



WE ARE  
**THE  
WOMEN**

[WWW.WEARETHEWOMEN.COM](http://WWW.WEARETHEWOMEN.COM)



We Are The Women was honored to be awarded No. 14 in Education Inc. 5000






WHAT'S POSSIBLE  
FOR YOU?

WE ARE  
THE  
WOMEN

- ① HAVE HEALTHY WORK-LIFE BALANCE
- ① FIND JOY AND FULFILLMENT
- ① FEEL HAPPY AND AT PEACE



Let's go on a walk through our proven methodology so you can learn how to **love your life...ALL** of it.

# HI, I'M JULIE SANTIAGO

*Founder of We Are The Women*

I've created a way for you to **have a thriving, meaningful personal life without having to sacrifice your professional success.**

Our program is not just another quick fix or band-aid solution. It is a transformative journey that will help you rediscover yourself and create a life that brings you true happiness.

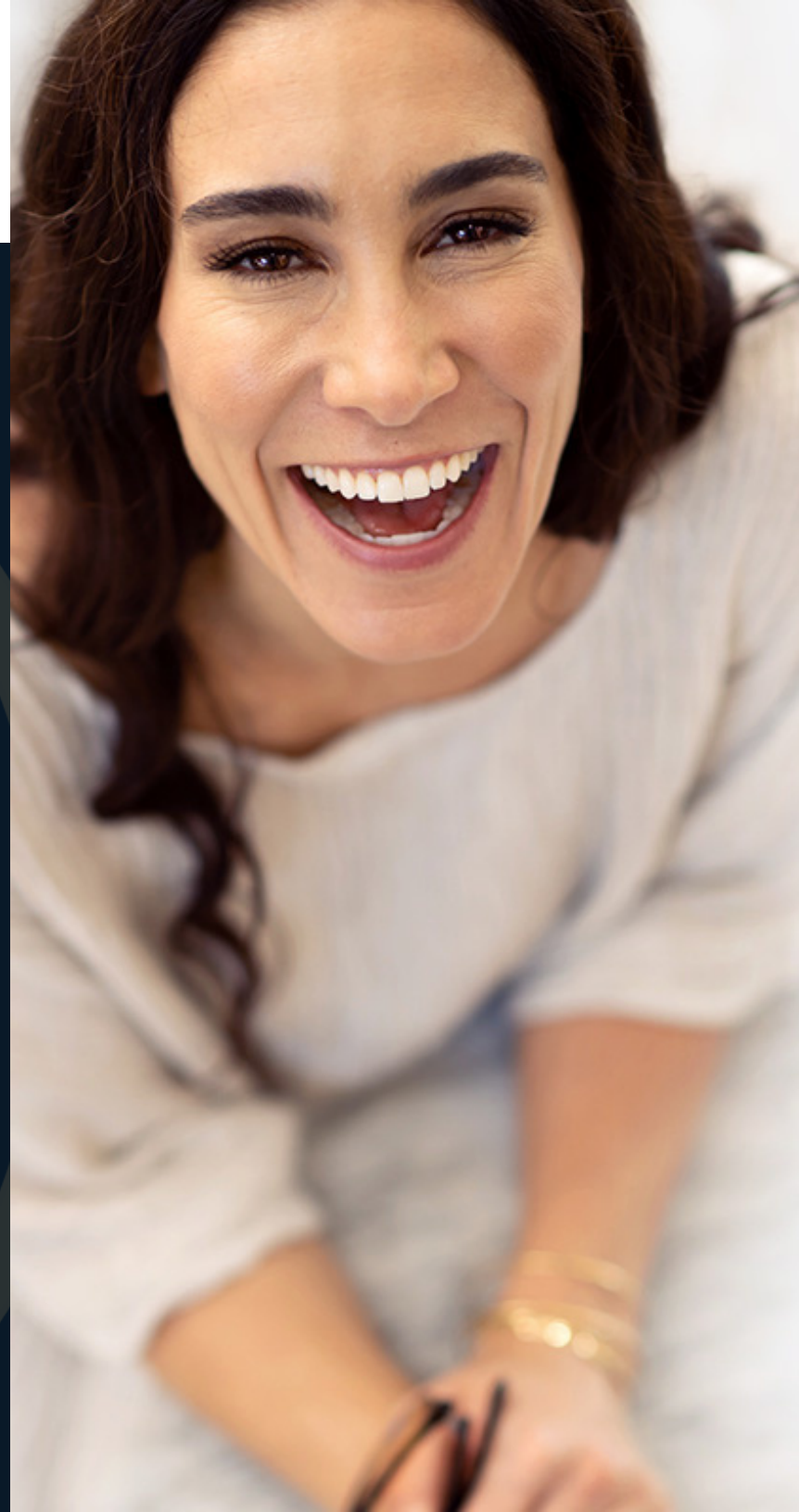
More than 2,000 professional women have used our tools and teachings and our work has been featured in ABC, NBC, CBS, FORBES and INC.

