

BECOMING YOU

A 12-Week Private Mentorship with Emma Rowena



A Journey Back to Your Inner Wisdom

There is a wisdom within you that already knows the way.

But when life becomes noisy — with expectations, pressure, responsibility, and old patterns — that inner clarity can feel distant.

You may find yourself overthinking, second-guessing, or feeling stuck between who you are... and who you sense you could be.

Becoming You is a 12-week private mentorship designed to guide you back to your own inner guidance system — through your body, your emotions, your energy, and your intuition.

This is not about fixing you.

It is about learning how to *hear yourself clearly* – and trust what you hear.

Together, we don't just talk about your life – we *learn how to listen to it*.

Through your emotions, your body, your energy, and your inner imagery, you begin to recognise your own inner language – and understand what is truly aligned for you.

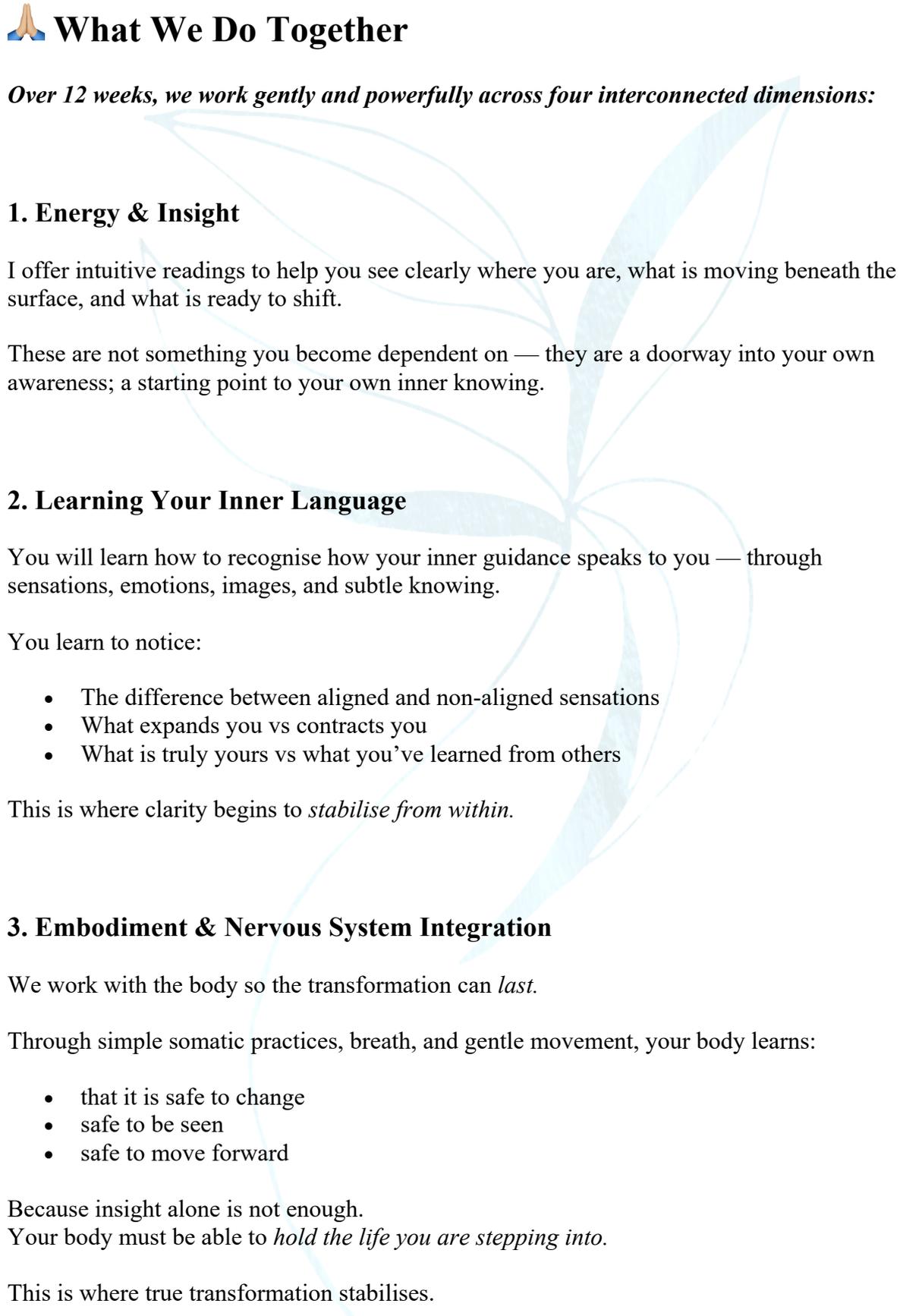
Who This Is For

This programme is for you if:

- You feel confused, overwhelmed, or stuck in repeating patterns
- You long for clarity about your next step — but don't trust your own voice fully
- You are tired of trying to prove yourself by doing more
- You sense there is something greater within you waiting to unfold
- You want to build your life, work, or vision from alignment — not pressure

You don't need to have it all figured out.

You only need the willingness to listen.



🙏 What We Do Together

Over 12 weeks, we work gently and powerfully across four interconnected dimensions:

1. Energy & Insight

I offer intuitive readings to help you see clearly where you are, what is moving beneath the surface, and what is ready to shift.

These are not something you become dependent on — they are a doorway into your own awareness; a starting point to your own inner knowing.

2. Learning Your Inner Language

You will learn how to recognise how your inner guidance speaks to you — through sensations, emotions, images, and subtle knowing.

You learn to notice:

- The difference between aligned and non-aligned sensations
- What expands you vs contracts you
- What is truly yours vs what you've learned from others

This is where clarity begins to *stabilise from within*.

3. Embodiment & Nervous System Integration

We work with the body so the transformation can *last*.

Through simple somatic practices, breath, and gentle movement, your body learns:

- that it is safe to change
- safe to be seen
- safe to move forward

Because insight alone is not enough.

Your body must be able to *hold the life you are stepping into*.

This is where true transformation stabilises.

4. Integration into Real Life

We translate everything into your daily life – your decisions, your relationships, your work, your creative expression.

Together, we create simple, personal practices and anchors that help you stay connected to yourself – even in everyday life.



The Structure

- **12 Weeks Total**
- Weekly 1:1 Sessions (Weeks 1–3)
- Week 4: Integration Week (no live session — reflection & embodiment)
- This rhythm repeats for 3 cycles
- At the end of the 12 weeks, we meet for a **Closing & Integration Session** — supporting you in fully stepping into and holding your own inner wisdom.

Each live session is deep, focused, and spacious.

You also receive:

- Ongoing support via voice/text during weekdays (within agreed boundaries)
 - Personalised practices between sessions
 - Recorded meditations or embodiment tools when relevant
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What You Will Experience

As we move through the programme, you may notice:

- Increased clarity about your direction and decisions
- A deeper trust in your inner knowing
- Reduced overwhelm and internal conflict
- Stronger self-love and self-appreciation
- The return of curiosity, excitement, and creative energy
- The ability to take aligned action without forcing

You begin to feel grounded — like a deep bass note within yourself.

From that grounded core, your higher tones — your vision, creativity, and expression — resonate naturally.

You stop fighting yourself.
You begin to feel what is true – and trust it.
You begin to move *with* yourself.

And from that place, your life starts to reorganise – naturally, gently, and powerfully.

That is ***Becoming You.***

What People Have Said

I have worked with people individually, in couples, and in groups, and here are some of the things they have said about the experience:

"I feel quietly transformed, and able to access parts of myself and the world around me that I did not know I could before."

- F.M, writer and strategist

"You've shown me how safe life can be" - Silje, actor

"I've never felt this seen before – can you teach me?" - Monica, intuitive

"The course has given me a new way of being in life... I now hear my inner voice more clearly and am able to trust my own guidance." - Charlotta, artist and therapist.

"That was amazing - I could finally breathe into my tummy again. I am so happy you exist!" – Hildegunn, artist and teacher

Investment

This is a deeply personalised, high-touch mentorship.

We work closely together over three months – creating real, lasting change.

Founding Offer (until May 1):

€1,900 paid in full

or

3 instalments of €700

From May 1, the investment will increase to €2,500+.



A Personal Note

You already hold the wisdom of your path.

My role is not to give you answers –
but to help you recognise, trust, and live your own.

If this resonates, we begin with a conversation.

Simply send me an [email](#) with your questions, or follow [this link](#) to book a discovery call.

With love, Emma 💖

