

THE  
EMPOWERING  
FEMININE FORCE PROGRAMME

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TOGETHER FOR A BETTER WORLD

embrace, empower and  
heal your body,  
your soul and your mind



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programme vision

This programme has been developed with the vision of empowering women in every aspect of their lives in mind.

It adopts a holistic approach that involves working with *the body, the soul and the mind* to achieve an overall sense of wellbeing, purpose and contentment.

These three modules are our signature programme that we aim to build on and expand.

The programme is part of our overall vision of *creating a female support network* - diverse and inclusive of all women from every walk of life where they come together to seek and offer support.

We aim to create a space where women lift each other up and provide mutual support in dreaming big and taking control of their destiny.

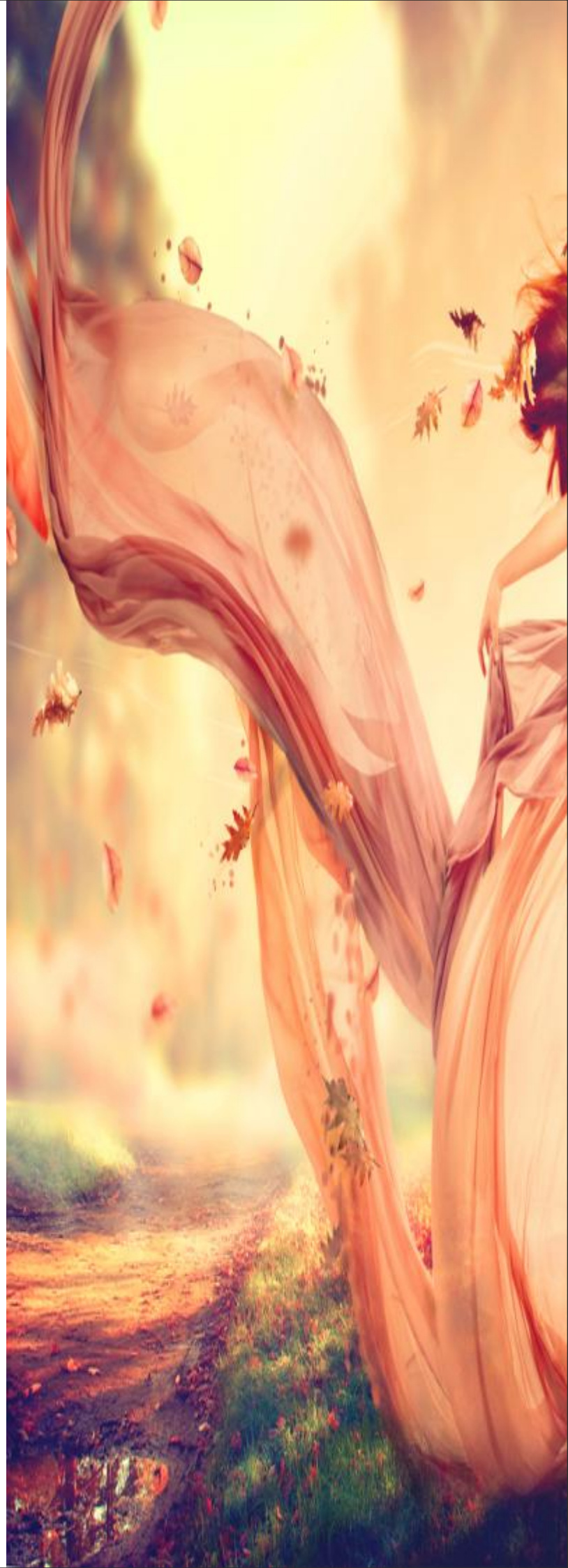
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## programme objectives

- empower women to take charge of their lives and create results
- develop practical strategies to manage their relationships with themselves and others
- recognize and exploit power of female collaborations
- model excellence
- develop awareness about femininity, body, self love & sexuality
- connect with your divine femininity, its powers - and learn how to reconnect with, heal and utilize its magnificent force
- learn practical tools to love yourself and cherish your body





this is for you if:

you feel that it is time to  
take charge of your life

you choose to live with  
purpose and on your own  
terms

you want to change the  
narrative around women in  
collaboration, and women  
in business

you aspire to become the  
best version of yourself.

The whole programme adopts a holistic approach to personal development where we are addressing issues in all aspects of our lives. We are working with the body, the soul, and the mind to take charge of our future and shape it the way we want.

Participants can choose to sign up for the whole programme or for specific workshops based on where they are in their lives and what it is that they are looking for in this point in time in their journey.

Participants are invited to talk to us before deciding which option to take and we will be more than happy to guide them through the decision-making process.

