in person with our daily plan of action guide

... and so much more!

How to Lead Circle

This program is multi-layered and rich with tools, insights and techniques that will set you up to lead monthly gatherings and eventually longer term circle programs.

But what I'm most excited about is the part in the training where we lay out exactly what it takes for you to EMBODY the energy of the woman who commands a sold out circle month after month.

If you've been hesitant to put your circle out there because you're afraid the women won't show up or if they do, you won't be competent enough to lead them ...

You now have an opportunity to be guided on a journey where you will experience the sisterhood unconditionally holding, supporting and accepting you, even if you completely bomb it.

The result?

You become a magnetic, embodied feminine leader who holds a brave circle.

The magic happens when you practice being the leader who shows up authentically no matter how she feels, energetically becoming the safe and sacred space that others want to be part of.

You see, when I first started out, I did a lot of things right.

During my first gathering in 2009, I had 30 women show up.

But I also messed up a lot and felt like a fraud. During those early years, I struggled inside. I had a fear of intimacy. I didn't want to reveal the deeper parts of myself.

The first time that I showed up on a leadership call crying, I felt embarrassed and ashamed.

When one of the women said to me, "Tanya wow, I feel so connected to you! You are human!" I felt confused. This wasn't the type of leadership I had been taught. I thought I had to be strong, well put together with my game face on.

It was then that I discovered that circle was the vehicle for my heroine's journey, so I set forth on an adventure to come home to myself. To accept all parts of me and become an authentic leader who isn't afraid to show up messy and vulnerable.

How to Lead Circle

I discovered this the hard way.

Fortunately you get a simpler and more supported way to go on your 90-day Heroine's Journey to discover the circle medicine, learning what it means to allow the mystery to unfold.

This is the feminine. The deeper you go into trusting the circle medicine, the deeper you can lead others because you can remain more present with anything and everything that comes up.

In How To Lead Circle, you'll practice doing exactly that, going deeper. AND in addition to this internal deep dive, you'll simultaneously learn all the external facilitation, business and leadership skills that will result in ...

- You'll witness others with pure presence so they feel safe and accepted exactly as they are.
- You'll create containers that are balanced in both the masculine and feminine. This is the key to creating a valuable experience where women will pay for the transformation that circle provides.
- You'll start a circle that you feel confident to charge for with no prior experience by the end of the program.

So if you are ready to commit to and invest in your power, to heal the intergenerational wounding of the feminine, no longer hiding in fear of being seen and heard, then we invite you to join us now.

This is bigger than a movement, it's a whole new culture we are co-creating.

Let's make this the year that you finally have the breakthrough and put your circle on the map. It's time to stop putting it off and take action with supportive loving sisterhood, experienced mentorship, and powerful accountability.

You have no idea how many women are seeking sisterhood and literally WAITING for you to make that announcement. Yes, women need YOU!

How to Lead Circle

There is no better time for YOU to step into your role in this great opportunity and calling of our time...

The opportunity to be a feminine leader in this movement.

And you can do this from your heart, in a truly sustainable way that is fun AND deeply fulfilling.

So if you are a woman who is feeling this urgent call to lead and you are ready to take your first step...don't hesitate another minute, this program was made for you.

****GOT QUESTIONS? WE'VE GOT ANSWERS****

What's the Weekly Process look like?

The program is divided into two sections with weeks 1-6 taking you through key facilitation distinctions so you know what to do in the leadership and weeks 7-9 take you through starting your first monthly circle gathering so you successfully take that first step in putting it all into action during week 10-12.

What do I get in the Weekly Training Modules? How much time do they take?

Each Module contains step-by-step training videos, supplemental audio meditations and visualizations, and action guides designed to take you through the exact process to lead your circle. The first 2 weeks have more content than the rest, but generally they take about an hour and you can listen to them in the car or at the gym on your phone (there is an audio version). And you have them for life so there is no rush.

What do the Weekly Circles look like?

Every week you will have a weekly circle call via Zoom video conference with 9 other participants and your trainer. On these calls, you will see the facilitation principles being applied and connect deeply with the other feminine leaders in your circle.

Do I have to be on the calls?

Because it is a certification program, showing up on the calls is required. You will miss the embodiment practice if you only watch recordings. Our program is different from other online programs in that it is an embodied, live experiential program.

How to Lead Circle

Do I have to be on the calls?

Because it is a certification program, showing up on the calls is required. You will miss the embodiment practice if you only watch recordings. Our program is different from other online programs in that it is an embodied, live experiential program.

When do I receive Practice Time & Feedback?

We know that confidence comes from experience and so we create the opportunity for you to practice leading in your circle pod. Each week, you practice being in circle. You'll have at least 1 week where you will co-lead with a sister buddy. Your trainer and circle sisters give you valuable feedback to increase your confidence and give you confirmation that you are on the right path. This is what makes our program stand out ... we give you information, application and practice.