Over the next few pages, you'll see how using our methodologies can help you reclaim your life.

Are you ready to finally have the **work-life balance** you crave?

Take a look at what past clients say about working with **We Are The Women**

[Click Here](#)



# IS IT POSSIBLE TO HAVE YOUR INNER LIFE FEEL AS GOOD AS YOUR OUTER LIFE LOOKS?

- You are a strong, professional woman who has accomplished so much.
- You've checked all the boxes of success – great job, paycheck, and praise.
- You have a life many would envy and you feel grateful for all you have.

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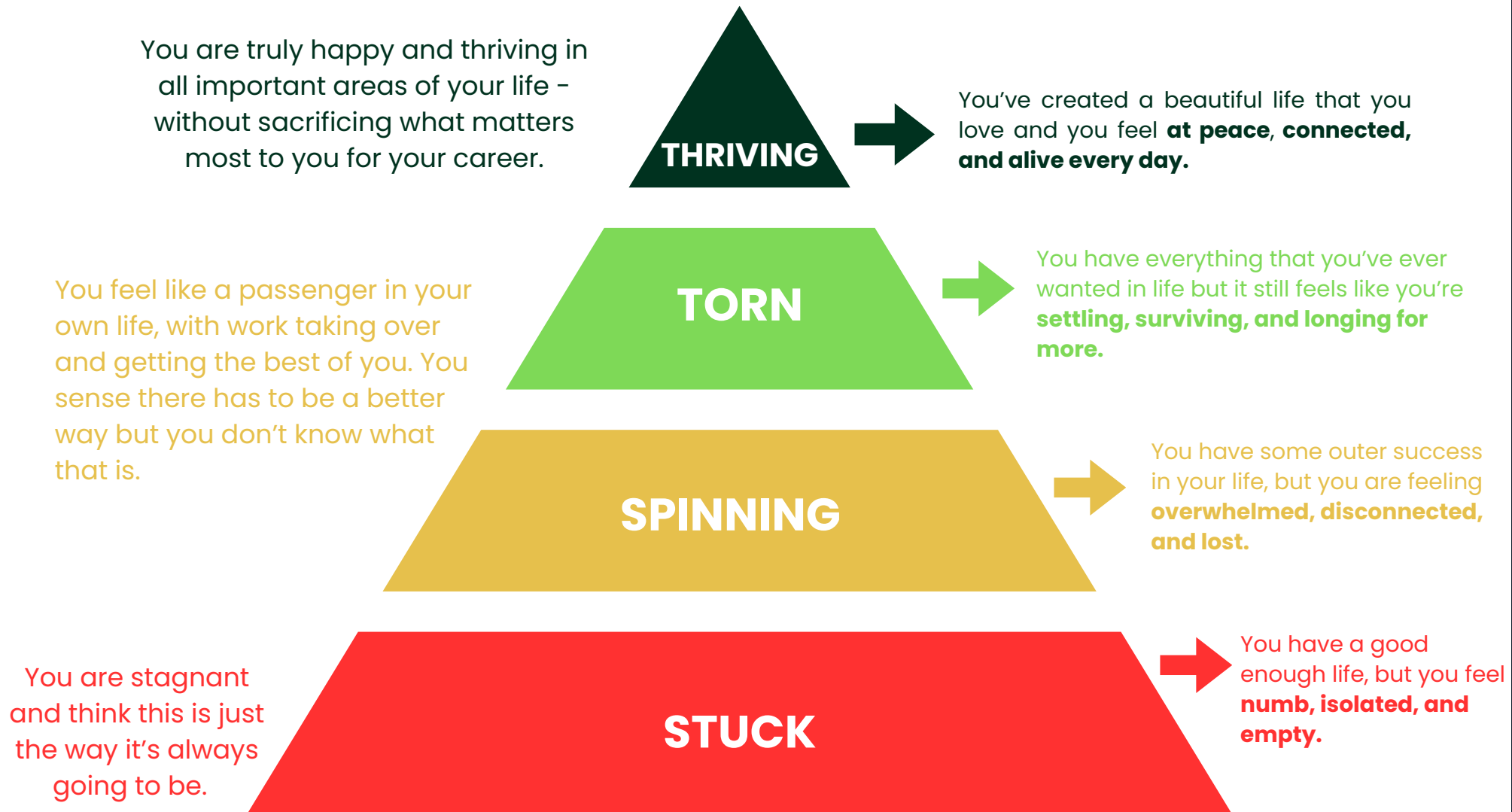
## AND YET...YOU FIND YOURSELF

