Wild & Wise
Free to Be Yourself
A JOURNEY TO YOUR AUTHENTIC SELF

INTRODUCING THE 8-WEEK WOMEN'S CIRCLE PROGRAM

Free to Be Yourself

A JOURNEY TO YOUR AUTHENTIC SELF

Do you feel completely free to be yourself in every area of your life?

Many of us, like myself, feel like we can't be ourselves in some situations. We may put on masks to hide parts of ourselves, so that we fit in and feel more accepted.

Perhaps we think it's not safe for us to be our real selves because we're afraid of being judged and criticised, or told we're "too much" or not "normal".

We feel that if we don't conform and fit in, we don't belong. The problem is fitting in is the opposite of belonging. As per Brene Brown:

> "Fitting in is about assessing a situation and becoming who you need to be to be accepted. Belonging, on the other hand, doesn't require us to change who we are; it requires us to be who we are."

When we try to fit ourselves into a mould, we disconnect from who we really are. We don't get to love and accept ourselves as we are. We don't get to shine our light and feel vibrantly alive.

Perhaps you resonate with "The Midlife Unraveling" quote from Brene Brown, even if you're not at midlife (see next page)?

The Midlife Unraveling

Midlife is when the universe gently places her hands upon your shoulders, pulls you close, and whispers in your ear:

"I'm not screwing around. All of this pretending and performing—these coping mechanisms that you've developed to protect yourself from feeling inadequate and getting hurt—has to go. Your armor is preventing you from growing into your gifts.

I understand that you needed these protections when you were small. I understand that you believed your armor could help you secure all of the things you needed to feel worthy and lovable, but you're still searching and you're more lost than ever.

Time is growing short. There are unexplored adventures ahead of you. You can't live the rest of your life worried about what other people think.

You were born worthy of love and belonging. Courage and daring are coursing through your veins. You were made to live and love with your whole heart. It's time to show up and be seen.

~ Brene Brown

What if you felt free to show up as yourself, to live your life your way, to feel completely accepted and celebrated as you truly are?

If you're a YES to showing up as yourself, living your life your way, and feeling fully accepted and celebrated as who you really are, then I invite you to join me on the FREE TO BE YOURSELF women's circle program.

Women have gathered in circle for centuries to ground, connect, nourish and share their story. In this program, you will experience feeling a sense of BELONGING and deep CONNECTION with a community of like-minded sister souls. In this SAFE & SACRED SANCTUARY, you are seen, heard and witnessed without judgement. There is power in COMMUNITY and in journeying with other women on a similar pathway as you.

When we gather in circle, we embrace our differences and we accept each other as we are. We can DROP OUR MASKS and take down our walls. We get to practise being vulnerable and bold in a brave, safe space. We get to express ourselves authentically.

The Free to Be Yourself program includes **8 x two-hour WEEKLY CIRCLES**, where we will explore themes such as: freeing yourself from your past, reclaiming your energy, healing yourself so you are whole, and expanding into your true potential. Refer to Program Themes section for more details.

In each circle, you will...

- experience a grounding practice through meditation or visualisation
- get to know yourself deeper with reflection and journalling
- share with your sisters and hear their stories
- be able to reconnect with your body through dance and movement
- nourish your body and soul using your breath and voice

Plus, you also receive **2 x 1:1 personal life COACHING SESSIONS** so that you are completely supported on your journey and receive guidance specifically tailored to what's going on for you.

Program Themes

THEME 1. FIGURE OUT WHO YOU'RE NOT

Over the years, we've learned to believe things and to act in ways that fit in with what the outside world expects of us. We may have taken on beliefs and stories in order to feel safe, to belong, or to connect - yet, many of these no longer serve us.

In this circle program, you will become aware of the baggage from the past that is holding you back, such as:

- **Limiting beliefs and stories you're telling yourself:**
  - *I'm never going to make good money doing something I love; I'm too old to attract a romantic partner*
- **Patterns of behaviour that are unresourceful:**
  - *I overeat when I'm stressed, I numb out on Netflix when I'm overwhelmed*
- **Conditions you've placed on yourself:**
  - *I will start dating once I lose 10kg; I need to get my shit together before I can become a successful coach/healer*

Once you're aware, the choice then becomes yours as to what you wish to release and what you wish to continue to carry.

I invite you to release any beliefs, stories, patterns and conditions that are blocking you from stepping into who you really are, your authentic self, your YOU-est YOU.

Rumi has a great quote:

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

This circle program invites you to find and release any blocks, limitations and conditions that are in the way of you being your authentic self.

THEME 2: RECLAIM YOUR ENERGY

How can you be completely yourself and create a life that you love if you don't have the energy for it?

We drain our energy when we resist our emotions, when we suppress parts of ourselves, and when we focus on fear, anxiety, self-sabotage, drama and self-doubt.