What does the Sisterhood Support look like?

Many women join our program to lead a circle because they personally want deeper connections with like-minded women and want to create the space for themselves and others. You will develop meaningful relationships with other feminine leaders around the world and be part of a community of women empowering women, both in your individual intimate weekly circle of 10 women, the larger program of 70-100 women AND the How to Lead Circle graduates of 600+ women.

How do I receive the Level 1 Certification?

To receive your certificate, you must attend at least 9 live calls, co-lead 1 circle in the program and 1 circle outside the program (virtually or locally) with at least 2 participants. You'll fill out the paperwork after the program ends with proof of participation.

Do I receive Coaching & Accountability?

You will receive 1 hot seat at the end of one of the circle calls, led by your trainer to uncover and move through any blocks you have around leading circle. Your trainer and sisters will also hold you accountable to the declaration you make around the date of your circle. You can also receive coaching in the Facebook group.

How to Lead Circle

Do I receive Coaching & Accountability?

You will receive 1 hot seat at the end of one of the circle calls, led by your trainer to uncover and move through any blocks you have around leading circle. Your trainer and sisters will also hold you accountable to the declaration you make around the date of your circle. You can also receive coaching in the Facebook group.

Do I have Lifetime Access to the materials?

All program materials including recordings of your circle calls will be available to review for any circle that you hold in the future as many times as you want. You can relax knowing you will never fall behind on the content.

Is there any live portion of the training?

No, the program is 100% Online via Zoom Video Conferencing. You can do this from the comfort of your own home, in your pajamas from bed without putting any makeup on.

What's your refund policy?

You are safe in our container because we have our sister promise that if you don't like the program after showing up at the first circle, you can get a 100% refund guaranteed.

Where and when?

The program starts the week of March 31 and ends the week of June 16. Here are the call times you can choose from:

Mon 4pm PST

Tu 7am PST

Wed 9am PST

Th 1pm PST

How to Lead Circle

What's the investment?

If you enroll in the next 48 hours, your investment for How to Lead Circle (12-Week Certification Level 1) is just one payment of \$347, followed by 5 more payments of \$347, spaced 30 days apart (total of 6 payments).

If you want to pay in full, the investment is \$1997.

That's three FULL months with me, teaching you how to fill, lead and grow your women's circles, being held, loved, supported and cheered on by a trainer and 9 other sisters as you become an embodied feminine leader who commands a sold out circle.

Let's do the math ...

If you sell out your circle with 20 women at \$20 each, like Sharlene does, that's \$400/month.

After leading monthly circles for 6 months and you start your first 12-week Signature Circle Program for 12 women at \$400 each, that's \$1600/month.

On top of that, you'll also have real sisterhood for life.

Feeling on purpose empowering other women.

Making a big difference creating supportive spaces for connection and unity in a world that is so divided and depressed right now.

How to Lead Circle

You'll also receive 4 Special Bonuses:

Guest Mentorship (\$997 value)

Topics include racial equity, leading movement, networking, the art of anointing, social media, and more.

Weekly Q&A and Hot Seat Breakthrough Coaching (\$997 value)

Work through any blocks that come up so that you step fully into claiming your leadership and take inspired, imperfect action

Sistership Circle Day (\$497 value)

Participate in a synchronized Women's Circle Day with 100's of other facilitators worldwide. Receive an outline and marketing materials as well as participate in a co-creation call to make your own outline.

AOLC Bundle (\$497 value)

Art of Leading Circle: eBook, eStartup-kit, 44-module video course

WANT IN?

We've got limited space; select your weekly circle time and make your deposit before we sell out or registration closes on Wed March 26th at 11:59pm PST:

<http://sistershipcircle.com/how-to-lead-circle>



REGISTER



Journal prompts

What would it feel like if you had deep connection with other women?

How would making \$1000 extra dollars a month change your life?

What would it look like if you stepped into your leadership potential?

What's your circle leader archetype?

ANY woman can lead circle ... by knowing her unique leadership style. Become a powerful circle leader by understanding your unique essence, strengths and gifts.

Take this 2-minute quiz to discover what yours are.



TAKE QUIZ



This short and simple quiz will help you step more fully into your feminine power so you lead with less effort and more grace.

You'll learn:

- 🌀 How to overcome your weaknesses
- 🌀 The best types of circles to lead and which activities to use to utilize your strengths
- 🌀 Your power mantra and more!

Imagine a world with hundreds of thousands of women gathering in circle: feeling held, supported, and loved by one another. How might our planet be transformed for the better?

My circle leader archetype is _____

This resonates with me because _____



Mother

As the MOTHER, You are a safe space. You are here to help people feel seen, heard, and valued.

