



Joan McEwan

TRANSFORMATIONAL
Health & Wellness Expert



SPECIAL EDITION: FOR WOMEN WHO WANT TO RECLAIM THEIR HEALTH

TRANSFORM

joanmcewan.com/mag



**Level up
your Health
& Wellness
for Success**

**RECLAIM
YOUR HEALTH &
WELLNESS AS
YOU
TRANSFORM
YOUR LIFE**

**RELAX
REFOCUS
REBALANCE
RECONNECT**

**Discover cutting edge
tools that will
transform your health
- and your life**

**How to create success by looking within and developing
your intuitive gifts.**



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DISCOVER the secrets to
TRANSFORMING your
inner and outer world

LEARN how to become
the best version of
yourself & step into
your POWER

MASTER the HIDDEN
wisdom that will amplify
your ENERGY & CLARITY



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A NOTE FROM JOAN



Director
Transformational Health & Wellness Expert
www.joanmcewan.com

Hi, I'm Joan and I run my own transformational health and wellness practice. With over 20 years of clinical experience and 15 years in corporate leadership, it has always been my mission to make a difference and create change by focusing on health and wellness.

I now consult to heart-centric organisations to help implement their health programs and host wellness retreats as well as mentor executive women. Prioritising Health & Wellness. In essence I help people to heal and transform themselves to create a healthy successful life.

In the pages that follow you will learn how you can build your health foundation and begin to heal and transform as you set yourself up for a successful and joyful life. We are being called to heal on a mental, physical, emotional and spiritual level to take control of our health and integrate our body, mind and soul.

It is time to go within and awaken our "blueprint" and begin the journey we have come here to be on.

I feel honoured and excited to be part of your journey as you reclaim your health and wellness as you transform.

Kind Regards

Joan McEwan



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The way you think,
the way you behave,
the way you eat,
can influence your life by
30 to 50 years.

Deepak Chopra

Did you know?

- 1/3 of Corporate Australia is feeling stressed, anxious and depressed
- 30% of these people are suffering from some kind of mental health condition
- Of those, 36% were suffering from depression, 33% from anxiety and 31% from stress.
- Depression is now the primary mental health disorder
- The World Health Organisation have declared stress as the health epidemic of the 21st Century!
- 45% of Australians between 16 - 85 years will suffer a mental health condition in their lifetime
- 1879 new cases of brain cancer were diagnosed in 2020
- 15,494 new cases of colorectal cancer diagnosed in 2020
- Over 580,000 adult Australians are living with Coronary heart disease (leading cause of death 45 - 65 years in Australia)

Reclaiming your health and wellness is vital to your success!

Transforming your life by prioritising your health and wellness starts when you commit to developing a robust foundation to build from. It's like building a house once the foundations are down, you gradually put up the frame and then the walls and roof.

Once the building is complete its then time to go inside and make the building yours, where you take ownership and put the finishing touches that are your brand, your essence, your uniqueness.



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Problems

IS THIS YOU?

Tired, unsure, lost and lonely? You're not alone

- ✓ Can you relate to the following challenges?
- ✓ You feel that if only you could find your "unique hidden code" to unlock your best self, your health and life would improve and transform.
- ✓ You lack time, energy and clarity to get on with your life. you are absolutely exhausted.
- ✓ You know you need to make some changes and prioritise your health before you fall off the bandwagon, but you feel paralysed.
- ✓ You have lost direction and need to find clarity to increase your energy and vitality.
- ✓ You need some space to simply be, to take time out from your busy life and career to heal.

LET'S FIX IT!

If you can relate to any (or all) of the above, you are not alone. It's common for career women to have fears around being their best selves. It can prevent you from achieving more, but the good news is, you can turn this around.

Joan's "Transform" mentoring program will show you how to improve your health and wellness and get an understanding of what it feels like to unlock some of your unique code.

Feel confident as you step into your personal power and, start to prioritise your health and wellness to reach the success you deserve.

Decreasing your fear and self-doubt whilst increasing your energy, vitality and clarity as you balance and integrate your body, mind, soul and spirit.



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HOW DO WE FIX THIS?

In the "Transform" programs, Joan will assist you:

- ✔ to create a strategy to transform that unlocks your unique code and takes you from a place of weakness and self-doubt to a place of strength and personal power.
- ✔ to help you to tap into your intuition, listen to your gut and to make decisions with flow and ease which is incredibly important for women who want to excel in their career and life.
- ✔ to provide you with the foundational tools so that together we discover what you are truly capable of through finding your unique code.
- ✔ to gain tools to build on your wellness toolkit to help you align to your business, career and soul purpose.
- ✔ to understand naturopathic principles to support your body and mind through, nutrition, exercise and supplementation.