- Worrying that if things don't change, something is going to break.
- Wondering if there is more to life than working, sleeping, and repeating.
- Fantasizing about burning it all down and walking away.
- Secretly hoping you'll get sick or fired just so you can slow down and rest.
- ...and feeling guilty for even having these thoughts.



# HERE'S WHAT WE'VE NOTICED...

## THE HAPPINESS PYRAMID



The question is, where are you on the pyramid right now and *where would you like to be?*



Very few know how to step into the **dark green zone** where they are truly thriving in all areas of their life.



A few step into the **light green zone** where they have everything that they want in life, but there's still an internal whisper for more and they feel torn.

**But**



Many operate in the **orange zone** where, even though they have outer success, they're still spinning, anxious, and not enjoying life.

**And Then**



Some women operate in the **red zone** mistakenly thinking they have no other options but to quit and that this is just the price for success.

**Remember This:** If you're successful but not happy, **your success is not sustainable.**

*You are either borrowing from your future or giving to it.*

This means that working long hours, not being able to turn off your brain, and the constant sacrifice of your personal life *will eventually catch up with you.*

When you learn to **thrive** at work and at home...you get to actually enjoy your life, rather than working through your life.

This means you become the woman, the mother, the partner, and the leader others look to as a model for a new paradigm of having it all.

# THE THREE KEY OUTCOMES

WE'LL HELP YOU ACHIEVE TO BECOME A THRIVING WOMAN.



## INNER PEACE - YOU'RE HAPPY + AT PEACE

*How can you finally feel like you're living the life you want?*

*You've created a beautiful life you love and your inner peace spills over into the important relationships in your life creating a ripple effect where it matters most.*



## DEEP KNOWING - YOU'RE CONFIDENT + FULFILLED

*How can you stop overthinking and doubting yourself without overworking?*

*You enjoy conviction in who you are as a woman and leader, able to set boundaries, delegate, say no and turn your brain off no matter what fires are burning at work.*



## TRUE BALANCE - YOU'VE ACHIEVED WORK-LIFE BALANCE

*How can you thrive in your career while having control of your time?*

*You create a home life that feels rich and harmonious where personal relationships can thrive and your health and well-being are cornerstones of your success.*

# BUT HERE'S THE REAL PROMISE...

IT'S A BIT LIKE AN ICEBERG.