From my experience, it takes way more energy to suppress your emotions than it takes to feel them. Recently, I was being fearful around building my Wild & Wise business. I was hiding out, not wanting to be seen on social media and showing up inconsistently. I knew I felt the fear. I knew I needed to feel it.

But I didn't do it, until my coach gave me the space to feel the fear. I'd been suppressing this fear for WEEKS. Once I allowed myself to become present to the fear, feel it in my body, and accept it, it seriously took 30 SECONDS for the fear to move through my body.

I immediately felt lighter and more energised.

My point is you need to feel the emotions in order to heal them and to release the energy that had been used to suppress that emotion.

And by joining this circle program, you will be given the space to feel what you need to feel in order to heal and claim back your energy.

What would it be like to invest your energy in people and situations that light you up, energise you and are aligned with your authentic self? How would it feel to live and love at full capacity?

I love your fun, supportive and welcoming energy, the way you show up authentically as yourself without apology. The space you created was a good mix of fun, engaging, reflective and calming.
~ Dani S.

THEME 3: JOURNEY TO WHOLENESS

What if you loved and accepted ALL of yourself – your body, your laugh, your wrinkles, your relationships, your career/business, your sex life, your faith/spirituality, your choices, your mistakes, your weirdness, your uniqueness, your mess?

What if your life up to this moment - and whatever you did or didn't do - was PERFECT?

We journey to wholeness when we love, accept, and have compassion for ourselves and everybody else. We surrender to the perspective that everybody is on their own journey, everybody is perfect as they are, and everybody is responsible for their own healing and their own choices.

The journey to wholeness is about embracing the whole human experience, including the good stuff. Let's not forget the child within who is up for joy, fun, play, curiosity, imagination, adventure, and sponaneity! Can we let go of being serious so often?

So, h*ow do I embrace my inner child?*

I love going for a walk, connecting with the trees, stepping on dried leaves to hear the crunch, and looking for something I've not seen before (even though I walk on the same track most of the time).

Earlier this year, there was a lot of dried bark on the ground that had fallen off the eucalyptus trees - there was an abundance of crunchy things - YAY! My little girl went ALL IN! I was stomping, lifting my knees high. I was giggling to my heart's content. The sound of the crunching was sooo satisfying! I didn't care who saw me and what anyone was thinking. I was fully present with the joy I was experiencing in that moment. It was so LIBERATING!

Olga's women's circles are a relaxed way to do personal inner work & connect with others. It's a place for women to connect, share and reflect together. ~ Nikki Wouters

THEME 4: RADICAL EXPANSION

You may have experienced a tingle that there's something more for you, felt a calling towards something bigger, or sensed an inner knowing that there's another path for you. Or, if you haven't experienced any of this, then perhaps it's time to try things on to see how they resonate with you. Life isn't lived in your head. It's lived through embodying and taking action.

Radical expansion starts with you believing that you have the right to take up space in the world, that you are worthy, and that you have a "medicine" to share with the world.

What I mean by "medicine" is your unique fusion of gifts, talents, passions, skills and experience, which when you authentically embody that fusion, becomes your way of shining your light into the world and healing those around you.

This is what radical expansion requires of you:

- You stop hiding. You shed the masks. You allow yourself to be seen as your authentic self in the world.
- You stop playing small. You follow what lights us up. You build self-trust as you guide yourself from your intuition/heart.
- You are no longer stopped by fear. Instead, you give permission for fear to have a voice, however, you do not allow fear to get in the driver's seat of your life

What's my medicine? I've been a Zumba Gold instructor and Latin Dance teacher for years. So, I believe my unique medicine encompasses dance and movement; leading women's circles; life coaching to support and transform; breath and sound; plus my fun, witty, vibrant and engaging personality.

What would it feel like to show up confidently in the world as your true self, doing what you love, living a life that lights you up?

And remember, from the words of Dr Seuss:

"Today you are You, that is truer than true. There is no one alive who is Youer than You."

Program Overview

The FREE TO BE YOURSELF program is based on the principles of women's circles. I believe this quote by Brene Brown perfectly sums up what is available to you in this experiential gathering of women:

"Connection is the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship."

- **CONNECTION & COMMUNITY:**
  - Experience the power of community as you connect with like-spirited women who are on a similar journey as you are.
- **SAFE & SACRED SPACE:**
  - This soul-nourishing experience welcomes you into a safe sanctuary where you are seen, heard, witnessed and accepted as you are. You can release the masks and just be YOU.
- **TRANSFORMATIONAL SESSIONS:**
  - Guided Grounding & Self Discovery: Know yourself on a deeper level through meditation, reflection, and journalling
  - Circle Sharing: Connect with your sisters, share, and witness each other's stories
  - Movement: Embrace Zumba Gold, Latin Dance, and intuitive dance to reconnect with your body
  - Breathwork and Sounding: Experience powerful techniques to deepen your journey
- **YOUR GUIDE:**
  - Olga Gjokmarkovic - A passionate circle facilitator and life coach on a mission to free herself, unveil her soul's truth, unleash her authentic self - and be the lighthouse to empower others to do the same.