These codes will unlock your best self, increase your energy and vitality and create a rock solid identity. Joan has a unique ability to act like a master key and guide her clients to intuitively unlock their unique code on their journey to transformation.





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Its like a ripple effect!
Taking one small step at a
time.
One small step impacts all
areas of your life!

"Transform" Mentoring Program

Joan takes her clients on a journey to create personal transformation to "Unlock Your Unique Code." (TM). This is where you discover and explore your mental, physical, and emotional levels, that allow you to go within to find out who you are and gently awaken to create the shift that you have been seeking. By unlocking your unique code enables healing, balance, revitalisation, and awakening to step into your personal power and align yourself to be your best self with clarity, courage and confidence.

Joan help's her clients to tap into their intuition, listen to their gut and to make decisions with flow and ease which is incredibly important for women to take their career, life and relationships to the next level. She provides them with the foundational tools so that together they discover what they are truly capable of through finding their unique code.



Why Joan's "Transform" Programs stands apart from the rest?

Joan pride's herself on having decades of experience with a strong background in health and wellness, coupled with her substantial qualifications.

Her senior leadership positions with world leading organisations, as well as a mix of Eastern and Western philosophies, she can work on a subliminal level with a persons' energies to rebalance, reenergise, revitalise, and assist in increasing their vibration.

Joan has a robust foundation that allows her to empower her clients to do the work so that they can maintain, flourish, and amplify their energy.

Joan works on her clients holistically across all facets of health, exercise, nutrition, and wellness through to energy management, health and wealth abundance.



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THE 5 STEPS ON THE LADDER OF TRANSFORMATION

	ACTIVITY	FOCUS	ENERGY %
5	CHANGE	BEST SELF	100%
4	ENERGY	BALANCE	75%
3	IDENTITY	VALUES	50%
2	POSSIBILITY	INSPIRATION	25%
1	LOST	HOPELESS	-5%

STEP 1 LOST

LOST: You know you are here when you are exhausted and have no clear direction/You realise that feeling hopeless is not working for you and it is time to lighten your energy and shake yourself up and shift. You know that you can't do this on your own, so you engage a coach to assist in unlocking your personal code and holding you to account to achieve your transformation.

STEP 2 POSSIBILITY

POSSIBILITY: You know that you are here when your energy lightens, and you start to feel that a shift has occurred, and you start to feel courageous and know you have much more to offer. The impact of seeing your possibilities starts to break down the barriers that are limiting your progress and you start to believe in yourself.

STEP 3 IDENTITY

IDENTITY: You know you are here when you can easily and honestly unpack your true essence of who you are and who you want to be. This is a journey of self-discovery and being courageous in letting go of your lower energy identity and making way for a higher vibration to come in. You are now starting to trust yourself and feeling more inspired. You are feeling a shift in your mind and body and the old barriers are starting to unlock. You are letting go of attachment

STEP 4 ENERGY

ENERGY: You know when you have reached this level as you are feeling light, energised and you feel an inner sense of knowing. An inner strength. Moving into a balance between your mind and body where you feel balanced and your work feels effortless. You have an abundance of energy and can feel your vibration rising. The impact of this is that you are drawn to eat cleaner, more nutritious food and you are enjoying a daily exercise routine. Your awareness has increased.

STEP 5 CHANGE

CHANGE: You know you are here when you start to feel what is your code and what works for you. What gives you freedom, confidence and strength. Understanding your true identity and dissolving the barriers that have been holding you back in the previous levels is allowing you to step up and be your best self. You have found the master key that activates the lock to release the code to start to transform you, it free's you and gives you a rock-solid identity. Stepping into your personal power with increased vitality and wellness



WHAT SOME HAVE SAID!

Jessica Ritchie, a Brand Expert and busy mother of two said, "As a business owner who specialises in helping women form their identity through branding and marketing, I have a critical eye and attention to detail in finding the right person who I think is the right 'fit' and that can help me. I found Joan ticked all my boxes through her high credentials, experiences, and qualifications. I didn't want a 'fly by night' kind of person, I wanted the real deal. One of Joan's' superpowers is being able to channel a person's energy and kindly yet firmly create a plan that propels you to becoming your best, highly intuitive self. To live in flow and step into your personal power with a tailored plan to unlock your unique code is pure gold. Thank you, Joan!"

Director @ Jessica Ritchie



I have been working with Joan to support me in levelling up my health and wellbeing. Being a female business owner, speaking, traveling, running workshops and coaching easily depletes energy stores quickly so I really wanted to work with someone who understands the type of business I was running, the pressure of high performance and who understands me. We have just started and I am already noticing a shift in my energy and focus. I'm pleasantly surprised that I have got through my first week of no sugar and caffeine! Her holistic and balanced approach has also helped me to identify some areas in my business that I want to "show up" more in and put strategies in place to have the energy do that.