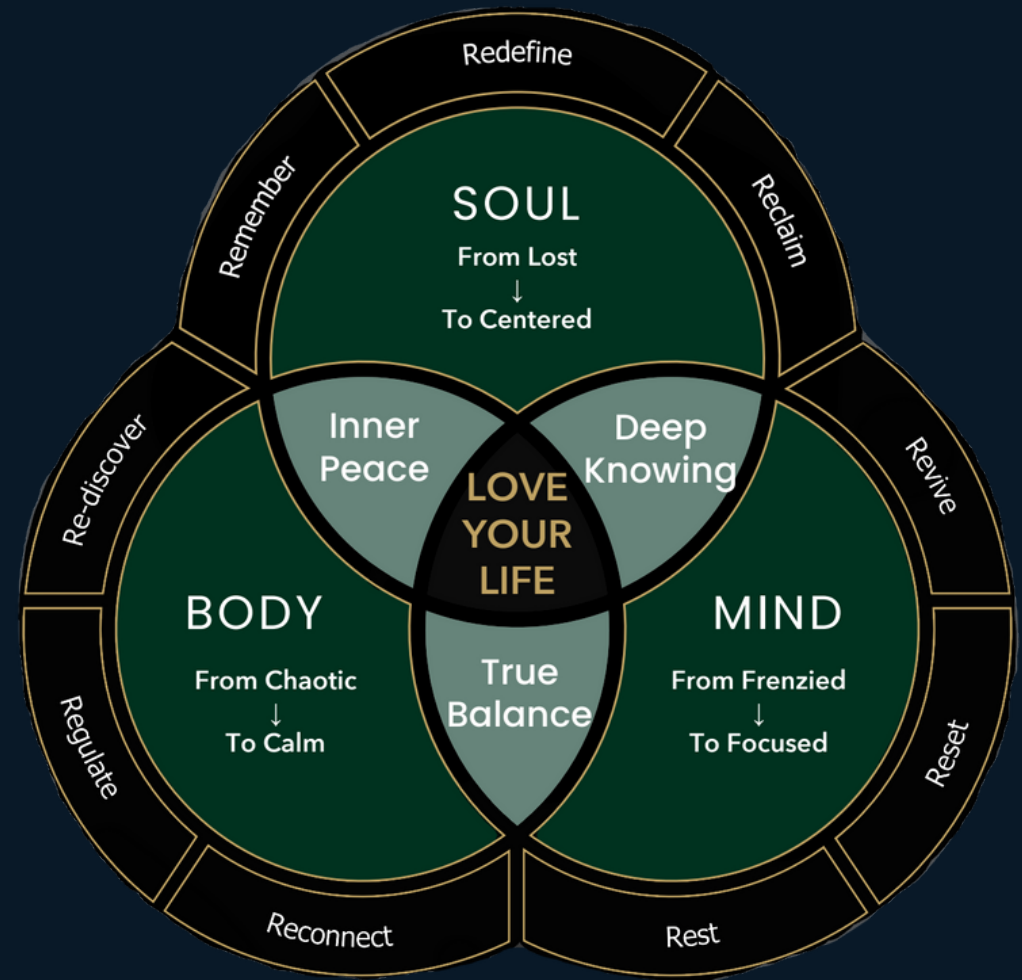
And we've created a methodology that shows you how that can happen...

# THE THREE PILLARS AND NINE PRINCIPLES TO LOVE YOUR LIFE

The Three Pillars of **Soul, Body, and Mind** are like a three-legged stool that keeps you enjoying your life no matter how busy it is ... so long as you have all three legs!

The Pillars drive the Key Outcomes of **Inner Peace, True Balance,** and **Deep Knowing** that combine to help you Love Your Life ... ALL of it.

To simplify it all: There are **Nine Principles** that when you apply them, your life will transform and give you the balanced and joyful life you've been longing for.





When you embody **Soul** you no longer get your worth from your work. You know who you are beyond your job and are confident and excited for your life and your future.



When you understand **Body** you know exactly how to regulate your system, to cultivate inner peace, and to be a calming presence in your life for yourself and those you love.



When you learn **Mind** you take control of your mental and emotional state. You know how to turn off your brain, focus on what's in front of you, and tap into boundless energy.

# THE JOURNEY THROUGH THE NINE PRINCIPLES

## SOUL

### THE PRINCIPLE OF REMEMBER SAYS:

You must remember who you were before the world told you who to be so you can unwrap your gift.

### THE PRINCIPLE OF REDEFINE SAYS:

You must redefine what you truly want out of life so you can clarify your path.

### THE PRINCIPLE OF RECLAIM SAYS:

You must reclaim how you spend your time and your energy so you can choose your life.

# THE JOURNEY THROUGH THE NINE PRINCIPLES

## BODY

### THE PRINCIPLE OF REDISCOVER SAYS:

You must rediscover the whispers of wisdom your body is sharing with you.

### THE PRINCIPLE OF REGULATE SAYS:

You must regulate your nervous system away from stress and towards calm so you can find your calm.

### THE PRINCIPLE OF RECONNECT SAYS:

You must reconnect to the superpower of your sensitivity so you can hear your body.

