



If your child has provided you with this brochure, they are interested in joining the Phoenix coaching program.

To enrol them in the program, please complete the enrolment forms and return to the coach prior to commencement.

Becoming a Phoenix...

This is a ten week program, including 10 x one hour sessions with a Phoenix coach. The program is targeted toward and designed for girls aged 13 to 16, however is open to all. This age is when developing a strong self-concept matters most. It is developed by women, based on the lived experience of women. Phoenix children will be given the chance to achieve milestones, at the end of which the child **becomes a 'Phoenix' for life...**



'I'm a Phoenix'

Unlocking self-love and creating their story.



'I have grace'

Understanding the behaviour of others, living in the world with grace.



'I have strength'

Purpose exploration, what is their 'why'?



'and boundaries'

Boundaries create freedom, what will they and wont they accept?



'I move forward'

Creating success habits to propel them forward.



'with good faith'

Helping them discover that they are safe, protected and loved.



'creating peace'

They discover the calm and peace within.



'around me'

Helping them to build their support network and positive context.

What we don't do...

Preach

- Our coaches do not preach religious or spiritual beliefs.
- Our coaches are open and respectful to all religious belief systems and our coaching caters to all.

Therapy

- Our coaches are *not* trained psychologists or counsellors.
- Our coaches will notify parents if the child mentions anything concerning, and psychological assessment is at the discretion of the parent.

Advice

- Our coaching is not designed to offer 'advice' about the child's life or choices.
- Support provided will be in the form of *tools* and *systems* and *internal work* to enable the child to discover their own answers, strengths and development opportunities.



Visit

www.gemmajoyfrith.com.au

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Our founder's Phoenix journey...

What was your 'Self-Story' when you were 13?

Mine was that I wasn't enough. Not pretty enough, not smart enough, not worthy enough.

For years, I carried a negative self-image that shaped every choice I made, career, relationships and life.

My story was:

'Of course people don't like me, if I met me, I wouldn't like me either.'

I felt all wrong for the world, I didn't want to be here anymore.

In my darkest moment, there was a small beacon of light, one that told 13 year old me:

'It's going to be ok, you have more inside you.'

It was dim at first, barely there, but as I began to climb, it grew brighter.

Like every Phoenix, I learned how to rise.

From the ashes of chaos, I built unshakeable self-love. It didn't matter what happened out there, I loved myself whole-heartedly. I was there for myself.

I rebuilt my body, my mind, my soul, my career, my relationships, my context. I climbed the corporate ladder to well over six figures, built a business, built homes, relationships and faced the unceasing battles of life. I discovered a grit I never knew I had. Resilience I never knew I had. Self-love I never knew I had. I learned to set boundaries that protect my peace.

*I learned that my own feelings, my own perceptions and what I felt was right and wrong were the **most important** things.*

I learned to choose relationships that honour my value, and to love myself, without conditions.

I needed that beacon of hope, that self-love, those boundaries and those internal skills, and I wish I had found them far earlier in life.

I am here to be that beacon of hope for as many future women as I can.

Gemma Joy Frith

