

# From Overwhelm to Awe

**An eight-week, small-group program to help overwhelmed, people-pleasing wonder women move from a state of anxiety, stress, and guilt, to the peace, space and self-acceptance they crave.**

**\$499 USD**

**Start Date: Tues Sept, 25, 2018**

**The program includes:**

- Eight 90-min group sessions (via online video)
  - Activities & exercises between sessions
  - A 'swag bag' mailed to you (a package with fun, support materials you'll need over the 8 weeks)
  - Guided audio meditations & mind-body tools
  - A private Facebook group to connect, collaborate and share experiences between sessions
  - A small group of women who are in a similar place as yourself
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## Program Outline:

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### **WEEKS 1 & 2: Creating External Calm**

The first step to moving out of overwhelm and anxiety, and into an inner state of expansion and calm, is to create external stillness, silence and space.

#### Week 1 Activities: Create Stillness

- Take an “Awe-walk” through park. Look for examples of stillness in nature.
- Notice a moment of awe, and jot down to share.
- Select and bring back one item that stands out to you.
- Daily nature sit-spots - Spend 5 min sitting in nature and noticing your surroundings.
- 10-min guided audio meditation to help you go from ‘scattered’ to ‘centered’.

#### Week 1 Group Session: Create Stillness

- Welcome gathering and introduction.
- ‘Show & Tell’ of the nature item from your daily sit-spot.
- Share any thoughts or experiences that came up as a result of spending time in nature.

#### Week 2 Activities: Create Space

- Exercises to create ‘space’ in your life (remove one item from calendar, remove one item from physical space, replace one clothing item that’s too tight!)
- Guided audio meditation - creating space in your body
- Contemplate “What am I making room for instead?”
- Take an “Awe-walk” outdoors - look for examples of space in nature.

#### Week 2 Group Session: Create Space

- Share nature observations/contemplations from past week.
- Share & discuss any thoughts or experiences.
- Share & Discuss ‘what am I making room for instead?’

## **WEEKS 3 & 4: Silencing Your Inner Critic (& Letting the Kid in You Come Out and Play)**

Now that creating external space and stillness has become a daily practice, **in Weeks 3 & 4**, we shift into quieting the mind chatter by immersing your 5 senses in the present moment and bringing out your creative side, your child-like nature and doing activities you love!

### Week 3 Activities: Indulge Your 5 Senses

- Notice smells, sounds, colors, textures in your typical day.
- Indulge your senses all week long.
- Mp3 audio journaling exercise on noticing sensory experiences.

### Week 3 Group Session: Indulge Your 5 Senses

- This is where your ‘swag bag’ contents come in!
  - Tea bag, lavender, candle, crayons, and other surprises...
- Share and discuss how various sensory stimulations affect your everyday life.

### Week 4 Activities: Delight, Humor & Art

- Play with color! Arts & crafts
- “Find Funny Things” exercise
- Watch comedy clips (sent via email)
- Notice moments of delight and laughter
- List 50 Successes

### Week 4 Group Session: Delight, Humor & Art

- We will color, paint, sketch and engage in activities that immerse our senses.
- ‘What lights you up’?
- ‘What makes you laugh uproariously’?
- How to weave in play & fun into your life

## **WEEKS 5 & 6: Your Life's 'Operating System'**

**In Weeks 5 & 6**, we will introduce journaling exercises and mind-body tools that will help you start to identify how your past has helped shape you into who you are today, and how to 'reprogram' some of the conditioning that gets you stuck in a cycle of duty-bound overwhelm, anxiety and guilt.

### **Week 5 Activities: What Keeps You Stuck**

- Guided audio meditation: KIND Process
- Essential self vs Social self

### **Week 5 Group Session: What Keeps You Stuck**

- The belief you must "Earn Your Existence"
- Guilt, duty & responsibility - their role in overwhelm
- How to still be a 'good person' without neglecting yourself

### **Week 6 Activities: Upgrading Your Life's Operating System**

- Energy Inventory
- What will you say no to?
- Small step = Big difference
- Learning the balance between self and others

### **Week 6 Group Session: Upgrading Your Life's Operating System**

- Where you spend your energy in a typical day
- Energy vampires
- Healthy boundaries
- Reciprocity in relationships
- Drawing Your Emotions

## **WEEKS 7 & 8: Creating Internal Calm**

In Weeks 7 & 8, we will introduce practices that will help you start to access your inner guidance and wisdom, so that you make decisions that move you away from overwhelm and closer to peace.

