

# Inner Leadership Program

for *Women*

**"The world will be saved by the Western Woman"**

- The Dalai Lama -

In order to change the world, whether that's in our private life or on a grander scale in the world, we must face our demons and step into our power. You are invited to go on a journey to heal your trauma, nurture your soul and change the patterns that hold you back from leading a powerful and authentic life.

This program is hosted by Nina Blessing - woman - mother - medical doctor - intuitive psychotherapist - trainer - meditation teacher- and other medicine women who will contribute their gifts to enhance your healing.



Medicine Woman - January 2020 - July 2020

# Inner Leadership

We will go on a 7 month journey of deep inner work and healing. You will dive into your pain, wounds, behavior patterns and belief systems. You will let go of drama, blocks and inner resistance in order to live a free and powerful life. You are invited to take charge of the world inside you: your emotions, your wounds, your essence and your power. To get to know the real you, behind the masks and conditioning that are keeping you from your potential.

When you are leading within, your life will start to resemble your inner world and everything will fall into place. You will experience the magic that life has to offer and you will start to manifest easily what you desire in life.

**I want you to be the most vibrant, powerful and  
alive woman you can be**



Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
Or have to talk real loud.  
When you see me passing,  
It ought to make you proud.

I say,  
It's in the click of my heels,  
The bend of my hair,  
the palm of my hand,  
The need for my care.  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

Maya Angelou - Phenomenal Woman

# Nina Blessing

I am a medical doctor, a certified meditation teacher and an intuitive psychotherapist. But most of all, I am a woman who turned her inner and outer world around by doing the deep inner work. I went from being a girl that was stuck in the cycle of abuse, to a woman who knows her truth and owns her power. I learned to trust life and let go of the things that either do not belong to me, or no longer serve me.

I learned the hard way to look at my drama, my patterns, my conditioning and my actions. I know that when we confront our fears, there are such incredible rewards on the other side.

I believe that it is us women that will shift this world into a more peaceful place. Yet we must step into our power first, in order to be able to put our gifts into use. It is my mission to help you do this. I want you to be the most vibrant, powerful and alive woman you can be. Because then, us women will create this world anew.





Our journey will start in January 2020. We will meet each other for 7 days and three weekends where you will be guided to dive deeply in to your being. In order to reconnect mind, body and soul we will combine excercises, somatics, (active) meditation, bodywork, constellation work, psychology and much more in order to let go of your ego patterns. There will be nurturing soundhealings and safe sharing to support your hard work of inner transformation.

The **first weekend** will be about **Boundaries**. We will unleash the **power** within you in order for you to express your limits. It is time to reclaim your **dignity**.

The **second weekend** will be about **connecting authentically** with the other. How can we be real and **vulnerable**, without being lost or pulling up our walls?

The **third weekend** is a celebration of the **feminine**. We explore the realm of receptivity and celebrate our natural feminine power. We nourish ourselves in the safety of **sisterhood**.

*You will be reborn with your Power alive*



You will change your life.

Your needs, boundaries and emotions will no longer be ignored. No longer be overseen. Because you will put them first without fear. Because you practice ultimate self love.

In these seven months you will learn to clean up your shit. You will surrender into your body. You will learn to practice self love, self respect and reclaim your dignity.

You will unleash your essence, talents and gifts. And you will know what to do to keep on unleashing them.

# Your Team

This program is co-hosted by several amazing medicine women. Here is a brief acquaintance with the most important contributors:



## **Annemieke van der Mooren:**

Annemieke has been a professional constellation guide since 2013. With a good sense of humor as well as depth and refinement, she has helped hundreds of people solve their problems in life with the art of systemic work.

[www.kruispunten.org](http://www.kruispunten.org)

## **Karin Karis**

Karin has been guiding people in developing their personal power for over 20 years. As a personal coach, trainer and speaker she is an expert in embodied leadership.

[www.kitochange.nl](http://www.kitochange.nl)



## **Investment and Conditions:**

There is room for at least six and a maximum of twelve courageous women in this program. Registration is final once your downpayment has been received. Registration is in order of receipt of payment.

Early Bird: € 3200,- excl. VAT (Signed up and receipt of payment before 10th of december 2019)

Normal price: € 3340,- excl. VAT

There is a possibility to pay in installments with an addition of €50,- administration costs:

*Early Bird prices in installments:*

In 3 installments of: € 950,- with a downpayment of € 400,-

In 6 installments of: € 480,- with a downpayment of € 370,-

*Normal price in installments:*

In 3 installments of: € 990,- with a downpayment of € 420,-

In 6 installments of: € 500,- with a downpayment of € 390,-

*All Prices mentioned are excluding VAT.*

**Sign up via: [dokterblessing@gmail.com](mailto:dokterblessing@gmail.com)** Once you have signed up and paid, you will receive a questionnaire and first exercise, before end of December 2019.

## Practical information

### Dates:

Sunday 12th January  
Saturday 15th February  
Saturday 7th March  
Saturday 18th April  
Saturday 9th May  
Saturday 23rd May  
Saturday 11 July

### Location:

Nude 2  
6702 DL Wageningen

Walk in: 9.30  
Start: 10.00  
End: ca 16.30

Coffee, tea, snacks and fruit included.  
Please bring your own lunch.

### Weekends:

1st Weekend - Inner Power  
Friday 31st January 19.30 till  
Sunday 2nd of February 17.00

2nd Weekend - Authentic Connection  
Friday 27th March 19.30 till  
Sunday 29th March 17.00

3rd Weekend - Celebration of the Feminine  
Saturday 20th June 10.00 till  
Sunday 21st June 18.00

Location: De Dieken.  
Helhuizerweg 1, 7451 KE Holten

Shared accomodation and (vegetarian) meals are included. Please let us know if you have any allergies or preferences.



*Step into your Power*

# Testimonials

The word Power has a lot of synonyms.

Energy, Spine, Force, Strength, Vigor, Sway, Competence, Weight, Control,  
Authority, Capability, and my favorite: Oomph.

You Nina, are all of the above. And you have this amazing gift to transfer your power. Thank you for sharing your power with me. It got me through some tough times.

- HR Manager 48 yrs -

Working with Nina has changed my life. I never expected things to turn around so quickly. I am taking the steps to make my dreams come true professionally. And, against all odds: I got engaged. Amazing!! My life is changing for the better.

- Personal Assistant 30 yrs -

Colofon

[www.medicinewoman.care](http://www.medicinewoman.care)

Inner Leadership for Women Program 2020

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