## the concept

Authentic femininity lies at the heart of the intersection between the body, the soul & the mind. To instil and drive positive, sustainable, and fulfilling change we must embrace, empower, and heal all three pillars of the human existence.

The three of us have come together from diverse and varied personal, professional and ethnic backgrounds to create a space for women to be empowered, share knowledge and experiences, and simply lift each other up wherever and however possible.

We believe that the best way of delivering a message is manifesting it, and this is precisely the course of action we followed.

Our first projects were ourselves! We worked hard on ourselves and our dreams and started the magic before deciding to share the goodness of self-insight, self-knowledge, and healing.

We also represent our brands; the brands *are* us and we project them with pride and share them with love.





**Amany Rashwan, M.Sc HRM and Training Certified NLP Coach, and Certified NLP and TLT Practitioner and Accredited DISC Facilitator**

**Facebook:**

**<https://www.facebook.com/AmanyRashwanNLPcoaching>**

**Instagram: [@amany.rashwancoaching](https://www.instagram.com/amany.rashwancoaching)**

**LinkedIn:**

**[www.linkedin.com/in/amanyrashwan](https://www.linkedin.com/in/amanyrashwan)**

## meet the coaches

**Amany Rashwan**

Amany is a bilingual (Arabic/English) Certified NLP Coach, NLP and TLT Practitioner, certified DISC Facilitator and a trained Intercultural Fluency Trainer with 16 years of professional experience in various sectors in the MENA region and the United Kingdom. Amany holds a BA in Linguistics, and an MSc in HR Management and Training from the University of Leicester.

Amany has always been passionate about helping people take charge of their lives, shape their own futures, and reach their full potential. Amany's commitment to empowering women to build healthy positive relationships, be themselves, love their bodies, find their inner calling, stand up for themselves, and embrace their divine femininity has always driven her career choices, decisions, and values. Amany is also particularly keen on female collaborations leading to successful professional and personal relationships.

Amany has worked with people from various personal, professional, and ethnic backgrounds utilising Neuro Linguistic Programming coaching practices and techniques to help them explore their values, their limiting beliefs, and blockages as a means of unleashing their full potential, setting their goals and living their lives with purpose. She also helps people with stress management, weight loss and career aspirations.

Amany's belief in the inner strength and wisdom that we all possess drives her coaching and mentoring style as she guides her clients to find theirs which has all the answers and the resources they need to succeed and excel in life. She believes coaching is a journey that the coach and the coachee embark on together, each growing and learning considerably together. Coaches learn increasingly more about both themselves and the world with each client they support - a conviction underpinning Amany's professional practice.

# meet the coaches

## Hannah Balogun

Hannah is a Chartered Fellow of the CIPD, a Fellow of the Institute of Leadership and Management (ILM), a Fellow of the Chartered Management Institute (CMI), a Human Resource Management Graduate, a credentialed Coach and a member of the International Coaching Federation (ICF), a Member of the European Mentoring and Coaching Council (EMCC), a credentialed NLP Business Practitioner and an accredited Achieving Communication Excellence (ACE) Licensee, supporting organisations and individuals to achieve lasting improvements in performance, development and communication strategies.

Her Senior level HR experience and skills include facilitating effective people. Her passion has always been supporting individuals to achieve their maximum potential, and in the process, identifying leaders along the way. One person at a time, one conversation at a time, she continues to partner with individuals, teams, and leaders to create incredible results, supporting all parties to be the best version of themselves.

She believes a coaching style supports leaders, individuals, and teams to thrive, not just survive, regardless of the situational context. She currently works with individuals to create powerful shifts in perspective, supporting them to lead a more positive life, both personally and professionally.



**Hannah Balogun, MA, Chartered  
FCIPD, FCMI, FInstLM, ICF ACC, NLP  
Founder and Director of Hannah  
Balogun Ltd, Coaching & HR  
Consultancy**

**Website: [hannahbalogun.com](http://hannahbalogun.com)**

**Instagram: [@hannahbalogun\\_com](https://www.instagram.com/hannahbalogun_com)**

**LinkedIn: [Hannah-Balogun-ma-  
chartered-fcipd-fcmi-finstlm-icf-acc-  
nlp](https://www.linkedin.com/company/hannah-balogun-ma-chartered-fcipd-fcmi-finstlm-icf-acc-nlp)**

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**Payal Mehta,**  
**Founder of Healing Life -**  
**Resolve, Revive, Re-live**

**Website: [healwithpayal.com](http://healwithpayal.com)**

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**Facebook:**  
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**[0853024b](http://www.linkedin.com/in/payal-mehta-0853024b)**

## meet the coaches

### **Payal Mehta**

Payal Mehta is a spiritual wellness & healing facilitator and Life Empowerment coach.