When you are integrated in your healthy mother aspects – which happens when you make sure your cup is full – you embody unconditional love, nurturance, healing, compassion, generosity and connection. People want to be in your presence because you make them feel loved.

When you are out of balance, the shadow appears as fear of being taken advantage of and taking on too much as the self-sacrificing martyr. So you lose yourself and give yourself away.

You are a natural circle leader as a giver and nurturer. However, you may feel anxious about leading circle because you are constantly worrying about how others feel and what they think.

The key is in putting your oxygen mask on first and making sure you get your needs met so you can serve from overflow instead of from empty. This requires you to speak up and ask for what you need, as well as putting yourself first. It also requires you to trust the Great Mother to hold you. Once you integrate nurturing and being nurtured, you will have more sustained energy to be the generous leader you want to be.



I am Tanya Lynn, the founder of Sistership Circle and author of *Open Your Heart: How to be a New Generation Feminine Leader* and I have been helping women from around the world fill, lead and grow their circles utilizing their unique gifts, strengths and talents.

I'm here to show you how to lead women in service without losing yourself, being drained by needy people, and without going broke.

You are absolutely going to love the free video training because you, as the MOTHER archetype, were born to lead circles. It's in your DNA. You will learn the secrets to claiming your desires and dreams as equally as important as everyone else's, and put together a structure that will have you feel supported and nourished.

This video training is only available for a limited time so I hope you'll join us inside!

>> Here's the link to watch the first video.

<https://sistershipcircle.com/free-womens-circle-training/video-1>



~ Desires & Dreams ~

- 🌿 Serving the next generation
- 🌿 Having others feel safe
- 🌿 Taken care of and nurtured
- 🌿 Family

~ Needs ~

- 🌿 To be nurtured
- 🌿 Receive support; "It takes a village to raise a mama"
- 🌿 Setting boundaries

~ Fears ~

- 🌿 Being taken advantage of
- 🌿 No time for self
- 🌿 Everything will fall apart without you

~ Admonitions ~

- 🌿 I'm exhausted
- 🌿 I can't hold it all
- 🌿 I'm about to fall apart
- 🌿 They need me

~ Power Words and Themes -

- 🌿 Nourish
- 🌿 Compassion
- 🌿 Forgiveness
- 🌿 Connection
- 🌿 Safety

~ Oils ~

- 🌿 Rose, the oil of divine love
- 🌿 Geranium, the oil of trust and love
- 🌿 Myrrh, the oil of mother earth

~ Colors ~

- 🌿 Green and Pink - think juicy, full watermelon

~ Symbol ~

- 🌿 Chalice and singing bowl

~ Chakras ~

- 🌿 Connection between 1st (root - grounded), 2nd (sacral - creative source), and 4th (heart - love)

~ Power Mantras ~

- 🌀 My needs matter; I can hold space for others and also have my needs met.
- 🌀 I am only responsible for myself.
- 🌀 I am always held by the Great Mother and receive her nourishment.

~ Overcome Your Weaknesses ~

- 🌀 Put on your oxygen mask first.
- 🌀 Open yourself up to receive in circle.

~ Leading Circle ~

As a safe space holder for women, you want to lead circles focused on the theme of CONNECTION.

You have powerful medicine for the women who are seeking healing so including hands on touch, hugs, and warmth will make your circles stand out. Talk less and listen more. Make sure you include yourself and receive touch during your circles. Talking stick style circle that are focused on sharing is also a sweet spot for you.



Priestess

I am Tanya Lynn, the founder of Sistership Circle and author of *Open Your Heart: How to be a New Generation Feminine Leader* and I have been helping women from around the world fill, lead and grow their circles utilizing their unique gifts, strengths and talents.

As the PRIESTESS, you are a space holder for magic and alchemy. You are here as a channel for spirit to bring transformation to this planet.

When you are integrated in your healthy priestess aspects – which happens when you are grounded and embodied – you bring depth, insight and truth to the containers you hold.

When you are out of balance, the shadow appears as fear of being burned at the stake and so you avoid looking at your own shadow and tend to bypass the real work. This has you disconnect from your gifts and talents and comes off as incongruent to others.

The key is in marrying the physical with the metaphysical, earth with spirit. When you hang out in the ethers, you struggle to make the money you deserve and you struggle to be here on this planet. Ground by digging deep into the fertile earth and not being afraid of the dark. Center by being in your body instead of trying to leave it.

I'm here to help you create your community/tribe while still making money & feeling safe.

You are absolutely going to love the free video training because you, as the PRIESTESS archetype, have circled in many past lives before and know this work in your bones. As an activator, I'm here to help you remember this ancient wisdom inside of you and bring you to life. You will learn the secrets to embodying your power and put together a structure that will have you feel supported and grounded.

This video training is only available for a limited time so I hope you'll join us inside!

>> Here's the link to watch the first video.

