

YOU'RE INVITED TO "EMERGING RESILIENT"



Hygge [hoo-gah] verb

1. *the art of building sanctuary and community, of inviting closeness and paying attention to what makes us feel open-hearted and alive;*
2. *to create well-being, connection and warmth;*
3. *a feeling of belonging to the moment and to each other;*
4. *celebrating the everyday.*

Hey, Soul Sister! How would YOU like to:

- ♥ **CONNECT** to a higher level of *Self-Awareness*? (to live by design, not default)
- ♥ **INSPIRE** yourself to embody a healthy *Self-Love*? (to love others more)
- ♥ **SERVE** in the highest way through *Self-Leadership*? (to lead others better)
- ♥ **AMPLIFY** your soul purpose and positive impact? (to create a We-Centered world)

Beginning on March 1st, we'll gather to begin a year-long intimate virtual group journey towards embracing the joys of a Restorative lifestyle – working smart, playing hard, and resting well so we can become Synergy Strong—meeting our personal and professional challenges with more grace, grit, and gratitude.

This Innovative Program, "EMERGING RESILIENT" is deliberately crafted to Soulfully EMPOWER with inspiration and motivation and Strategically EQUIP with practical energy management tools to create Balanced Success without burning out. The Transformative Synergy of our group becomes a catalyst for growth and a sacred container for practicing new skills in a community of like-hearted women.

The Mission of this Program:

Emerging Resilient will provide meaningful support, structure, encouragement, accountability, clarity, training, laughter, mindset shifts – in an unconditionally accepting, relaxed environment where you feel seen, heard, and supported.



em-pow-ered:

- ♥ *the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.*
- ♥ *increasing the capacity of individuals or groups to make choices about what they want and to transform those choices into desired actions and outcomes.*

equipped:

- ♥ *ready and prepared by having all that is necessary, useful or appropriate for a specific purpose*

Soul Sisters are Precious (& the Secret Sauce to Keep Burnout at Bay!)

Close-knit “soul sisters” keep you growing, stretching, and learning – they keep you accountable to your highest values. They make you laugh and feel more like yourself when you’re with them.

I used to think that friends were the people who unconditionally comforted you when you felt wronged, showed up for you when you felt needy and insecure, joined you in righteous indignation when you felt angry, and validated you when life isn’t going your way. But also my most valuable friends are the ones who stand for my soul, even when that means saying something my ego doesn’t want to hear.

When a friend stands for your soul, she holds you accountable to your highest potential and expects you to do the same for her. When a friend stands for your soul, she understands how your ego operates—and loves and accepts you in spite of-*even because of*- what she knows. But she doesn’t sit by complacently when she watches you create your own suffering. She calls you on it lovingly and invites you out of your conditioning and into the direction of your highest self.

Will you indulge yourself for one precious moment? Imagine what you could be, do, or have with a record-high return on the energy, time, and resources that you invest in this year...Consider gifting yourself the love and support you deserve to create a life you love. And say “YES” to this life-changing journey with a phenomenal tribe of soul-sisters.

EVERYTHING You'll Receive:

Features:

- **Monthly Dynamic, Inspirational & Co-created Group Sessions** (\$997 Value)
- **Monthly “Soul-Care Sundays” Group Distance Reiki Healing Sessions** (\$228 Value)
- **Mid-Month “Ask Anything Q & A” Office Hours**
- **Private Community Facebook group as a safe place for engaging and sharing openly**
- **Weekly: Intention Setting & Check-in’s** (our secret sauce = Priceless!)
- **Priority add-on 1:1 Resilience Coaching sessions @- 25% VIP discount** (Just you and me!) Topics can range from discussing your mindset and helping you move through limiting beliefs; to further exploring your unique circumstances. You'll be amazed at how much we accomplish in these sessions. Reach out to arrange one-on-one time with me.
- **Priority add-on 1:1 Reiki Sessions @- 25% VIP discount** (Relax. Balance. Heal)
- **Priority registration for Reiki Self-Care Classes (Level I & II Certification)**
- **Bonus Templates (Sunday Sojourn ~ A Weekly Practice for Clarity, Meaningful Morning Practice to Start Your Day Strong, Habit Tracker to gain and keep forward momentum; and many more!**

Our monthly Zoom meetings will *informational*, and more importantly, *relational*; We'll join in wholehearted conversations, reflecting both power and potential back to one another as we grow and experiment with the Balanced Success tools we're learning.

