



Return to Yourself.  
Rebuild Your Truth.  
Reclaim Your Peace.

A guided coaching experience for women who  
are ready to stop explaining, start embodying, and  
finally hear themselves again.



# About Conversayshunz

## **Who We Are**

Conversayshunz is a coaching space built for women who are ready to return to themselves — emotionally, spiritually, and somatically. We help you slow down, hear yourself again, and rebuild the truth you've been carrying in your body.

## **What We Believe**

You don't need to be fixed. You need to be witnessed. You need space to breathe. You need conversations that honor your lived experience, your emotional intelligence, and your spiritual grounding.

## **What We Do**

Through trauma-informed coaching, somatic practices, and emotionally intelligent conversations, we help women:

- Release old narratives



# Why I Built Conversayshunz

## **Why I Built Conversayshunz**

I built Conversayshunz because I spent years watching women shrink themselves in conversations that were never designed to hold their truth. Women who were brilliant, intuitive, spiritually grounded — but exhausted from carrying emotional weight that no one ever taught them how to name. I built Conversayshunz because I know what it feels like to lose your voice in survival mode. To explain instead of embody. To negotiate your needs. To silence your intuition because the world taught you to be grateful for crumbs. I built Conversayshunz because healing isn't a script — it's a conversation. A conversation with your body. A conversation with your truth. A conversation with the parts of you that learned to protect you long before you had language for what you were surviving. I built Conversayshunz because women deserve a space where they can return to themselves without apology. A space where emotional intelligence is honored. Where somatic wisdom is centered. Where your story is not minimized, pathologized, or rushed. I built Conversayshunz because I believe in women's wholeness. And I believe in the power of a conversation that tells the truth.



# Meet the Founder

## **Meet the Founder — Sharice**

I am a woman who has lived many lives — mother, grandmother, leader, empath, emotional architect, and a woman who had to rebuild herself from the inside out.

For years, I survived by shrinking, explaining, negotiating, and carrying emotional weight that was never mine. I learned how to read rooms, manage chaos, and hold everyone else's truth while abandoning my own. And like so many women, I didn't realize how much of myself I had lost until my body finally said, enough.

My healing didn't begin in a workbook. It began in a conversation — an honest one. A conversation that told the truth about who I was, what I needed, and what I could no longer carry.

That conversation became a pattern. That pattern became a practice. And that practice became Conversayshunz.

Today, I bring 30 years of HR experience, EMDR-informed training, mindfulness and somatic practices, and my lived experience as a deeply intuitive woman to help other women return to themselves.

I don't teach from theory. I teach from truth — mine and yours.

Conversayshunz is the space I needed when I was learning how to come home to myself. Now, it's the space I offer to you.



# MY APPROACH

A grounded, relational, emotionally intelligent method for returning to self.

## **1. Rooted in Self-Awareness**

I guide clients to slow down, notice their internal landscape, and reconnect with their emotional truth. This creates clarity, reduces overwhelm, and builds the foundation for intentional decision-making.

## **2. Somatic + Mindfulness Integration**

I blend somatic practices, mindfulness, and nervous-system awareness to help clients feel safe, centered, and present. This supports deeper insight and sustainable change.

## **3. Trauma-Informed + EMDR-Informed Perspective**

My approach honors lived experience, emotional safety, and the body's wisdom. I support clients in identifying patterns, releasing old narratives, and building new internal pathways.

## **4. Relational Intelligence + Communication Clarity**

I help clients understand their relational patterns, strengthen boundaries, and communicate with confidence and compassion — both with themselves and others.

## **5. Practical Tools for Real-Life Application**

Every session includes grounded, actionable tools clients can use immediately — not theory, but real practices that create real shifts.

## **6. A Return to Self**

At the heart of my work is helping clients come home to themselves — with more peace, more clarity, and more emotional freedom.



## Short Founder Bio

Sharice is a transformation coach, emotional architect, and founder of Conversayshunz — a coaching space designed to help women return to themselves with clarity, compassion, and embodied truth.

With 30 years of HR experience, EMDR-informed training, and a deep intuitive gift for reading emotional patterns, she guides women through conversations that help them stop explaining, start embodying, and finally hear themselves again.

Her work blends emotional intelligence, somatic awareness, and spiritual grounding to create a healing experience that is gentle, honest, and deeply human.



# Program Outline

## **Module 1 — Returning to Yourself**

You begin by slowing down enough to hear yourself again. We use grounding practices, breath awareness, and gentle somatic check-ins to help your body feel safe enough to speak. This module sets the tone: calm, honest, and rooted.

## **Module 2 — Understanding Your Survival Strategies**

We explore the patterns your body learned to use to protect you — overthinking, shrinking, explaining, disconnecting, or performing strength. Using EMDR-informed resourcing and nervous system awareness, you learn how these strategies formed and how to soften them without shame.

## **Module 3 — Healing Self-Abandonment**

This is where you begin to reclaim the parts of you that were silenced. Through somatic noticing, breathwork, and emotional clarity exercises, you learn how to stop leaving yourself in conversations, relationships, and decisions.

## **Module 4 — Rebuilding Self-Trust**

You learn how to trust your intuition again — not the loud voice of fear, but the quiet truth in your body. We use grounding, bilateral awareness, and reflective practices to help you reconnect with your inner guidance system.

## **Module 5 — Emotional Reconnection**

You learn how to feel without drowning, name without apologizing, and express without shrinking. This module blends emotional intelligence, somatic mapping, and breath-supported processing to help you reconnect with your emotional truth.

## **Module 6 — Boundaries & Self-Leadership**

You learn how to lead yourself with clarity, compassion, and confidence. We explore body-based boundary cues, emotional limits, and the difference between protecting yourself and abandoning yourself.

## **Module 7 — Identity Integration**

This is where the old you and the emerging you meet. We use somatic integration, reflective prompts, and EMDR-informed identity work to help you step into the woman you're becoming — without guilt, fear, or fragmentation.

## **Module 8 — Embodied Wholeness**

You close the program by grounding everything you've learned into your body. This module includes breathwork, somatic grounding, identity-based boundaries, truth-telling, and self-permission rituals. You leave with clarity, peace, and a deeper relationship with yourself.

**\*\*This is not a workbook.**

**This is a return. A remembering. A rebuilding.\*\***



# Ready to Return to Yourself?

Let's begin the conversation that brings you home.

## **Core Message**

If you're feeling the pull toward clarity, peace, and emotional honesty, you're in the right place. Conversayshunz is a space where you don't have to shrink, explain, or perform strength. You get to show up as you are — and be met with compassion, truth, and grounded guidance. Whether you're curious, ready to start, or simply need a safe place to land, I'm here.

## **Ways to Connect**

Send a Message

Have a question or want to know if this program is right for you? Reach out and I'll respond with care and clarity.

Email: [[Conversayshunzinfo@gmail.com](mailto:Conversayshunzinfo@gmail.com)]

## **Closing Line**

\*You don't have to do this alone.  
You just have to begin.\*