<https://sistershipcircle.com/free-womens-circle-training/video-1>

~ Desires & Dreams ~

- ☯ To be recognized as a spiritual teacher
- ☯ Being a conduit for the divine, transforming others
- ☯ Creating quality over quantity

~ Needs ~

- ☯ Grounding
- ☯ Safety
- ☯ Patronage
- ☯ Protection
- ☯ Acceptance
- ☯ Meditation
- ☯ Deep devotion to the goddess

~ Fears ~

- ☯ If I'm seen I'll be killed
- ☯ Being suppressed
- ☯ Outcast
- ☯ Burned at stake
- ☯ Thought to be a fraud/bogus/witch

~ Admonitions ~

- ☯ I'm invisible
- ☯ I'm a fraud
- ☯ Don't judge me or cast me out

~ Power Words and Themes ~

- ☯ Truth
- ☯ Alchemy
- ☯ Intuition
- ☯ Channel
- ☯ Magic
- ☯ Embodiment

~ Oils ~

- ☯ Wild Orange, the oil of abundance
- ☯ Cedarwood, the oil of community
- ☯ Frankincense, the oil of truth

~ Colors ~

- ☯ Red, Gold and White

~ Symbol ~

- ☯ Wand and third eye bindi

~ Chakras ~

- ☯ Connection between 1st (root - grounded), 5th (throat - truth) and 7th (crown - spirit)

~ Power Mantras ~

- 🌀 I am a conduit for spirit to flow through me.
- 🌀 I am embodied magic.
- 🌀 It is safe for me to be here on this planet and bring forth my medicine for the people.

~ Overcome Your Weaknesses ~

- 🌀 Ground and embrace the materialistic world.
- 🌀 Open yourself up to receive in circle.

~ Leading Circle ~

As a conduit for the divine to flow through, you want to lead circles focused on the theme of TRUTH.

You have powerful medicine for the women who are seeking transformation so including shadow work and alchemical rituals make your circles stand out. Leading red tents to have women remember their roots as well as talking stick style circles are great containers for you to lead. Intuitive readings and speaking from stage are also sweet spots for you.



Queen

I am Tanya Lynn, the founder of Sistership Circle and author of *Open Your Heart: How to be a New Generation Feminine Leader* and I have been helping women from around the world fill, lead and grow their circles utilizing their unique gifts, strengths and talents.

I want to first say that I relate to you because I am also the Queen archetype!

As the QUEEN ... You are a powerhouse. You are here to make big impact and change the world, whether that is just within your local community or on a global scale.

When you are fully integrated in your healthy queen aspects – which means that you lead from your authentic and vulnerable heart – everything flows with ease and grace.

When you are out of balance, the shadow may appear as fear of being dominated or controlled and so you tend to take on too much, draining your energy and burning out your adrenals. You then cover this up trying to keep it all together, coming off inauthentic, disconnected and perhaps a little cold.

The more that you circle with other women, the more that you will come into balance. Circle will help you soften through getting vulnerable, feeling the full range of your emotions, and leaning into other women and trusting them. It will also help you bring more magic and transformation into your work.

The key is in building your support team by trusting others, setting boundaries and speaking your soul's truth. This requires a level of surrender that may feel scary because you are not used to leading from your true feminine power. Once you integrate both your masculine kickass, purpose driven attitude with your feminine grace, you will be unstoppable in achieving your dreams.

I am excited to share a system I've developed to help you reconnect with your feminine, work less, and create results from your creative flow instead of the painful push.



You are absolutely going to love the free video training because you, as a queen, are designed to create a business doing this sacred work. It's in your DNA. You will learn the secrets to working less and creating more magic, how to open your heart and lead from the depth of your soul and use your superpowers to become more magnetic instead of push people away.

This video training is only available for a limited time so I hope you'll join us inside!

>> Here's the link to watch the first video.

<https://sistershipcircle.com/free-womens-circle-training/video-1>

~ Desires & Dreams ~

- 🌀 Serving community/world from your heart
- 🌀 Inspiring from the stage
- 🌀 Big vision - having big impact
- 🌀 Integrating masculine and feminine

~ Admonitions ~

- 🌀 I'm overworked
- 🌀 I'm burned out
- 🌀 Trust no one
- 🌀 Others do it wrong

~ Needs ~

- 🌀 Setting boundaries
- 🌀 Practicing self-care
- 🌀 Building a team of support
- 🌀 Doing it less on your own

~ Words ~

- 🌀 Power
- 🌀 Regal
- 🌀 Worth
- 🌀 Grace
- 🌀 Sovereignty
- 🌀 Vision

~ Fears ~

- 🌀 Being dominated or controlled by others
- 🌀 Adrenal fatigue
- 🌀 Thyroid burnout
- 🌀 Being alone and miserable

~ Oils ~

- 🌀 Wintergreen, the oil of Surrender
- 🌀 Cilantro to let go of control
- 🌀 Basil to help with burn out

~ Colors ~

- ☸ Purple and gold

~ Symbol ~

- ☸ Crown and staff

~ Chakras ~

- ☸ Connection between 3rd (solar plexus - power), 4th (heart - love), and 5th (throat - truth)

~ Power Mantras ~

- ☸ I open my heart to trust myself, others and the universe so that I can have it all with more ease.
- ☸ It is safe for me to reveal my softness while still maintaining my fierce stand.
- ☸ Through my vulnerability, I open myself to greater depths of expression, love and support.