I'm so grateful to have her in my corner and can highly recommend her to other business owners, leaders and especially women trying to juggle it all!

Jane Anderson CSP



I attended Joan's "Heal in Noosa Retreat" in early June 2021. I can thoroughly recommend this transformational program to anyone looking to take time out and selfheal: mind, body, and spirit!

After 3 decades of a gruelling, fast pace, long hours professional career, I knew I needed to step away from the rat race and simplify my life. This retreat was EXACTLY what I needed, and the set framework provided me with many things including a wellness toolkit that I can refer to as I need it. It was an amazing experience and I highly recommend to all to invest in themselves, like I did.

Joan is a highly respected and experienced transformational health and wellness expert, with values and beliefs that I aligned with. At the end of the retreat not only did I walk away with my own personalised vision board and 90-day plan, but I looked and felt a million times better 😊

Michelle Lawson - Director | Top 100 Globally Inspiring Women in Mining

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UNLOCK YOUR UNIQUE CODE AS YOU TRANSFORM



What is 'Unlocking Your Unique Code?'™

A code is unpacking a person's true identity through being honest with who they are, and who they want to be.

It is opening themselves up to that there is a greater power within them that includes vibration, energy and learning how to master that energy to build on your values and beliefs. This amplifies the essence and enlightenment that comes through when you can see and feel the bigger vision.

Your world becomes expansive, yet you are present as you step into your personal power and best self.

Some of the elements that unlocks an individual's personal power are: Self-compassion, simplicity, values, balance, world of possibility, agile mindset, energy, vibration, identity, intuition, purpose, healing, clarity, courage, vitality, and flexibility. Joan works through these with her clients to identify each code that when it is all combined provides them with a powerful, unique plan that is personalised to the client.

This is YOUR code to success and being your best self. Understanding your purpose, your WHY and making your footprint of change in the world.



Many women are so busy wearing multiple hats that they are so time poor, stressed, exhausted due to the demands of being a woman in the 21st century. Life is fast paced and unforgiving! Often, this is because their life and career is not structured in a way that has a basic balanced framework for them to leverage.

If this sounds like you, you will recognise the challenges and frustrations that comes with this. The difficulty in switching off. The feeling of not having enough time or being able to have free time for yourself. The underlying cause is not being in balance or having a plan.

In the Transform program, Joan will show you how to breakdown the 5 elements and become balanced and aligned with your vision and plan.



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The 5 Elements

ELEMENT 1



IDENTITY

Globally we have gone through a major change and now it is time to change yourself internally if we want to be part of this new energy and get the most out of yourself and life. It is about getting clear about who you really are. To delve deep and explore your values, culture and purpose and get comfortable with your true essence. Unpack where you are at and where you really want to be and acknowledging the gap. Identifying where your focus is at with your health and wellness and what needs to change?