For the “Ask Anything” Office Hours component, you'll bring your questions and receive coaching from me and encouragement from group participants. You'll also provide suggestions, ideas, and your lessons learned in response to other women's questions. The group is always smarter than any single person - this format really lets the group intelligence shine, coming together in support of each other (and you can never get *too much* support in your work and life!). Accountability is one of the top benefits of coaching. It's what will ensure that you get the most possible out of this group coaching program.

The Group Distance Reiki Sessions are a powerful way to end each month, clearing out what no longer serves and welcoming a fresh new month with a boost of clarity, balance and serenity. No matter what you're engaged in or where you are as I'm sending Reiki your way, it will reach you. There's no Zoom call or group meeting to attend. While it's not necessary to be still or quiet, if possible, I invite you to treat this as sacred, meditative time. Drink extra water and be open to receiving whatever you need to relax, balance, and heal. If you have specific intentions you'd like held on your behalf, please share them with me by 5 pm on Sunday.

Program Schedule & Overview

Once Your Application is Accepted, You'll be sent the Access Link to Meet us in the Zoom Room for Group sessions and "Ask Anything" Q & A Office Hours

March

- 1** Mon 7-8:30 pm *Essential Life Skills for Emerging Resilient, Empowered & Equipped*
- 15** Mon 12 noon-1pm Mid-Month "Ask Anything Q & A" Group Office Hours
- 28** Sun 7-8pm Group Distance Reiki Healing Session

April

- 5** Mon 7-8:30 pm *The Power of Presence & Beauty of Fresh Perspective*
- 19** Mon 12 noon-1pm Mid-Month "Ask Anything Q & A" Group Office Hours
- 25** Sun 7-8pm Group Distance Reiki Healing Session

May

- 3** Mon 7-8:30 pm *Elevate Your Clarity for Focused, Peaceful Productivity*
- 17** Mon 12 noon-1pm Mid-Month "Ask Anything Q & A" Group Office Hours
- 30** Sun 7-8pm Group Distance Reiki Healing Session

June

- 7** Mon 7-8:30 pm *Confidence Builders and Boundary Setting Secrets*
- 21** Mon 12 noon-1pm Mid-Month "Ask Anything Q & A" Group Office Hours
- 27** Sun 7-8pm Group Distance Reiki Healing Session

July

- 5** Mon 7-8:30 pm *Re-Boot Your Creativity ~ Mining for J.O.Y.*
- 19** Mon 12 noon-1pm Mid-Month "Ask Anything Q & A" Group Office Hours
- 25** Sun 7-8pm Group Distance Reiki Healing Session

August

- 2** Mon 7-8:30 pm *Embrace Your Authenticity, Unique Gifts & Strengths*
- 16** Mon 12 noon-1pm Mid-Month "Ask Anything Q & A" Group Office Hours
- 29** Sun 7-8pm Group Distance Reiki Healing Session

September

- 13** Mon 7-8:30 pm *(note 2nd wk) *Elevate Your Vision ~ Tuning in & Looking UP*
- 20** Mon 12 noon-1pm *(note 3rd wk) Mid-Month "Ask Anything Q & A" Group Office Hours
- 26** Sun 7-8pm Group Distance Reiki Healing Session

October

- 4** Mon 7-8:30 pm *Heart-Centered Leadership Skills & The Art of Mind-Mapping*
- 18** Mon 12 noon-1pm Mid-Month "Ask Anything Q & A" Group Office Hours
- 31** Sun 7-8pm Group Distance Reiki Healing Session

