

From FEAR to Freedom

Master Course Overview



Are you Ready to Chart Your Course from FEAR to Freedom?

What if you could wake up feeling Grateful and Excited each and every day?

Imagine living with a greater sense of..



- Self-compassion... enabling you to be kinder and gentler on yourself.
- Self-confidence... enabling you to have the inner-strength to live in authentic alignment with your own personal values.
- Self-acceptance... enabling you to fully embrace and share the uniqueness that is you.

Imagine saying good-bye to...



- A life that seems to be passing you by – where you feel like you are a bystander watching on the sidelines.
- A life that you keep thinking will get better, but never does.
- A life where you are tired, sad and filled with constant worry.

Women stuck in FEAR are often: Rule followers, people pleasers, afraid to speak up, lacking boundaries, comfort zone captives, procrastinators, and risk averse. They don't feel they have the ability to change, they feel stuck.

About the Master Course

The Fear to Freedom Master Course, a unique on-line group coaching experience, is designed to support the transformation you are seeking.

What you will experience:

1. 12 powerful 90 minute weekly coaching sessions, designed to go deep into your fears and create a path for you to sail into Freedom.
2. Freedom Course Work and Laser coaching with me during our group coaching calls.
3. Support of like-minded women – your personal inner circle.
4. A Private Facebook Community – Freedom Voyagers, to share and support one another.

Immersing in the “The **SEA** Freedom Method” you will...

1. Nurture Self-Compassion through **SELF AWARENESS**



- Uncover the specific ways in which fear holds you back.
- Change the way you perceive fear: from enemy to indicator.
- Learn strategies and tactics to create choices and outcomes to move you forward.

2. Cultivate Self-Confidence through **EMPOWERMENT**



- Take control of your life by knowing who YOU are and how you want to show up in the world.
- Become who you are meant to be so you can make positive choices.
- Clarify your values, create your Cardinal Rules for Life and Craft Your Life Vision.

3. Reach Self-Acceptance through **AUTHENTICITY**



- Learn how to live authentically, honor your voice, trust your intuition and follow your heart.
- Learn what it means to live in Freedom.
- Discover a greater sense of Self-Compassion, Self-Confidence, and Self-Acceptance.

Who is this for?

- Do you ask the question “Is this all there is to my life?”
- Do you want to overcome fear and indecision?
- Do you want to build self-compassion, self-confidence, and self-acceptance to make choices aligned with who you really are and not the voice of “you are not enough?”
- Are ready to take action, move forward and commit to creating positive results in your life?
- Do you want to begin this journey of growth in a structure of support and accountability?

If the answer to any of these questions is YES, this course is for you!

We'll hold the space for you as you consciously design a life that will shift you in the direction of becoming the woman you are meant to be and living the life you are meant to live.

To Learn More and Register, tap here: cardinalrulesconsulting.com

Questions? Contact Pam
(475) 328-0848 or pam@cardinalrulesconsulting



A portrait of Pam DeLise, a woman with blonde hair, wearing a white top and a necklace, smiling. The background is a soft-focus outdoor scene with trees and a sunset.

Pam DeLise

Pam is passionate about inspiring and helping women courageously let go of what's holding them back so they can experience the freedom to be who they are meant to be, and live the life they're meant to live. Pam received her MBA from Quinnipiac University and Certified Professional Coach (CPC) designation from the Institute for Professional Excellence in Coaching (iPEC). She is also a certified Energy Leadership Index Master Practitioner. Pam has worked for global, billion dollar healthcare companies as a Human Resources leader with over 20 years' experience as a coach, mentor, and facilitator.

