

THE AUTHENTIC EDGE

Helping you to become who you are meant to be -- in your **personal life, relationships** and **career**.

November, 2025



Rewire, Reclaim, Rise

Four Paths to Becoming Who You Are Meant to Be

If you've ever tried to quiet your inner critic, stop over-giving, or simply slow down—you know how exhausting and frustrating it can be. Not because you're weak or unmotivated, but because your brain is wired for survival, not development. It clings to familiar patterns, even when they no longer serve you.

That's why I'm offering four intimate group programs this January—designed to help women move beyond the self-protective patterns that keep them stuck and disconnected from their Authentic Self.

These programs are **designed to address the deep-rooted pain points that keep so many women feeling stuck, overwhelmed, and disconnected** from their true selves.

Women frequently struggle with setting boundaries, trusting their intuition, and breaking free from perfectionism or people-pleasing tendencies. For this reason, **I created the programs to include a structured roadmap to get interrupt these cycles**, providing the neuroscience-backed tools, compassionate guidance, and support needed to rewire limiting beliefs and reclaim a more empowered, authentic way of being.

Over the years I have spent helping women make the shift from living from their self-protective patterns to their Authentic Self, one thing I know for sure: you can't rewire your patterns in isolation. We need community, guidance, and repetition. **Research shows it takes about 45 days to change your brain—to form new neural pathways and shift the habits that keep us stuck.** That's why each of these programs runs for six weeks. It's not just a format—it's a formula for development through behavioral change

This newsletter provides information on each of the four program offerings. Each group is small by design—so you get personal attention, meaningful connection, and a safe space to grow.

If you're ready to make 2026 the year you stop circling the same patterns and start living with more clarity, courage, and authenticity, I'd love to have you join me. Lets do this together!

Anne Dranitsaris

In This Week's Newsletter

**Feature Article:
Rewire, Reclaim, Rise**

**Power Past the
Imposter Syndrome
Program**

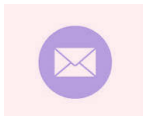
**Becoming Your
Authentic Self
Program**

**Still Becoming
Program (Women
over 60)**

**Mindfulness in
Everyday Life Program**

**Follow Me on
Substack**

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Become Who You Are Meant to Be!

Programs for Women January 2026



Becoming Your **AUTHENTIC SELF**

**A 6-week program to help you rewire
codependency, stop over-functioning, and
build the inner authority to reclaim your
Authentic Self.**

Becoming Your Authentic Self is a 6-week program for women ready to break free from codependent behaviors, emotional enmeshment, and the deep-rooted patterns that keep them over-giving, self-silencing, or losing themselves in relationships. This isn't just about setting boundaries—it's about uncovering the attachment wounds and protective personas that have shaped your identity and learning how to relate to others without abandoning yourself.

Get all the details here... [Authentic Self Program](#)



Power Past the **IMPOSTER SYNDROME**

**A 6-week program to help you reconnect with
who you truly are beneath the self-doubt,
perfectionism, and imposter patterns—so you
can lead with clarity, confidence, and purpose.**

Power Past the Imposter Syndrome is a 6-week brain-based transformation program designed to help you quiet your inner critic, let go of perfectionism, and stop living from fear and self-doubt. This isn't just about managing symptoms—it's about uncovering the root causes of your Imposter Persona, understanding how early beliefs shaped your self-concept, and rewiring the limiting patterns that keep you over-functioning, shrinking, or second-guessing yourself.

Get all the details here... [Imposter Syndrome Program](#)

Become Who You Are Meant to Be!

Programs for Women January 2026



STILL BECOMING

A 6-week program for older women who refuse to fade—who feel a spark inside and are ready to rediscover their voice, purpose, and the powerful self they're still becoming.

Still Becoming is a 6-week guided experience for women 60 and beyond who know they're not done growing. Designed for those ready to reclaim their voice, purpose, and potential, this soulful and supportive program invites you to break free from the invisible roles, outdated expectations, and codependent patterns that have shaped your life. You'll reflect on who you are becoming, not who you've been expected to be, while building a new blueprint for living with intention, freedom, and authenticity.

Get all the details here... [Still Becoming Program](#)



Mindfulness IN EVERYDAY LIFE

A six-week program to train your mind to pause, ground, and respond with awareness; develop a different dialogue with your inner critic; stop second-guessing yourself; and live with greater calm, clarity and intention.

Mindfulness in Everyday Life is a 6-week practical and transformative program designed to help you slow down your automatic reactions, regulate your emotions, and bring conscious attention to how you move through your day. This isn't just a course on how to meditate. Through weekly practices grounded in neuroscience and self-observation, you'll build the capacity to pause rather than react, to feel rather than numb, and to respond with clarity rather than habit.

Get all the details here... [Mindfulness in Everyday Life](#)

Substack: A New Space for Deeper Support and Transformation

After years of sharing insights on LinkedIn, I've created a new home on Substack—a space designed to support your emotional development with more depth, consistency, and practical guidance.

Many of you have told me that my work helped you name long-held patterns, shift your perspective, and begin the journey back to your Authentic Self. You've asked for more: more tools, more stories, and more clarity on how to apply this work in your daily life. Substack is where I'll be offering exactly that.

How This Space Can Support You

Whether you're navigating codependency, imposter syndrome, reactive brain patterns, or life transitions, this space is designed to help you:

- Create lasting change through repetition, reflection, and community
- Understand the developmental roots of your patterns
- Rewire limiting beliefs using neuroscience-backed tools
- Build emotional maturity and inner authority
- Shift from self-protection to self-leadership

What I'll Be Sharing On

Substack, you'll receive:

- Long-form reflections that go beyond surface-level advice
- Case-based insights to help you see your own story more clearly
- Practical tools and exercises for daily integration
- White papers and free booklets on key topics
- Healing roadmaps for common emotional patterns
- Excerpts from upcoming books and behind-the-scenes thinking

While there are only a few articles posted there right now, I am busy populated Substack with past articles, videos and downloads for your growth and development. And while I will still post on my website, and occasionally on LinkedIn, Substack will be the place where I write with more depth and where we can build a sustained conversation about growth, healing, and becoming who you're meant to be.

If you've found my work helpful, I'd love to have you join me there.

Subscribe here
Let's go deeper—together.

Check out my recent articles on Substack.

**Don't forget to order your copy of Not Broken, Just Delayed:
The 100-Year Evolution of Codependency—and Why We're Still Stuck**

**I'm opening a new home for my
writing and resources to help you
become who you are meant to be,
and I would love you to join me
there.**



Anne Dranitsaris, PhD

For over 40 years, I've been helping individuals, couples, leaders, and entrepreneurs break free from limiting beliefs, codependence, Imposter Syndrome, and other patterns that hold them back from living as their Authentic Selves. Through my work as a psychotherapist, leadership coach, and behavioral change expert, I've had the privilege of guiding countless people on their journeys to discover their true potential and lead lives aligned with who they're meant to be.

For me, the journey to connect with our Authentic Self is a lifelong quest—one that requires courage, introspection, and an openness to transformation. My work is deeply personal, shaped by my own experiences with family dynamics, emotional growth, and the path to authenticity. My passion is empowering others to thrive, and I feel privileged to share this work with everyone I encounter. If you'd like to learn more about how I can help you on your own transformative journey, contact me at anned@annedranitsaris.com.

