

# Femininely Free!

## Reframe The Stories You Were Told

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You're driven. Passionate. Successful. You know how to navigate in a "man's world," and you do it well. On the outside, you're a woman who has it all.

**But something within you is missing.**

You know you should be happy - you have everything, right? - but on the inside, you feel empty, unbalanced, and unfulfilled.

You feel like somewhere along the way in the pursuit of having it all, you had to cover up your feminine energy. And now, you feel like you've lost some of yourself...your essence.

Does this sound like you? If so, you need to know you *aren't alone* and your feelings are valid.

You're meant to live a life that's deeply fulfilling and authentically you.

**It's time to awaken and become femininely free.**

LET'S TALK

## Are You Ready to Reclaim the Essence of Your Femininity?

### Here's How We Can Work Together

We as women have had to live and work in a masculine environment. To succeed, we've had to play by the rules of that world. Ones like...

- masking your feelings because "there's no room for emotions"
- playing down your femininity because you're in a male-dominated field
- choosing a certain "pink-collar profession" because you think that's your only option

You've had very little choice but to live from your masculine energy. After all, those are the rules, right?

**But the game is changing.** Now, more than ever, you have the opportunity to shape your future and the world around you. And it starts with reclaiming your feminine essence and living in balance with your masculine and feminine energies.



To do that, it takes radical action. It takes *deconstructing the wiring, conditioning, and conforming* that you as a woman have had to endure.

Together, I'll help you:

- ✓ **Discover** who you are as a woman by helping you understand all those feelings you've been ignoring for so long
- ✓ **Embrace** what it means to step more fully into yourself through what you think, what you say, and how you show up
- ✓ **Embody** the real, authentic you in your life, community, and career

### Here's how that can look:



#### Awakening Retreats

*A sacred space for us to connect more deeply with ourselves and each other*



#### Women Wisdom Circles

*A sisterhood of women that nurtures, speaks into, and supports one another*



#### Courses

*Tools and techniques that restore you to your natural femininity in work, life, and relationships*



#### Feminine Coaching & Conversations

*Pinpoint and transform damaging thoughts and behaviors*

True women empowerment begins with listening to that voice inside of you, trusting yourself, and then taking action.

**Are you ready to begin?**

LET'S GET STARTED

## What Others Are Saying

"Saundra is so *incredibly intuitive* and shares her wisdom from a deep place of internal knowing. I left *lifted* from the experience and ready to continue to explore how I can live more authentically as a woman and a spiritual being."

- Debra H.

"I loved that I was able to learn from all of the women in the room. There was space for me to share my experience and add to the knowledge being shared."

I came home to tell my mom about it. I was so excited. I told her she must do it...I know this would *benefit her and so many other women.*

I am so thankful to have shared that space. I did not know what to expect and I think that made it greater. Thank you so much."

- Demetra D.

"Saundra, you are an *excellent facilitator.* You have lots of information and activities to share and you create a *safe and welcoming space to explore.* I felt people shared at a deep level rather quickly."

- Nancy R.

"I would say that I was moved by this course to persist in this journey to embrace the Divine within."

I love you, Saundra and I will always feel *gratitude* to you for this opportunity and creating and holding this sacred space for women to gather on this shared journey."

- Judith T.

"Thank you so much for all the research and the beautiful way questions were posed and for the *gift of permission* to explore Feminine Divinity."

You highlight what is already there but hidden from mainstream. I am enjoying uncovering even more!"

- J.D.

"My experience...was a very thought-provoking eye-opener that allowed me to delve into my own experiences in growing up."

It was an excellent way to release toxins that you didn't even realize that you had in you."

Thanks for offering the wonderful opportunity to do so."

- Natalye D.

## Hello, I'm Saundra Gilliard!

Your Women's Empowerment Coach and Personal Transformational Leader



I grew up in a family of strong, independent women. Some of my earliest memories were sitting at the kitchen table listening to my mother and my aunts talk.

From an early age, I was raised with the mindset of "you need a good education and a good job, so you don't have to depend on anyone but yourself."

I took those instructions to heart. I went to college and eventually found myself on a corporate path.

My first job was working for a fabulous woman who worked her way up from a secretary to a Vice President during a time when women were just entering into corporations. She was as tough as nails but she became a great mentor and taught me how to climb the corporate ladder.

The one lesson I'll never forget is how upset she would get when some of my feminine traits came out at work. It was then I learned that in order for me to be successful at work, I'd have to switch my femininity off. **I couldn't be a woman - I had to act like a man.**

So, I did that - for 17 years. And it came at a cost.

- I compromised my feelings so I wouldn't appear too emotional.
- I silenced my voice so I wouldn't come across as too opinionated.
- I put my dreams on the backburner to prove myself to my job and family.

One day, I looked in the mirror and realized **I couldn't do it anymore.** I couldn't keep making sacrifices that minimized who I was.

It was time to make a **radical change** and rediscover me.

So, I walked away from that six-figure job. I spent the next several years deconstructing the masculine definition of "success" and healing the wound I had done to myself.

That's why I'm dedicated to helping women like you - women who are caught in that tension of being themselves in a man's world. I was once in your shoes. I've done the hard work. And I'm here to let you know there's another way. It would be my pleasure and honor to support you in:

- Rediscovering who you are as a woman in your fullest sense
- Falling in love with your divine femininity
- Accepting whole-heartedly who you are and helping you live into that

You deserve to live a life that's unapologetically you. I'd love to show you how.

LET'S CONNECT

## Are You Ready to Connect With Your Femininity and Inner Self?

### Schedule Your Free 20-Minute Chat

Wondering what we'll talk about during our call? Here's what you can expect:

- We'll chat about what you're going through, what you're feeling, and what's holding you back.
- I'll share how I can help you connect with your inner self and bring you back to your natural way of being.
- You decide how you'd like to move forward.

By the end of our time together, you'll have a clear understanding of your options, if we're a great fit, and what to do next.

SCHEDULE YOUR CALL

### Have Questions or Want to Get In Touch?

I'd love to hear from you!

Please email me at Saundra@FemininelyFree.com, and I'll get back to you shortly!

## Want To Stay In the Know?

Fill out the form below to be the first to learn about upcoming retreats, women's circles, courses, and coaching opportunities!

Your First Name  Your Last Name  Your E-mail



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