What aspects of you are switched on and working well and what aspects are not

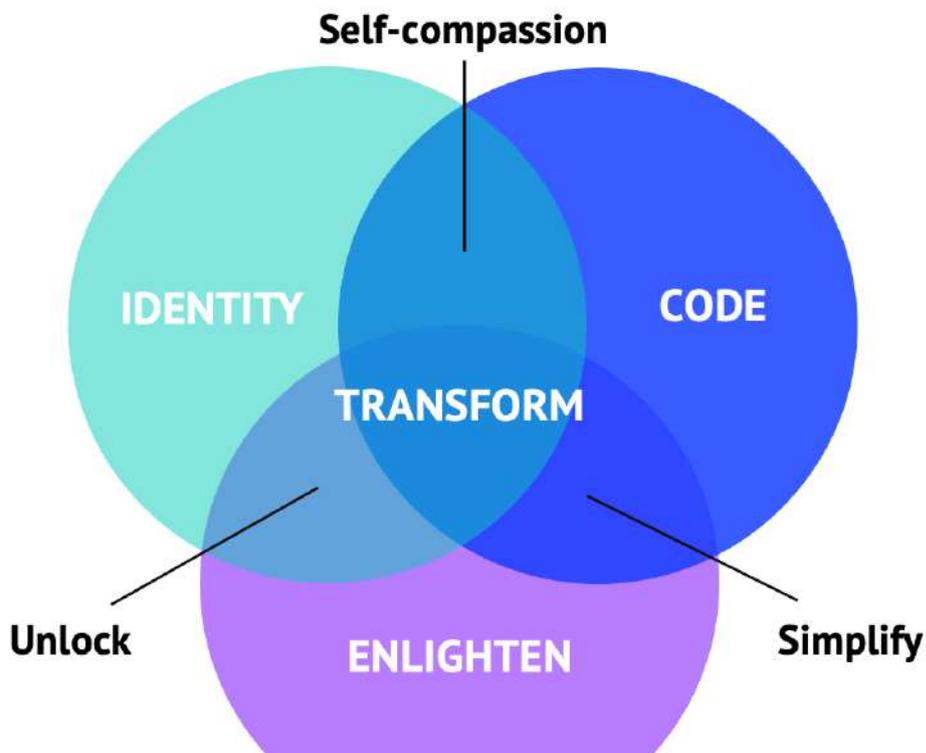
ELEMENT 1

ELEMENT 2

ELEMENT 3

ELEMENT 4

ELEMENT 5





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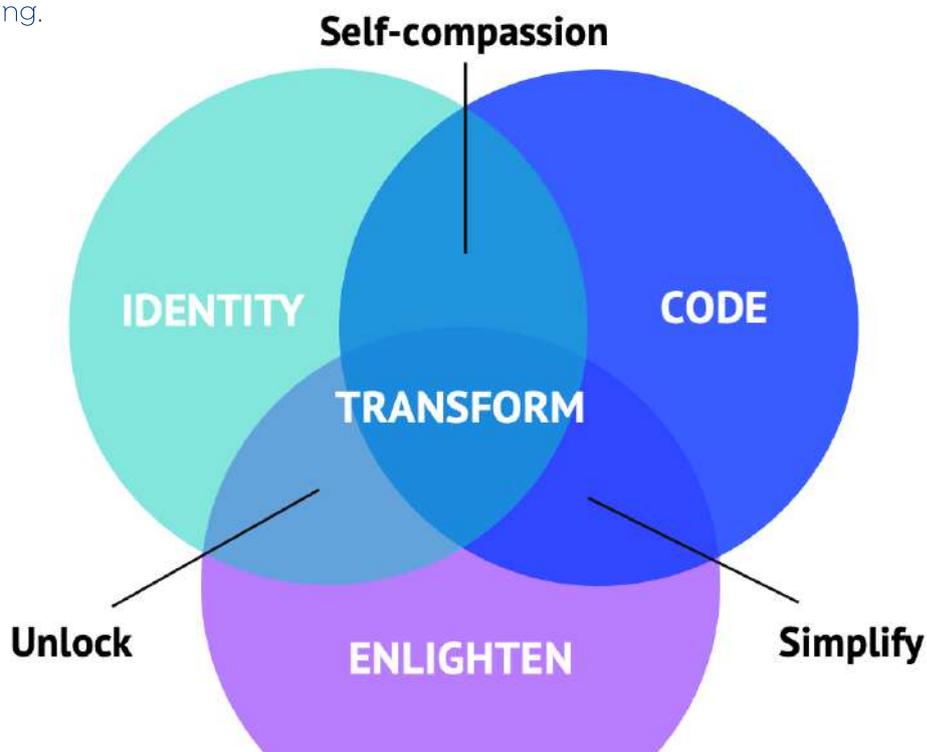
ELEMENT 2



SELF-COMPASSION & CODE

At the intersection of Identity and code is SELF-COMPASSION. This is where your self-compassion will open you up to be vulnerable and totally honest with yourself that will create space and a mindset shift to find your true identity, cracking your code on your journey to nurture and care for you. Developing the wise woman. It starts with self-compassion, learning how to love yourself and honouring your worth. Prioritising you on your journey.

CODE: Finding your unique code requires your vibration to be increased. You start vibrating at a higher frequency and this helps improve your health and wellbeing. As your vibration increases you let go of lower energies and negative thinking that is holding you back. This supports healthy development of your intuition to step into your personal power. It becomes like a ritual as you have to let go of ego, be more vulnerable to give yourself permission to grow. You begin to rewire your way of thinking, being and doing.