November

- 1 Mon 7-8:30 pm *Big Goals, Small Steps with Kaizen, Micro-Commitments & Habit Tracking*
- 15 Mon 12 noon-1pm Mid-Month “Ask Anything Q & A” Group Office Hours
- 28 Sun 7-8pm Group Distance Reiki Healing Session

December

- 6 Mon 7-8:30 pm 6th *Secrets to Sustaining Change, Getting Unstuck, & Making Aligned Decisions*
- 20 Mon 12 noon-1pm Mid-Month “Ask Anything Q & A” Group Office Hours
- 26 Sun 7-8pm Group Distance Reiki Healing Session

January

- 3 Mon 7-8:30 pm *New Year, New ~~You~~-View! Virtual Vision Board Workshop*
- 17 Mon 12 noon-1pm Mid-Month “Ask Anything Q & A” Group Office Hours
- 30 Sun 7-8pm Group Distance Reiki Healing Session

February

- 7 Mon 7-8:30 pm 7th *Relational Wellness ~ Repairing Friendships & Forgiveness practices*
- 21 Mon 12 noon-1pm Mid-Month “Ask Anything Q & A” Group Office Hours
- 27 Sun 7-8pm Group Distance Reiki Healing Session

*“There is a space for you in the world with your name on it...
and your part is the lead part. No matter who you are,
it’s the lead. Because only you can play it,
and without you it doesn’t happen.”*

~Flo Magdalena

*“I am a beacon of light shining in the darkness;
within me burns the fire of inspiration urging me onward and upward.
I feed this fire with Grace, Grit, and Gratitude—offering space to everything &
everyone, including myself, in which to awaken, remember, decide, and grow.
From this place of Transformative Synergy we all surrender to the process of first
F.L.Y.ing, and then SOARing, into a higher state of Being.”*

~ Christina Kunkle

SOUL-CARE SUNDAYS!

Monthly Group Distance Reiki Healing Sessions



Our group sessions will be 7-8pm on the last Sunday of each month.

February 28th

Earlybirds can attend!

March 28th

April 25th

May 30th

June 27th

July 25th

August 29th

Sept 26th

October 31st

November 28th

December 26th

January 30th

February 27th

It's hard for our practical brains to process, but we don't need to be physically in the same place at the same time for a Reiki healing, as energy is not limited by space or time. Reiki is a universal life force energy that surrounds us all and nourishes every living thing.

This will be a powerful way to end each month, clearing out what no longer serves, and welcoming a fresh new month with a boost of clarity, balance, and serenity.

At the start of our group session, I will say a prayer, and set the intention that the Reiki energy is received for your highest good. If you've given me permission to work with your energy in this way, there's nothing special you need to do begin soaking up the healing waves.

A few Tips to Make Your Experience Most Enjoyable:

No matter what you're engaged in or where you are as I'm sending Reiki your way, it will reach you. While you can go about your regular activities, it isn't necessary to be still or quiet, I do invite you to consider treating this as sacred, meditative time. Perhaps take a long, deep, bubbly bath with 1 cup Epsom salts and 1 cup baking soda.

Create a peaceful environment, light a few candles, play some relaxing music.

Here's one of my favorites that you may want to try from Youtube: 432 Hz | Reiki Music For Healing At All Levels | Emotional, Physical, Mental & Spiritual Healing

<https://www.youtube.com/watch?v=dNu6CCWMbHc>

If you're at home, sit in your favorite meditation space, a beautiful spot in your backyard, or lie on your bed if you feel like a rest. Make the space comfortable with cushions and pillows; use your crystals, essential oils, and soft lighting to create atmosphere.

If Possible, Devote this time to Soul-Care.

Sit, or lie comfortably, and make sure you have a cozy throw handy. Close your eyes and take several deep, slow breaths to relax. Tell your chatty mind that it is not needed right now. No-one needs you right now, you have no-where else to be, just here.

Bring your focus to the sounds around you, if thoughts or questions or ideas come into your mind, just let them be there, and then go. Don't latch on and go down that path. If you feel your attention wander, just return to following your breath in and out.