### **Week 7 Activities: The Transformative Power of Feeling Safe**

- Guided audio visualization: Meeting with your Higher Self
- Safety & Security exercise
- Disconnecting from technology & Connecting to You

### **Week 7 Group Session: The Transformative Power of Feeling Safe**

- Dealing with “What if...?” fears
- Guilt, Shame & Anxiety - How to deal with them
- Diaphragmatic breathing - how to shift the gears of your nervous system

### **Week 8 Activities: Connecting To Your Inner Wisdom**

- Incorporating the cycles of Rest & Play
- Write a letter to your future self: “I promise myself...”
- ‘What Have You Made Room For?’ exercise

### **Week 8 Group Session: Connecting To Your Inner Wisdom**

- What do you know now, 8 weeks later?
  - ‘Meeting Your Higher Self’ Visualization
  - Drawing Exercise: Accessing Your Inner Wisdom
  - Closing Ceremony
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## Your Expected Results:

By the end of this program, you will know, and be well on your way to:

- Decreasing overwhelm
- Connecting to an inner sense of peace
- Carving out time for you
- Replacing energy drains with restorative practices
- Creating healthy boundaries
- Reconnecting to, and incorporating, what's important to you
- Improved physical and mental well-being
- Feeling a sense of personal empowerment
- Creating space for your dreams and desires
- More fun, laughter, creativity and play in your daily life The weekly structure of intentional connection increases the likelihood you will continue these practices long after the program is over.

## Ready To Do This?

Your investment for this 8-week small-group program (maximum 5 participants) is **\$499 USD**. Remember, your program includes:

- Eight 90-min group sessions (via online video)
- Activities & exercises between sessions
- A 'swag bag' mailed to you (a package with fun, support materials you'll need over the 8 weeks)
- Guided audio meditations, journaling exercises & mind-body tools

# KALIPI NIKITAS

COACHING

- A private Facebook group to connect, collaborate and share experiences between sessions
- A small group of women who are in a similar place as yourself

You can choose to sign up for one of the two course options below:

## Course Dates: Option 1

- Tuesdays at 1:00 pm EST
- Start Date: Tues Sept 25, 2018

## Course Dates: Option 2

- Tuesdays 8:00 pm EST
- Start Date: Tues Sept 25, 2018

**Reserve Your Spot: \$499 USD - Maximum 5 participants per course.**

Book Your Free Discovery  
Call Now!

Need More Info? I'd love to hear from you! Send me an email at [kaliopi@kaliopinikitas.com](mailto:kaliopi@kaliopinikitas.com) or schedule a call [here](#).

**FAQs:**

**Q. Why is the class limited to only 5 participants?** **A.** Having a smaller group means each person will have more time and attention during our group sessions. Between discussing how the past week went, the new content and sharing insights, the time together will fly by and I want each participant to get as much out of the program as possible.

**Q. The program is via online video. What if I don't feel comfortable being on video?** **A.** Yes, it can be uncomfortable for many people to see themselves on video, however the group is a small one, and will only be seen amongst us. Connection is a key component of the program, and being able to see each other goes a long way toward building that deeper connection. You are welcome to turn the video off during times you need to step away or if you're having 'one of those days'. Also, the recordings will be audio only, so the video component will only be seen during our live connections.

**Q. I've never connected via video. How complicated or difficult is it?** **A.** It is super simple and I will be sending information and links to each participant on downloading the 'zoom.us' app. You'd be surprised how user-friendly it is.

**Q. What if I have to miss one of the classes?** **A.** Not to worry, life happens and sometimes missing a class can't be helped. You will have the class audio recording to listen to hours after the live class and our private FaceBook group to connect with others and see what's gone on or ask further questions. If you think that you won't be able to make it to multiple classes, then this program may not be for you at this time. It is a challenge making yourself a priority consistently, but seeing as this is one of the key objectives of the program, an earnest commitment is required.

**Q. What is the refund policy?** **A.** There are no refunds. Commitment, and keeping a promise to yourself, is something I think is important, especially when wanting to make lasting change in your life and patterns. Having said that, there are always unexpected emergencies in life – these will be handled on a case by case basis.