Payal's expertise is in supporting & empowering soul centered women to stand in their brilliance, grow their confidence, self-love, balancing roles, creating boundaries and finding equilibrium and joy within.

Being spiritually inclined - her 15-year journey led to learning and blending ancient & quantum healing modalities to create a deep restorative self-empowering program called **The Infinite Being program**.

Payal is internationally trained in:

Theta Healing®

Inner Child healing

Family Constellations

Emotional Empowerment

Spiritual Life Coaching

Channelling

Redikall Consciousness

Soul Temple

Past Life Regression

Her passion is to impart hope, healing and empower each person to develop to their true unlimited potential. To be able to create an environment of safe healing with no judgements.

“*There is nothing that gives me more joy to see a client when they leave a session - lighter, resolved, full of answers, deeper awareness, clarity and direction. I am but a facilitator guiding them to their own inner light, brilliance and magnificence.*”

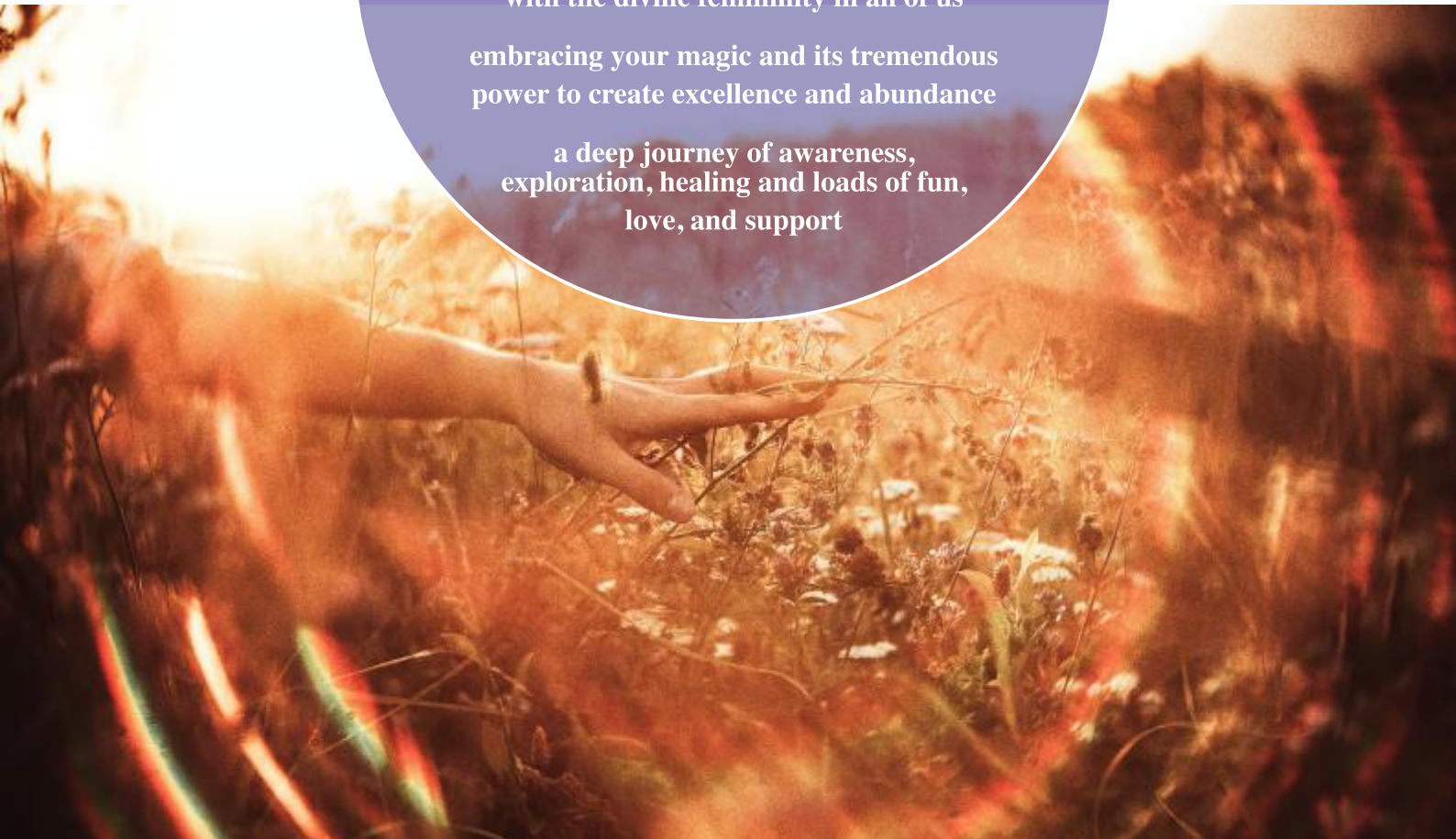


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The three modules represent a holistic journey into the soul, the body, and the mind.



