



How do you feel about your life, your purpose, your reason for being here?
Becoming a Phoenix will help you to unlock your ultimate self-love, fortify your strength and create your boundaries with grace...

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. As a Phoenix you will be given the chance to achieve milestones, at the end of which you **become a 'Phoenix' for life...**



'I'm a Phoenix'

Unlocking self-love and creating **your** story.



'I have grace'

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



'I have strength'

Purpose exploration, what is your 'why'?



'and boundaries'

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



'I move forward'

Creating success habits to propel you forward.



'with good faith'

Helping you discover that you are safe, protected and loved.



'creating peace'

You discover the calm and peace within.



'around me'

Helping you to build your 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/schools if anything concerning is discussed and psychological assessment is at the discretion of the parent or guardian.

Advice

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



Visit

www.gemmajoyfrith.com.au

WWC0457131E Exp: 18/08/2029

Our founder's Phoenix journey...

What is your 'Self-Story'?

At 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