~ Overcome Your Weaknesses ~

- ☸ The path of vulnerability.
- ☸ Open yourself up to receive in circle.

~ Leading Circle ~

As a powerhouse, you want to lead circles focused on the theme of SELF-WORTH.

You have powerful medicine for women who are looking to overcome their fears and come more fully into their power. You may want to consider finding the beautiful balance between feminine connection and business masterminding in your circles. You want to consider speaking from stages or creating videos to promote what you are doing. You also have what it takes to build a large organization like Sistership Circle and create a train-the-trainer model for expansion.



Wise Woman

I am Tanya Lynn, the founder of Sistership Circle and author of *Open Your Heart: How to be a New Generation Feminine Leader* and I have been helping women from around the world fill, lead and grow their circles utilizing their unique gifts, strengths and talents.

As the WISE WOMAN, you are a wisdom keeper. You are here to bring forth the ancient knowing within you to support the evolution of this planet and her people.

When you are integrated in your healthy wise woman aspects – which happens when you are grounded in your deep feminine presence – you bring truth bombs that shake people to their core and wake up their souls.

When you are out of balance, the shadow appears as fear of being disrespected, undervalued, unheard and dismissed, causing you to doubt your inner voice. This has you disconnect from others becoming either reclusive or vain.

The key is in either putting together the structures to have your own platform where you are free to share your valuable insights and information, or find a platform that is already built where you can have free range to share your gifts without limitations.

You are someone who knows A LOT and I'm here to teach you how to create your own platform to bring all your knowledge forward to empower and awaken other women or join our team at Sistership Circle and sit at the head of our table. You are a gold mine waiting to be tapped!

You are absolutely going to love the free video training because you, as the WISE WOMAN archetype, have circled in many past lives before and know this work in your bones. As an activator, I'm here to help pull all of your wisdom out of you. You will learn the secrets to feeling confident to become more visible and use your voice in the world.

This video training is only available for a limited time so I hope you'll join us inside!

>> Here's the link to watch the first video.



<https://sistershipcircle.com/free-womens-circle-training/video-1>

~ Desires & Dreams ~

- ☯ To be a respected voice at the council table of power
- ☯ Legacy
- ☯ Connection with Mother Earth

~ Needs ~

- ☯ Be honored and respected for your wisdom
- ☯ Have your Core Message be heard & respected
- ☯ Alone time to process and meditate

~ Fears ~

- ☯ Being forgotten
- ☯ Not trusting your own voice
- ☯ Losing your mind
- ☯ LONELY, unheard, unrespected, irrelevant

~ Admonitions ~

- ☯ I'm foolish
- ☯ No one hears me

- ☯ I might as well leave
- ☯ Be resentful

~ Power Words and Themes -

- ☯ Wisdom
- ☯ Clarity
- ☯ Confidence
- ☯ Legacy
- ☯ Ancestors
- ☯ Earth

~ Oils ~

- ☯ Petitgrain, the oil of ancestry
- ☯ Rosemary, the oil of knowledge and transition
- ☯ Spearmint, the oil of confident speech

~ Colors ~

- ☯ Orange, Brown and Green

~ Symbol ~

- ☯ Crystal and Caldron

~ Chakras ~

🌀 Connection between 2nd (sacral - creative source), 5th (throat - truth) 6th (third eye - vision), and 7th (crown - spirit)

~ Power Mantras ~

- 🌀 I am a gold mine of sage wisdom and knowledge!
- 🌀 I have a respected and honored voice that others want to hear.
- 🌀 I am grounded in my deep feminine presence, power and authority.

~ Overcome Your Weaknesses ~

🌀 Find your container and lean in.

🌀 Open yourself up to receive in circle.

~ Leading Circle ~

As a wisdom keeper, you want to lead circles focused on the theme of INTUITION.

You have powerful medicine for the women who are seeking answers so including teaching them how to connect with their intuition, the goddess and mother earth make your circles stand out. Lead shamanic journeys in your circles, five element rituals and womb wisdom teachings. Becoming a council member or board of director where you can share your knowledge is also a powerful place for you. You have what it takes to be a powerful speaker on stage too.

The feminine is like a flower

The first aspect of the feminine is who you are BEING. This can be represented by the petals of the flower. When the flower opens and reveals herself, sitting there glistening in the sun, not doing anything, the bees come to HER to drink her nectar.