Re-affirm your intention to receive the healing energy being sent your way.

That is all you need to do. Forget concepts of time according to the clock, or your current physical location. When I receive group Reiki I feel more calm and peaceful. Whatever your experience please trust that whatever you need, will be received in the perfect way for you. This may seem a bit hard to believe; but suspend your doubts and skepticism for this time.

Go back to your breath, a simple way to stay focused on the moment is to slowly count your breaths, 1 on the in breath, 2 on the out breath. Start again. And again. And so on. Keep it really simple.

Just relax in this space for as long as you feel comfortable, it may be 5 minutes, it may be half an hour. You may fall asleep, nothing wrong with that – unless you're in the bath, that's probably not a great idea. (Ha!) When you feel ready, again, take 3 really deep, really slow, really big breaths to tell your body it's time to change gears.

Don't jump up and rush back into "doing mode". Try to imagine a protective buffer around you, keeping you feeling relaxed. Drink extra water before and after to keep the energy flowing.

Take a moment to write down any "soul whispers" —many golden ideas come to you in these quiet moments!

Then gently go about your evening, taking note of anything that comes up; you might think of a particular situation or person, something that's been bothering you that you are ready to address, or you might have some inspired ideas pop up.

Pay attention to your dreams, as insights often come during restorative sleep.

Be sure to share your experiences and be on the lookout for a follow-up email summary of my collective insights and take-away's within 24 hours.

My greatest wish is that this add-on Reiki boost will help amplify your intentions to Relax, Balance, and Heal.

Love,

Christina

Questions? Reach out! 540-746-5206

EMERGING RESILIENT Program Application

Please complete, (E)-sign & return agreement
Or mail to 4033 Cannery Woods Drive, Bridgewater, VA 22812
to save your space in the program

Name _____

Address _____

Email _____

Day Phone _____ **Evening** _____

Birthday (Date and Year) ____/____/____

Investment:

My intention is to make this program AFFORDABLE FOR EVERYONE. Simply choose which of these two options best suits you: For your convenience we can set up recurring credit card payments through Pocketsuite, or you can pre-pay pay in full for \$564 and earn \$50 Synergy credit towards add-on 1:1 Reiki healing or Resilience Coaching sessions.

1. __12 payments of \$47 each (first payment due at time of registration, remaining 11 payments due monthly). *Register before Feb 27th & attend Group Reiki session 2/28*
2. __Pay in full \$564 and earn \$50 Synergy credit towards add-on 1:1 Reiki healing or Resilience Coaching sessions.

Your payments **may be tax deductible as professional expense** or able to be withdrawn from flexible spending accounts. Please check with your employer &/or tax consultant.

To help ensure our time together is spent on issues that are of greatest importance to you, please keep payments easy-breezy. I ask for your prompt attention to this detail.

I understand that Christina Kunkle is not a licensed therapist and that I am responsible for all my decisions, actions and feelings.

Congratulations on giving yourself the gift of Coaching! Get ready for the amazing results of having **Inspiration, Motivation, Education, Synergy of Partnership, and Accountability** built into your powerful Group program!

Participant Signature _____ **Date** _____

***Partial Scholarships available. For more information
Contact Christina Kunkle 540-746-5206***

Here, support, growth, and connection are our main ingredients. Below are our values and affirmations to help guide us.

Our Shared Values and Affirmations

Collaboration

I am here to connect and grow with the community

Care

I am kind to all people and welcome their experiences and perspectives

Contribution

I share openly, offering support and understanding to others

Curiosity

I am here to listen and learn from others without judgment

- 1. In what ways are you hoping to grow by joining our Emerging Resilient group?**
- 2. What do you long for most in your life?**
- 3. What do you struggle with the most in your life?**
- 4. What kind of support do you need most to help you stay focused, positive, and excited about your work and life?**
- 5. What questions do you have for me?**
- 6. Is there anything else you want to share with me at this time?**