

"I've never felt this way about myself before."

Kelly has been on a path of personal growth and intentional living. Before COVID hit, she had attended a Woman Within Weekend and was looking for more learning. She had a lot of emotions bubbling up and sought out ways to learn skills to heal past wounds and help her step into the leader she felt living inside her.

She learned from someone from her Weekend about courses with Christina and realized she had already seen Christina speak at a women's gathering and signed up for a class.

The rest is in her own words:

Challenges:

I had a meditation practice but it felt stagnant. It would help in the moment but didn't really offer guidance in my life.

I was looking for tools I could actually use any time of day, not just when I was in self-care mode.

I had done all the therapies: somatic therapy, EDMR, therapists, but they weren't giving me practical tools that I could use as situations came up in the every day.

I wasn't feeling like the leader I knew I could be. I wasn't sure what the problem was, but I wanted more and didn't know how to go about it.

Classes & Coaching with Christina:

My first class with Christina was The Desire Map. I signed up on a recommendation from a friend. What I loved was the small group of women and the mentorship at the same time. Sharing with other women helped me understand that I wasn't alone in how I was feeling and we learned from each other's perspectives.

Since then, I have taken multiple courses with Christina. Every time I take a course with Christina, something clicks and it's clear. She teaches real tools to focus on.

Personally, I love the weekly classes because they keep me focused on learning. There is always a group of women who are actively looking to improve their lives and make our world a better place.



KELLY
Seeker

Kelly's Self-Assessment



Working with Christina:

Christina's small groups make it easy to ask questions, get clarity and work with real tools that I can point to in the moment. There are never too many women and everyone gets to share.

I heard myself saying "I really like me. I wish there were more of me to hang out with." I've never been excited to be me and now I am.

Christina also offers private sessions with a lot of the workshops which have been very helpful in clarifying specific aspects of what I am working on. Anytime you need support, I can reach out and she has an answer or more questions for me to go deeper.

I love the small groups of women that Christina manifests. It is a safe space for us to share and hear other women's perspectives.

Impacts:

The first impact was that I realized when talking to a friend that I really like myself now. I heard myself saying "I really like me. I wish there were more of me to go around." I've never been so excited to be me and now I am.

Another huge shift for me was understanding that I could shift my core beliefs and exactly how to do it. I spend time now looking for evidence for the beliefs that serve me rather than hurt me.

One of the biggest shifts I've made since taking Christina's courses is the ability to ask for what I want. Recently at work, I asked about leadership and a new position and the Division Director was thrilled that I had asked. I didn't know I had the power to ask for what I wanted beyond salary before. I thought that was the only thing I could negotiate before. I can actually ask for anything I need including safety and support.

I've also tuned into being able to separate my stuff from other people's stuff. Christina teaches a section called 'whose problem (power) is it anyway'. This clarity has led to more insight into my relationships with others and helps me understand when to respond to a situation (when it's something I own) vs. when to just let things go (because it has nothing to do with me).

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