ELEMENT 1

ELEMENT 2

ELEMENT 3

ELEMENT 4

ELEMENT 5



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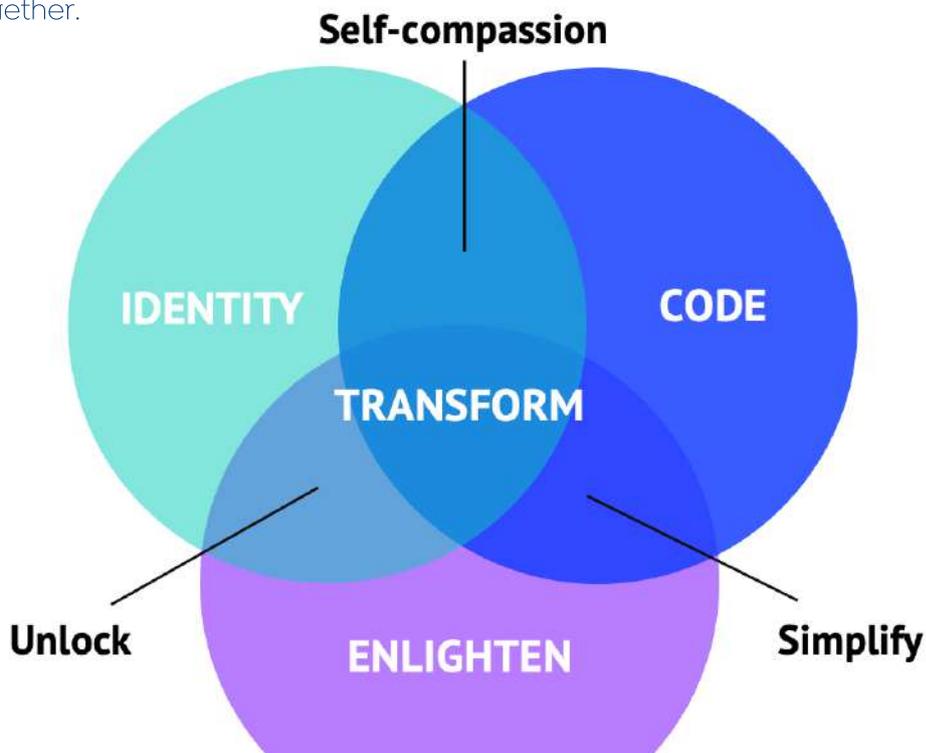
ELEMENT 3



SIMPLIFY & ENLIGHTEN

At the intersection of code and enlighten is SIMPLIFY. Being clear on your values and having an agile mindset allows you to flex with the changes to step into your personal power with ease and flow. As your vibrational energy increases it becomes easier as your mind, body and soul integrate and become more balanced. Getting rid of extra baggage that is no longer serving you creates space to get clear on who you are and what your purpose is

ENLIGHTEN: It's about owning your personal power, living by your values and being driven by integrity. This further raises your vibrational energy and attracts simplicity into your life. Discarding the old and owning the new energy that you are moving into that creates balance. Uncomplicating and simplifying the implementation of your code. You are now strengthening your foundation as you pull all the pieces together.



ELEMENT 1

ELEMENT 2

ELEMENT 3

ELEMENT 4

ELEMENT 5



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ELEMENT 4

UNLOCK

At the intersection of enlighten and identity is UNLOCK. The unlocking occurs as the discipline of rituals takes hold. Using rituals helps shed the burden of ego and moving into simplified systems that conserves energy and creates space to think.

Journaling is a critical part of unlocking as you download your thoughts brought about by working in a higher vibrational frequency. Listening to the whispers that are guiding you.

Supporting transformation into a simplified life with a strong foundation that allows you to own your power, increase your clarity through sense of self and decrease self-doubt. Prioritising your health and wellness.

