



Program I: Doors of Discovery (Reclaim the Real You)

I. Program Details

Meeting Time and Location: Zoom, Thursdays, Bi-weekly, 7:00-8:30 PM Eastern
OR Zoom, Mondays, Bi-weekly, 9:00-10:30 AM Eastern

Program Description: This program guides clients through a process of letting go of the Old Self, uncovering the Authentic Self, and moving into a new life with support from like-minded women in alignment with their dreams.

II. Coach

Karen Caig
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III. Text and Required Supplies

- *From Blah to Aha!: A Witty Guide to Life's Next Chapter*
- "Human Design Report" from Jovian Archive
- Journal (spiral notebook or a fancy bound journal)
- Fast-flowing pen
- Desktop, laptop, or phone for meetings and guided meditations
- Uplifting dance music

IV. Program Objectives

Upon completion of the program, the client will be able to do the following:

- A. Describe her Human Design type, strategy, and authority
- B. Continuously release items, relationships, and limiting beliefs that no longer serve her
- C. Uncover her repressed Authentic Self
- D. State her personal manifesto
- E. Create an ongoing plan to achieve her new mission
- F. Initiate relationships with like-minded people to support her journey

V. Program Outline

- January 16: Introduce Course; Share Human Design Type, Strategy, and Authority—Questions; Topic for next week: Tolerations/Decluttering
- January 30: Share Tolerations and Decluttering Experiences; Topic for Next Week: Saying Goodbye to the Old You
- February 13: Share Letters to Old Self; Challenges/Questions; Topic for Next Week: Vision Boards
- February 27: Share Vision Boards; Challenges/Questions; Topic for Next Week: Personal Manifesto
- March 13: Share Personal Manifesto; Challenges/Questions; Topic for Next Week: Finding Your Tribe
- March 27: Share Connection Experiences; Challenges/Questions; Next Steps: Additional Coaching/Personal Development Opportunities

VI. Attendance Requirements

Regular attendance and participation are essential for successful completion of this program. However, sessions will be recorded so clients can review later.

VII. Supplemental References (Bibliography for Suggested Reading)

1. *The Gifts of Imperfection* by Brené Brown
2. *You Are a Badass* by Jen Sincero
3. *The Power of Now* by Eckhart Tolle
4. *Big Magic* by Elizabeth Gilbert
5. *Daring Greatly* by Brené Brown
6. *Rising Strong* by Brené Brown
7. *The Happiness Project* by Gretchen Rubin
8. *The Art of Possibility* by Rosamund Stone Zander and Benjamin Zander
9. *Untamed* by Glennon Doyle
10. *The Four Agreements* by Don Miguel Ruiz