The feminine represents the wanting, enjoying and feeling. When she is BEING in her essence, she is magnetic, radiant and glowing.

We have introduced the divine feminine archetypes as a way of starting to get in touch with that essence of your feminine power.

When you soften and relax into your feminine, not trying to figure it out, you allow the circle to unfold like the petals of a flower opening.

The second aspect of the feminine, the core of the feminine, is within her DESIRE. I like to think of the desire as the nectar of the flower.

This is what sparks that inspiration. This is what fills everyone up.

My why (desire) to lead circle is _____

My relationship with desire has been _____

A time when I felt selfish for...

Taking up space _____

Indulgence _____

Being too (emotional, needy, etc) _____

I claim my desire and reframe "being selfish" to _____

My radiance is _____

The Resourceful Woman

Working on healing your wounds around money is not separate from working on healing the other wounds that show up as challenges and obstacles - the scarcity, lack and competitive mentality that you have inherited gets in the way of fully embodying your leadership.

Deep down, most women do NOT feel deserving and worthy.

Circle is about giving and receiving. You don't just GIVE in circle. As a circle leader, you MUST become a good receiver.

Receiving is about becoming a Resourceful Leader.

You shift into the Queen who asks the question: "How will I make this work? How will I make this easier?" She takes initiative, she stands in her power. She resources herself.

If you want the love, connection, support, you have to get to the root of what's blocking and open to receive.

Money Breakthrough

What are the negative beliefs you learned from your parents around money?

What are the negative beliefs you've learned around women and money?

What are the negative beliefs you've learned around circle/sisterhood and money?

My new money affirmations:

1.

2.

3.

Declaring my Financial Success

Use the Circle Calculator to map out your financial goals
<https://sistershipcircle.com/how-to-lead-circle/>

How many circles I will lead _____

How much I will charge _____

How many months my circle will last _____

How many circles I will lead at one time _____

How much I intend to make in 2023 _____

Circle Calculator

How many women will be in your circle?

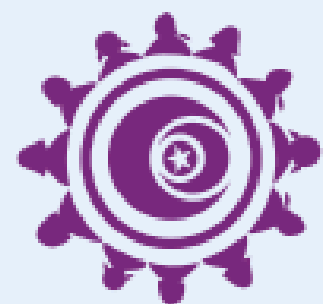
How much will you charge per women?

How many months will your circle last?

How many circles will you lead at a time?

\$1600_{/mo}

*Our Sistership Circle facilitators charge \$300/per woman for our Signature 12-Week Circle Program.



SISTERSHIP
—CIRCLE—

1 2 3 4

Pay to the
Order of _____

\$

_____ Dollars

For _____

1 2 3 4 0 0 0 0 1 2 0 0 0 0 1 2 3 4 5 6 7 8 9

4 Stages of Community

M Scott Peck: The Different Drum

Stage 1: Pseudo Community

Stage 2: Chaos

Stage 3: Empty Out

Stage 4: Community

Top 4 Fears that circles leaders experience

FEAR #1 – putting yourself out there

limited beliefs

You're Too weird. Woo woo witchy is scary. You're too much. it's not safe to be your true self.

FEAR #2 – women not showing up

limited beliefs

You're not popular enough. You don't know enough people. You're not enough. You will be rejected.

FEAR #3 – women showing up and you disappointing them

limited beliefs

You are incapable. You are a fraud.

FEAR #4 – putting in all this effort and they don't come back.

limited beliefs

You didn't create enough transformation. You can't make a difference. You didn't do enough.

My top fear is

Rewrite your limited beliefs to affirmations here:

Example: You're weird → I have a unique gift to offer the world

Mantra

“

*This is not who I am,
this is what I learned,
and if I learned it,
I can unlearn it. And
learn something new.*

”

Breakout Circle: Sign up

One of the best parts of Rise is to experience BEING in a Sistership Circle style circle so that you can FEEL what it's like.

We believe that you can't effectively LEAD a circle until you are able to fully BE in a BRAVE circle.

The breakout circles are on Monday, March 17th.

This is to let you soak in the training on Friday and Saturday and then integrate on Monday.

I highly, highly, HIGHLY recommend that you attend the Breakout Circle. You will have such a profound connection with sisterhood from this experience as we are diving into Healing the Sister Wound.

This is such important work, regardless if you are leading circles or not!

How the Breakout Circles work:

Step 1: Pick a time; we have two time options:

A) 12pm PST (60 minutes).

B) 5pm PST (60 minutes).

Step 2: Prepare to be fully present during the entire Breakout Session.

This means camera on, ready to listen and share.

If you are unable to be fully present, please don't attend. We are creating safe and sacred space and it doesn't work for anyone to be coming and going. Just watch the recording.