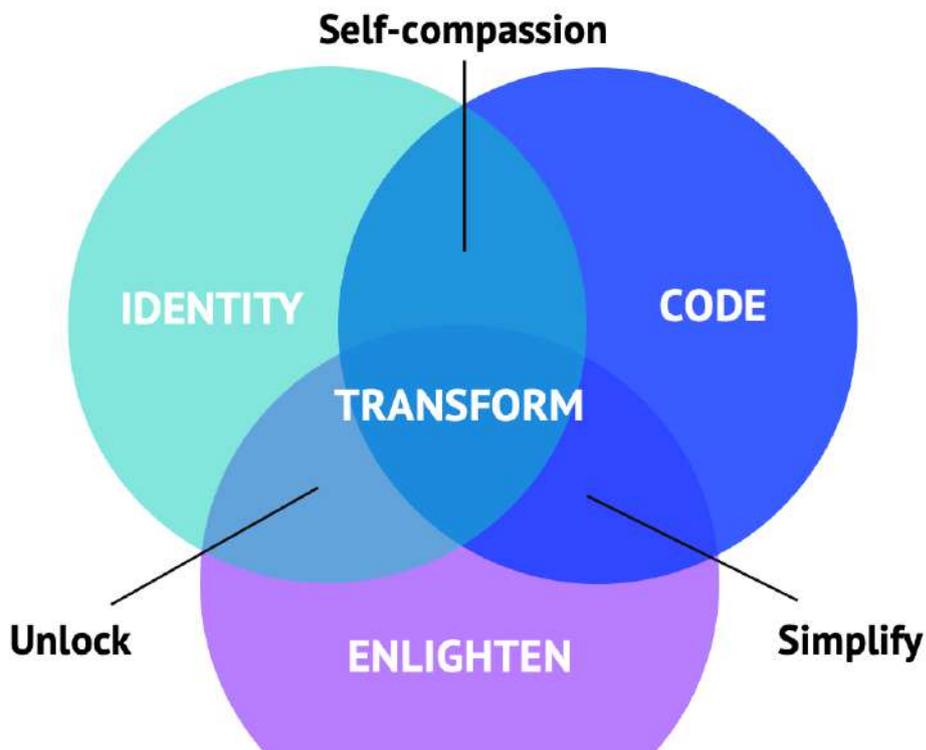
ELEMENT 1

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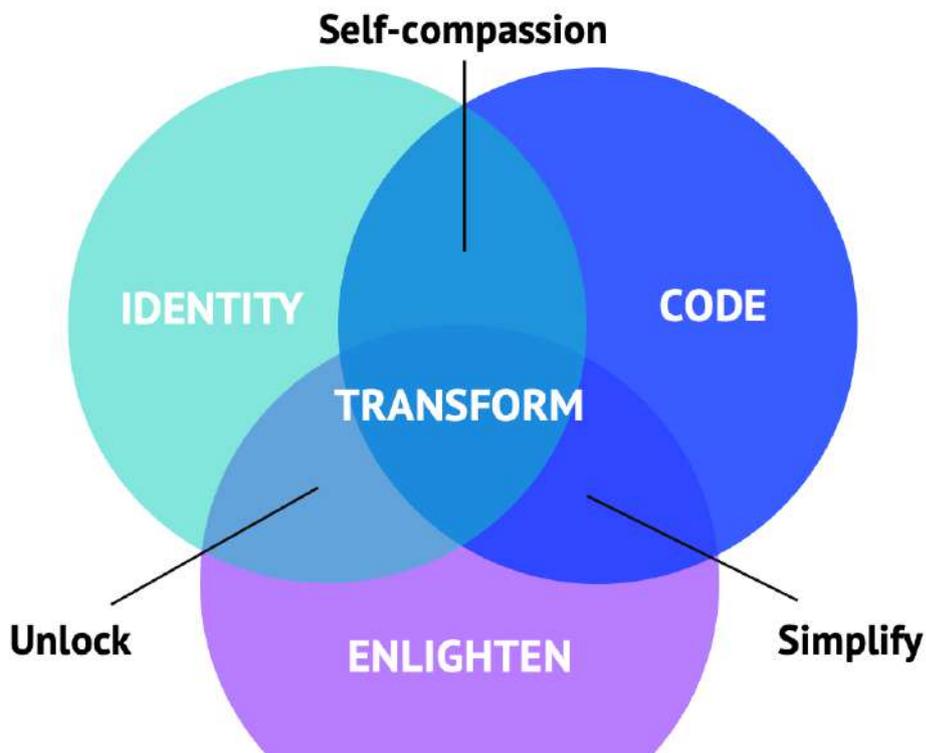
ELEMENT 5



TRANSFORM

As all the previous elements are addressed, transformation starts to take place. Transforming into a simplified life, by removing all the noise, to discover and own your personal power through prioritising your health and wellness as you unlock your unique code. The key activates the codes, free's you and unlocks you, thus enabling you to heal and transform

Unlock your unique code of what works for you to transform you into a healthy, empowered individual. To create a strong foundation that allows you to own your personal power to increase your clarity through sense of self and decrease self-doubt. Prioritising your health and wellness and increasing your energy and vitality.



ELEMENT 1

ELEMENT 2

ELEMENT 3

ELEMENT 4

ELEMENT 5



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RECLAIM YOUR HEALTH

To show up constantly and be the transformational woman requires awareness, self-compassion and simplification. To be fully charged and energised.

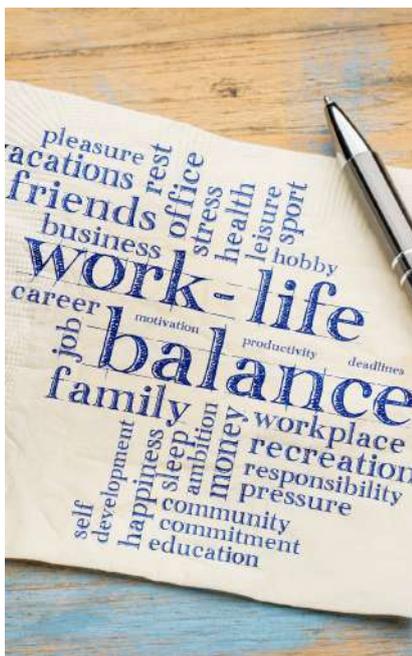
More than ever before, women leaders have the ability and awareness to transform, be their authentic self, sharing their genius with the world, whilst being a mother, partner, wife, daughter and friend.

They can gain traction and improve their health by embracing their intuition and amplifying their energy. Setting them up for sustained success.

As our world is changing and moving so fast, women now have an opportunity to move into their own power and be the change they want. This transformation can provide alternative ways to serve that create a more holistic and balanced approach within themselves and society.

