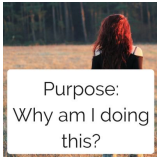




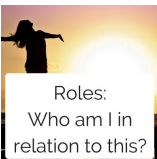
**Session 1\***

Your combination of core motivators, innate talents and personality traits, when tapped into, put you in the zone where you feel at home with who you really are. We start off with an in depth review of your Destiny Cards and overall alignment check. Does it sound a bit woo-woo? It's the most accurate personality gage I've come across in 30 years for applicable use in day-to-day life.



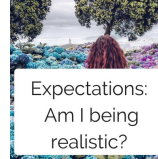
**Session 2**

Building on session 1, this is an inventory of how you spend your time and energy. Is it in alignment with who you are what is in your highest good? Your logic says one thing, but your intuition knows the truth.



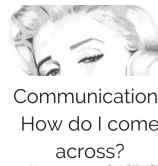
**Session 3**

Continuing the mapping process, this is about how you are showing up in the various ways that you spend your time and energy. How can you adjust to these roles and create healthy boundaries to bring out your best?



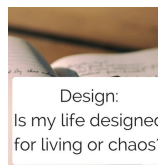
**Session 4**

This session gets to the core of who you are in relation to the internal and eternal expectations that you carry with you. Again, this relates to all previous work. Getting clear on what is yours and what isn't releases a lot of heavy baggage that is weighing you down.



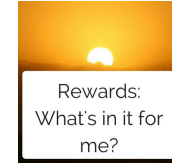
**Session 5**

What is the energy behind your interactions? Where did it come from? Your past holds the key to stepping out of your personal drama and reactive behaviours. We get to the nitty gritty of communicating from a position of grounded, authentic receptivity.



**Session 6**

You are clear on who you are, what you are doing and why, how you show up, what you expect and how to neutralize unbalanced communication. Now it's time to inventory your basic setup for living authentically.



**Session 7**

Your energy is your best asset. At this point, you are ready to allow yourself to receive. You have cleaned house and you want to keep it clean. This session is all about you feeling good and what charges your batteries. We all know that this is the key to the Law of Attraction, right?



**Session 8\*\***

We bring together all the great work you have done, make some tweaks here and there, and create your Road Map to Conscious Leadership. We'll include potential warnings, obstacles and exit vacuums to avoid. We'll include stopovers, roadside attractions, dreamy day-trips, oases and your future destinations...designed in a way that works for you!

\*Session 1 requires a little bit of advance preparation. Please provide your birthdate upon registration and fill out the worksheet provided prior to our session.

\*\*Session 8 is only available when investing in the full 8-week process.

## Solutionary Sessions

Each session is a process within a larger process that you can revisit and revise as the scenery of your life changes.

Your Road Map to Conscious Leadership is an eight-week commitment of two hours per week with me, along with your homework of putting it into practice. This is the perfect choice if you are ready for a full tune-up. The investment is \$1750.

Sessions 1-7 can be booked individually for \$250 per 2-hour session if you wish to drill down on one or more specific processes.

All sessions are private and confidential, held either at White Lioness Metaphysics, via Skype or at a mutually agreed upon location. We will do our best to create a schedule that fits your needs.

Sessions can be 1-on-1 or arranged for groups of up to six. If you would like to host a workshop or the whole series in your home or workplace, please get in touch. Generous discounts available for hosts of group sessions.

Email Heather to book an exploratory call. [heather@101reasonstobe.com](mailto:heather@101reasonstobe.com)


Everything that I offer in my programs stems from these three questions:

1. Who am I? (Jnana yoga)
2. Who am I in relation to this?
3. What choice is for my best good, and therefore, for the best good of everyone involved?

Why do I do this? It is my calling. There is nothing romantic or idealistic about it. It is the logical result of my life experience, personality and education - formal and informal.

Nothing else rings my bells more than meeting your authenticity and helping you to bring it out. I have a sixth sense about this sort of thing and a hell of a lot of practice with the processes involved.

Heather Loewen is the author of *101 Reasons to Be Yourself* - notes on positive change and creative living, Chief Instigator of MadeLocalApp Inc., metaphysical generalist and double-bottom line business systems trainer. As a 'right-brained' introvert in a 'left-brained' extrovert's world, Heather has spent most of her life observing, studying and seeking the balance between the two for an authentic life fully lived. Heather has put her Honours Diploma in Business Administration Management to use in marketing, accounting and several entrepreneurial ventures.



## Solutionary Sessions

with Heather Loewen

Are you ready to connect with your highest self to bring out who you truly are?

What is holding you back?

What do you need to let go of?

What do you need to embrace in order for you to come alive?