Step 3: Show up at the same zoom line as during the weekend.

Step 4: Follow the instructions

Everyone will gather in the main Zoom room, and then we will use the Breakout Feature on Zoom to assign you to a room of 10 women. You will have a Big Sister, one of our certified facilitators, as the guide for that Breakout room. If for some reason, you don't have a Big Sister, you will self-select a breakout leader to keep the time.

Step 5: After the shares come back to the main Zoom room

We will then do a ritual and close the circle together.

Breakout Circle: 5 Expectations

1. Agreements

First agreement: we are co-creating a BRAVE circle. We give ourselves permission to show up. We are actively participating on this call. We ask that you participate 100% with video on. If you cannot, we kindly ask that you watch the recording as it may impact a sister's experience.

Second agreement: we come to the circle open with no expectations. We each came here for a reason, so we are in trust of the magic that circle offers each one of us.

Third agreement: we do not give one another feedback unless asked. Instead we beam one another at the end of a share. To beam, hold both your hands up like this (demonstrate) with palms facing the woman sharing. This is to honor and celebrate what she said so she feels seen, heard and valued. After you share, you say "I'm complete" and open your arms to receive the beam. Notice how that feels in your body.

2. Question Prompt

What did you learn about money from your parents/guardians who raised you? What are some of the things you heard (Money can't grow on trees)? What is your current relationship with money - are you in debt, can't look at your bank account? What fears come up around charging for your circle?

3. Use of the Timer

One Big Sister will facilitate the circle. If there is none, then someone who has experience leading circle please volunteer to be the time keeper.

You'll set the timer for 3 minutes and make sure the bell is audible. Use your flashlight on your phone and also wave it in front of the camera like this (DEMONSTRATE).

4. Everyone shares

At Sistership Circle, everyone shares. This is to create unity and equality. We want you to have the experience of being witnessed with love and acceptance. This will increase your confidence. We invite you to take up your 3 minutes, and if you don't, just say "I'm complete" and we'll beam you.

5. Allow yourself to receive the beam with your hands out instead of beaming back

Sister Wound

Women don't trust other women. They feel hurt and betrayed by the females in their past, and they struggle to connect and belong, which is what draws them to circle in the first place.

There has been "a war on women" for centuries, and one of the "weapons of war" has been to pit women against each other.

But deep down inside, women desire connection, support and authentic relationships with other women. They want to learn how to trust themselves and one another more.

Women have disconnected from the divine feminine, no longer in touch with the rhythms and cycles of the earth, their bodies, and their vaginas, so they no longer trust themselves and their own body wisdom. This lack of self-trust then manifests as a disconnect between mother-daughter and then ultimately sister-sister. A domino effect. It takes us all out.

Journal about the earliest memory when you were a little girl when your feelings got hurt by another girl/woman. Could be a blood sister, cousin, mom, girl at school ...

7 Sister Wounds

1. JEALOUSY.

It can be very challenging to admit to our jealousy of other women – and particularly our sisters – because it makes us feel less than and we don't want to admit that.

Especially in the spiritual community where we circle together and supposedly celebrate one another, jealousy always seeps in.

She got pregnant on the first try when you've been trying for years.
She had her wedding in Hawaii and you just went through an awful breakup.
She's got more followers than you.
She's more popular than you.
The list goes on.

Who are you jealous of? What quality within her/accomplishment/thing do you feel she has that you don't? What are you saying about yourself?

2. CATTINESS.

Subtly cruel or malicious; spiteful: a catty or snarky remark

"How did she get on Oprah? She's not the first person I would pick as the spiritual leader of our generation."

Cattiness of part of the mean girl culture where we talk shit about other women, sometimes outright, sometimes subtly.

As said in *Psychology Today*:

The term “catty” is a sexually biased way of describing an unhealthy way women act on an otherwise healthy feeling of competitiveness.

We live in a culture where it is still considered more socially acceptable for a man to directly express his competitive nature. For women, this quality has been shunned as undesirable. Many women are consequently uncomfortable with both their natural feelings of wanting something and their desire to compete to get it. Having evolved under the stigma of being the “weaker [sex](#),” women have historically been expected to be more covert or manipulative in their efforts to achieve success. Sadly, as women, we sometimes inadvertently strengthen this false notion of [gender](#) norms by failing to face our competitive feelings directly or to learn to deal with these feelings in a positive way.

So cattiness is a way of expressing jealousy.

Examples:

“You look tired.”

“You look well.”

“They’re not babies for long.”

“Miaow.”

“Relax!”

“You’re looking very smart today.”

“Is it your hormones?”

“Must be that time of the month.”

“What have you done to your hair?”

“Wow, someone’s skirt is riding high today.”

“That girl is a tease. Just wait until she breaks his heart.”

Gossip also falls under the category of cattiness.