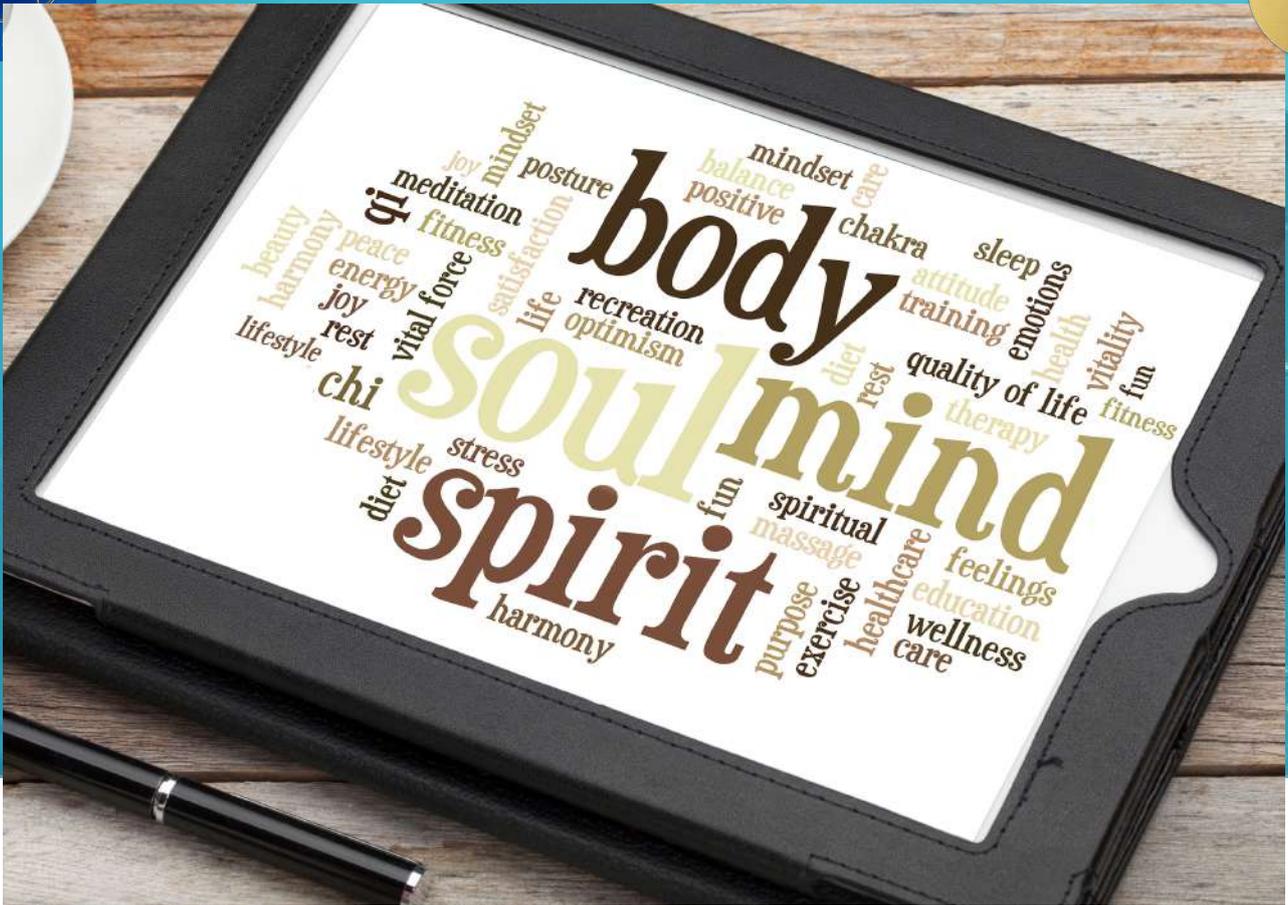
It's time to make profound changes within ourselves to understand who we are and what our purpose is, by stepping into our personal power, decreasing self-doubt and increasing our energy to align with a future that is balanced, joyful and fulfilled. This comes about by prioritising health and wellness.

Productive, successful people understand that the key to their success lies in how they manage their health and wellness and align with their soul purpose.



The Australian Institute of Health & welfare's data suggests that:-

- 1:7 Australians will experience depression in their lifetime.
- WHO estimates that depression will be the number-one health concern by 2030.
- 15% of adults aged 60+ years have a mental disorder.
- More than 2.1 billion people—nearly 30 percent of the global population—are overweight or obese.
- 3 Leading Causes of Death in Australia
 - Coronary Heart Disease
 - Dementia and Alzheimer's
 - Cerebrovascular Disease



HEAL & TRANSFORM WITH JOAN'S INTEGRATIVE HOLISTIC APPROACH

Some mentoring programs cover specific areas or topics to thrive short term in today's society.

Joan's programs play a much bigger and more holistic role with sustainable benefits.

The "Transform" programs bring together elements - everything from health strategy, to developing intentions & habits, nutrition, exercise, mindfulness, sleep, environmental impacts, wellness toolkits, energy management and much more.