## programme highlights

### Module One:

**THE POWER OF SELF-TALK –**  
Take control of your own script.

**Coach: Amany Rashwan &  
Hannah Balogun**

Our self-talk and script as women is shaped very early in our lives by society, parents, the media, schools and the deep-seated perception of femininity and masculinity that has been passed down from one generation to the next.

In this module, we look at the existing narrative and how it shapes our self-talk as women and how hindering and unhelpful it is.

Then we explore new ways to re-write the script and reframe the self-talk for better results and overall wellbeing.

**1 Day workshop**

**Saturday 11 September  
11:00 – 17:00 (BST)**

### Module Two:

**EMPOWERING WOMEN -**  
Relationships: The workplace & beyond

**Coaches: Hannah Balogun &  
Amany Rashwan**

The empowering women module takes a deep dive into how we as women empower ourselves through our relationships, personally and professionally. By exploring and understanding how we currently view the world, our internal compass, how we develop effective and supportive relationships will enable us to look at our world differently, creating and leading to a more fulfilling and purposeful life.

**2 - Half Day workshops**

**Saturday 18 September  
11:00 – 15:00 (BST)**

**Sunday 19 September  
15:00 – 19:00 (BST)**

## programme highlights

### Module Three:

**THE SACRED FEMININE –**  
Femininity, Sexuality, Self-love

**Coaches: Payal Mehta &  
Amany Rashwan**

Feminine energy is flowing and dynamic. She embodies the frequency that is magnetizing and powerful. Feminine strength comes from her soul.

In this module, we focus on healing with guided meditations, accessing ancient wisdom and powerful energy work to connect you to your higher self, feeling a deeper connection with self-love, releasing ancestral trauma, healing the maternal lineage and feeling the power of **YOU** sexually, spiritually and at a soul level.

**2 - Half Day workshops**

**Saturday 25 September**  
**11:00 – 15:00 (BST)**

**Sunday 26 September**  
**15:00 – 19:00 (BST)**

## programme details

Signature launch price

**£500**

**ALL 3 MODULES**

+

early bird offer

Pay before  
25th Aug

**BONUS BENEFIT**  
worth

**£250**

**30 MINS PRIVATE COACHING SESSION**  
**2 POWERFUL SELF DISCOVERY MEDITATIONS**

**INDIVIDUAL  
MODULES**

**£250**  
each

Start your *empowering journey*  
with us today! To register & for more  
details email us at:

**theempoweringfeminineforce**  
**@gmail.com**

# disclaimer | terms & conditions

## Disclaimer and Terms and Conditions

Participant is responsible for creating and implementing her own physical, mental and emotional well-being, decisions, choices, actions and results. As such, the participant agrees that the Empowering Feminine Force Coaches and Healers are not and will not be liable for any actions or inaction, or for any direct or indirect result of any services or information provided on the programmes.

Client understands coaching and healing is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.

Participant agrees to communicate honestly, be open to feedback and assistance and create the time and energy to participate fully in the programme.

I understand when using Energy Medicine, the practitioner is not "diagnosing" or "treating" the physical body which is the domain of the medical field and other allied health care professionals but instead is connecting spirit-to-spirit with a client to assist the client in addressing imbalances within the client's energy system, as well as exploring the energetic influence of thoughts, beliefs, and emotions and how they impact the client. I understand there is a distinction between "healing" using Energy Medicine and the practice of medicine or any other licensed health care practice.

Any information presented about Energy Medicine is not intended to represent that Energy Medicine is used to diagnose, cure, treat, or prevent any medical problem or psychological disorder nor is Energy Medicine intended as a substitute for seeking professional health care advice and services.

Under no circumstances, including but not limited to negligence, will any of the affiliates or suppliers be liable for any damages, losses, and causes of action (whether in contract, tort or otherwise) - whether direct, special or consequential - for injury, personal, emotional, psychological, financial or otherwise, or that result from the use of, or the inability to use, the materials, services, products or programmes, even if advised of the possibility of such damages.

It is important that you do not disregard or delay seeking professional medical advice or support because of information received on any of the programmes.

Participant understands that coaching and healing is not to be used as a substitute for professional advice by legal, mental, medical or other qualified professionals and will seek independent professional guidance for such matters. If participant is currently under the care of a mental health professional, it is the participant's responsibility to inform the mental health care provider.

A refund will be available if participant provides 72 hours' notice before the commencement of the programme \*\*. Once the programme has commenced, there will be no refund available.

\*\* minus a 20% service charge.