How has cattiness shown up in your relationship with other women? What’s the earliest in your childhood you can remember experiencing cattiness?

3. EXCLUSION.

Whether it is a sorority, club, unofficial girl gang, sports team, or cheerleading squad, we've been conditioned to include some sisters and exclude others.

We become so focused on finding those who look and act like us so that we feel a sense of belonging, that we leave out, cut off or dismiss those who are different.

This especially runs rampant in spiritual communities who judge women based on whether or not they are "high vibe enough."

This creates more division and separation in the world.
Us vs. them.

I see it happen in our community all the time. Women become attached to the safety they feel in a circle, and play it safe by closing the doors to any outsiders, unwilling to open up to include more women in that sacred space.

In the past, did you witness your mother being excluded or excluding other women? Were you part of a club/sorority growing up that excluded other women? In present time, have you excluded another woman from your current group of sisters?

4. CONTRACTION.

This Sister Wound has two meanings.

1 – We contract or close our hearts instead of expanding into love.

You've been burned, hurt, betrayed. It's hard to keep your heart open. So you keep your guard up and close down your heart. You are weary of other women's intentions. You are afraid of getting hurt again.

There is good reason of course because you've been burned. But in contracting your heart, you don't allow anything to shift. You don't allow any women to show up and contribute to you.

2 – We contract ourselves by playing small and dimming our light in fear of being judged by other women for being too much, or making them feel less than.

We shrink back from standing out because we've experienced the catty remarks and gossip behind another sister's back. We don't want to be too pretty, too smart, too successful in fear of other women's jealousy, wrath or exclusion.

This is a dangerous Sister Wound because it perpetuates women staying in the back of the room and not leaning in like Sheryl Sandberg is encouraging women to do.

The truth is: when we shine our light and expand our leadership, we give other women permission to do the same.

So let's call it out.

Do you have your heart contracted and closed? Why? What are you protecting yourself from?

Do you dim your light and shrink back from shining in fear of other women's reaction? What reaction are you most afraid of?

5. JUDGMENT.

There is a shadow of “spiritually conscious women,” making other women wrong for their path.

“You aren’t high vibe enough”
“I’m more evolved than you are”

This is just one way that judgment shows up for women.

We are constantly judging other women’s appearances. Whether or not they look good enough for the men they are with.

We judge others to make ourselves feel better, projecting our own insecurities onto someone else. It perpetuates the Karpman Drama Triangle and keeps us out of presence.

Who is a woman you are judging right now? (you can use a fake name for her)
What are you judging about yourself that you are projecting onto her?

6. COMPARISON.

In the world of social media where everyone can post their perfect vacations, their perfect yoga poses ... essentially their perfect life ... we find ourselves feeling bad about our situation and comparing our lack of success, whether it is money, relationship, job, health or accolades.

“She has more than me” ruins our self-esteem, making us feel down and out about life.

We forget that the picture perfect scenes are only a part of the real package.
We forget that photoshop and filters make everything look better than it actually is.

I remember when I had my first baby and I saw some of my friends reaching new levels of success in their businesses. I found myself comparing myself and feeling less than.

If only I waited and didn’t get pregnant.

It felt like I would never get ahead.

Who are you comparing yourself to? Why? What are you saying about yourself?

7. COMPETITION.

Author, inspirational speaker, and life coach Iyanla Vanzant describes social comparison as an “act of violence against oneself”, meaning no personal good will come from jealousy.

It’s everywhere. Many movies depict competition amongst women.

Devil Wears Prada

Black Swan

Bring it On

Mean Girls

Single White Female

So why do we do it?

In [Noam Shpancer](#) Ph.D.’s *Psychology Today* article “Feminine Foes: New Science Explores Female Competition” he cites [Joyce Benenson](#), a researcher at Emmanuel College in Boston, who says that competition among women has three unique characteristics:

First, because they have to protect their bodies from physical harm (so as not to interfere with present or future [pregnancy](#) and childbirth), women rely on veiled aggression towards other women (behind verbal gymnastics or under cover of the group) rather than physical confrontation.

Second, high status and very attractive women need less help and protection from other women and are less motivated to invest in other women (who represent potential competition). Thus, a woman who tries to distinguish or promote herself threatens other women and will encounter hostility.

Third, in extreme cases women may guard against potential competitors by means of social exclusion. If a new attractive woman shows up in the neighborhood (or school, or club), all the women in attendance may turn their backs on her, compelling her to withdraw from the scene, thus increasing their own chances with the surrounding males.

It's a habit that we unconsciously take part in to cover up our own insecurities. It's easier to tear another woman down or make her an enemy than to celebrate her strengths, accomplishments, gifts and talents. So let's talk about it.

Who do you feel in competition with? What's her gift? What's yours? How can you shift that to see this woman as a future collaborator? And on the flip side, who is in competition with you?