# THE JOURNEY THROUGH THE NINE PRINCIPLES

MIND

## THE PRINCIPLE OF REST SAYS:

You must learn to let rest be okay so you can shift gears.

## THE PRINCIPLE OF RESET SAYS:

You must reset the definition of productivity you have learned to accept so you can harmonize your flow.

## THE PRINCIPLE OF REVIVE SAYS:

You must revive your awe and wonder for life so you can awaken your passion.

# TAKE A QUICK LOOK

Take a quick 2-minute look at what our clients have been able to achieve since doing the We Are The Women AWAKEN Program.





# PROGRAM INFORMATION

# WHAT OUR METHODOLOGY CAN DO FOR YOU

Awaken is a 12-week holistic program for strong, successful, professional women to learn how to **live, lead, and succeed without burnout.**



## PERSONAL:

- Multi-dimensional life: Fulfilling career & robust personal life, without sacrificing one for the other.
- Reclaim your time: Get 30% of your time back every week to do the things you love.
- Burnout-proof toolkit: Cutting-edge strategies to balance all areas of life (work, relationships, health, personal time, etc.).
- Awaken Blueprint: Step-by-step plan to create greater purpose and meaning.
- Deep clarity: Wisdom to quiet inner critic, elevate confidence & step into authentic feminine leadership.
- Ultimate presence: Ability to be centered & present wherever / whenever to enjoy life's precious moments.



## PROFESSIONAL:

- Manage stress and lead in a sustainable way.
- Renewed energy and excitement for work.
- Balance work and life with ease. Be more effective with teams.
- Learn how to be more assertive.
- Set stronger boundaries for self and others.
- Advocate for needs and others on a team.
- More empathetic leadership skills.
- More confident in sharing ideas and visions.
- Practices on how to maintain calm under pressure.
- Be a change-maker in your organization without sacrificing your health, relationships, or happiness.

# WHAT'S INCLUDED



## **AN EXPERIENTIAL, STEP-BY-STEP SYSTEM**

- Our transformational approach to living and leading in a new way is highly interactive and experiential so the lessons learned create lasting change in your life.



## **A FLEXIBLE ONLINE FORMAT FOR WORKING WOMEN**

- Our program is built for busy, working professionals. Training sessions can be accessed on any device at your own convenience as you work your way through core modules each week.



## **PROVEN METHODOLOGY**

- Each module contains 1-hour of video and audio content broken down into small, digestible bites. You can watch the training sessions via any device.



## **WEEKLY TRAINING + LIVE CALLS**

- Work with our expert coaches and mentors both in 1:1 and in a group format so you have multiple touch-points whenever needed. Our entire team of specialists is trained in our unique methodology and available as frequently as you desire.



## **INTERACTIVE DESIGN**

- As you watch and listen to the core modules, you will be guided through homework assignments that you submit to us for review. This is one of the many ways we offer profound support and accountability to ensure your success.



## **1-ON-1 WORLD-CLASS SUPPORT**

- Our team of performance coaches are there to work with you to ensure you break through any blocks. You receive six 1:1 calls to keep you on track throughout the program.



## **CLIENT COMMUNITY**

- You'll also connect with other women going through the program and discover a thriving community to support and celebrate you along the way! When we realize we're not alone in what we're going through as women, something profound shifts.



## **24-HOUR SUPPORT DESK**

- You can also submit real-time questions through our Support Desk with a 24-hour turnaround time on questions.

# HOW WE DELIVER MAXIMUM RESULTS



## **SCIENCE-BACKED METHODOLOGY**

A holistic approach to address the root cause of burnout based on over 10 years of research, including neuroscience, mindfulness, positive psychology and holistic leadership development, and coaching 1,000+ professional women.

## **WORLD-CLASS SUPPORT**


Trained accountability and performance coaches dedicated to providing support, guidance, and recognition via 1:1 phone calls, group coaching video calls, a dedicated client support desk, and an exclusive, private client community.

## **UNPARALLELED ACCOUNTABILITY**

Immersive e-curriculum with a suite of interactive activities, guided lessons, tools, assessments, mental health and wellness resources, feminine leadership skills, and more - followed by weekly coaching calls.



We look forward to helping you love your life...  
**ALL OF IT.**



Take a look at what past  
clients say about working with  
We Are The Women

[Click Here](#)