Olga's women's circles are a fabulous opportunity to come together with like-minded women who are interested in growing and/or healing themselves. I love the "community". ~ Doreen Kerridge

What You Get

Free to Be Yourself is an 8-week women's circle program.

You get to experience **8 x two-hour WEEKLY CIRCLES**, where you will explore various themes towards removing the blocks to becoming your authentic self.

In each circle, there'll be a meditation or visualisation to allow you to feel grounded and centred. Reflection activities and journalling prompts will invite you to connect deeper with yourself. You'll experience authentic sharing with your sister souls, where there is no judgement, just acceptance as you are. Movement and dance will encourage you to reconnect with your body. You'll use your breath and voice in healing activities that will nourish your body and soul.

Plus, you also receive **2 x personalised 1:1 life COACHING SESSIONS** so that you are completely supported on your journey and you can receive guidance specifically tailored to what's going on for you.

WHAT'S INCLUDED:

- 8 x two-hour weekly circles held online
- 2 x personal 1:1 life coaching sessions
- be part of a supportive community of like-minded female souls who wish to step into their authentic selves, just like you
- explore themes and activities that will have you connect to your inner truth and empower you to live your life on your terms

PROGRAM DETAILS:

- Circle Schedule:
  - Saturdays 10am to 12pm AEST from 28 October to 16 December 2023 (8 x 2-hour sessions)
- Personal Coaching Sessions:
  - You can schedule your session at a mutually convenient time throughout the week.
- Investment:
  - AUD $333 per person, with payment plans available

One Woman's Experience

Olga's women's circles are a beautiful place to grow, connect with other women, no matter our differences, and have wonderful interactions with others. We will be seen and heard in this circle with no judgement.

Olga holds space for us and will ask a few questions but only to help us get deeper, think more, or help, but to never judge us. That is one of the most sacred parts of sharing in this space, you can share anything and no judgment, only knowing you are supported by each woman there. We get great awareness and growth in our lives.

There's rhythm and movement to get rid of old energy. There's visualizations and vocalizations, which are so moving on their own, but with everything else, it's just a magical and healing space.

Every circle I have attended I have grown in ways I didn't know I needed to. I couldn't be more blessed to have found circles as my 'Me Time' and to have such a wonderful, interesting, enlightened, experienced circle facilitator as Olga.

~ Sandra Taylor Burns

Program Summary

Free to Be Yourself is an 8-week women's circle program which includes 8 x two-hour weekly circle sessions held online plus 2 x personal 1:1 life coaching sessions with Olga.

- Experience being completely held and witnessed in a safe and sacred space, where you can drop your masks and be the real you
- Feel a sense of belonging in a non-judgemental community of like-minded female souls who are on a similar journey to you
- Know yourself deeper as you explore the blocks, limits and conditions you've placed on being your authentic self
- Empower yourself to connect to your inner truth and live your life on your terms
- Enjoy "me time" as you are nourished with activities that help you ground, relax your nervous system and heal.

PROGRAM SCHEDULE & INVESTMENT

- Program runs from 28 October to 16 December 2023 (8 weeks)
- 8 x Circle Sessions held on Saturdays 10am to 12pm AEST
- 2 x 1:1 Coaching Sessions held at mutually convenient times
- AUD $333 per person, with payment plans available

Your Invitation

This is not a course; it's a life-changing experience where you'll unlearn what doesn't serve you, release old versions of yourself, and step into your most authentic self. I invite you to join us on this journey of self-discovery, empowerment, and transformation.

Are you ready to claim your space in the world and live life as your authentic self?

Book your spot today and embrace the YOU-est YOU!
http://www.wildandwise.net.au/circle-programs.html

About Olga

Olga is a women's circle facilitator and life coach. She loves to bring her love of dance and movement into her women's circles (as she's also a Latin Dance teacher and Zumba Gold instructor).

People see Olga as vibrant, fun, engaging, positive and witty. Side note: Although Olga loves pashminas and having short hair, she is not a monk, nor planning to become one!

In addition to being a lover of bright colours (in particular, pinks, can you tell?), Olga is into gardening, nature walks, chanting meditation, books, movies, personal development, baking, mochas, Kundalini Dance and Ecstatic Dance, and being an Aunt to her 7-year-old niece and 4-year-old nephew.

Let's Connect

- Want more info?
  - Visit www.wildandwise.net.au
- Got a query?
  - Email hello@wildandwise.net.au
- Follow me on Facebook:
  - www.facebook.com/olga.gjokmarkovic/
- Join our Wild & Wise Circle Community to connect with like-spirited women in our private Facebook group:
  - www.facebook.com/groups/wildandwisecirclecommunity

"The magic you're looking for
is in the work you're avoiding."
~ Dipen Parmar