We know that trying to figure out the best way for your success is exhausting and can take up a lot of time, that you probably don't have.

But Joan's holistic approach with her "Transform" programs, she has taken the thinking out of the process.

One of Joan's superpowers is being able to channel a person's energy and create a plan that propels her clients to becoming their best, highly intuitive self.

The "Transform" programs help facilitate you to live in flow and step into your personal power with a tailored plan to unlock your unique code.

Joan will take you through each element step by step to help you implement each change in your body, mind, soul and spirit, to get the maximum impact. She helps you to understand how all elements connect and integrate with each other to create sustainable health and success by prioritising your health and wellness.



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HOW MUCH LONGER ARE YOU PREPARED TO TOLERATE MEDIocre HEALTH AND SUCCESS?

The "Transform" Programs give you a fresh perspective, looking at your health and wellness through a different lens, that will amplify your energy and increase your clarity and success with a robust health foundation.

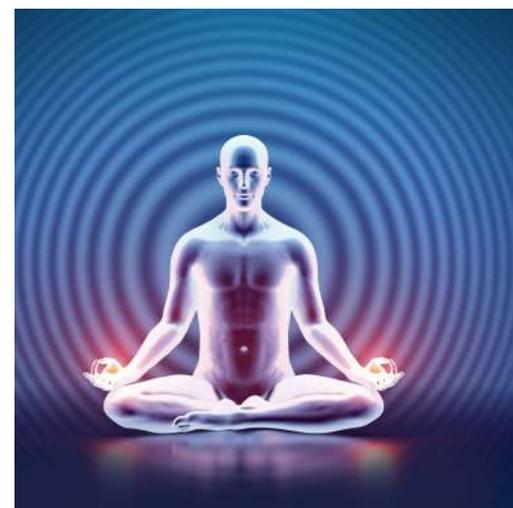
You will radiate an inner strength and calmness that will attract like-minded people to you and repelling negativity from you and your life.

Take a chance on yourself and align with your soul purpose.

You've worked hard trying to create the health results that you know in your heart you could achieve.

However working with Joan and her "Transform" mentoring program, achieving improved health and wellness is not as tough as you think.

The next few pages will outline the details of what the program covers and how Joan will support and guide you on each step of your journey to transformation.





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"TRANSFORM" PROGRAM



When you sign up for the "Transform" Program you work exclusively with Joan and gain a vast range of tools, resources and inspiration that will boost your health and wellness.

You will find you have a shift in mindset as you become more agile and accepting of change. As a result you will transform your life and career by prioritising your health and wellness.

The Silver, Gold and Platinum Programs run over a 3, 6 or 12 month period. Energy management is a key component of these programs so the more work done here the better the results.

The discovery session will set the structure for your individualised program and each session we will go deeper, peeling back the layers to give you confidence, clarity, courage with increased energy.

Talk to Joan if you would like a personalised program to suit your specific needs at this time.

Setting you up to "Reclaim your health & wellness and transform your life."

“ TRANSFORM” – Mentoring Program Includes:	3-Month SILVER	6-Month GOLD	12-Month PLATINUM	
Half Day Personal Discovery Session. Valued at \$3000 per session	✓	✓	✓	SILVER 3 MONTH PROGRAM
1.5 Hour Unlock your code Mentoring Session. Valued at \$1125 per session	2	6	12	
1 Personally selected self development book each quarter. Valued at \$35 per quarter	✓	✓	✓	
Morning Inspirational emails for 21 days. A brief daily email (300 words) to help you stay focused. Valued at \$500		✓	✓	GOLD 6 MONTH PROGRAM
Guided meditations and activations to add to your wellness toolkit. To increase your intuition and psychic abilities. Valued at \$2000	1	3	6	
Quarterly On-Line Webinar. To review previous quarters results and develop next quarters 90-day plan. Valued at \$500 each quarter		2	4	
Distant Reiki session with chakra clearing. Valued at \$250 per session	1	6	12	PLATINUM 12 MONTH PROGRAM
Exclusive access to private Face Book group. Valued at \$250.	✓	✓	✓	
Check In's and accountability. Phone call, text or email with any questions. Valued at \$250		3	12	
Invitations to Events & Workshops	✓	✓	✓	
INVESTMENT	(Valued at \$7,785) \$4,597	(Valued \$17,820) \$8,997	(Valued at \$32,390) \$12,997	



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"TRANSFORM" RETREAT

2 OR 5 NIGHTS



Do you need time to recover and heal?

Are you ready to re-charge, re-energise and become the high-performing woman you truly are?

Join me and other like-minded women at my "Transform" Retreat. This revitalising retreat will be held at a luxurious five-star Resort at a location in Australia over 6 days and 5 nights.

The "Transform" Retreat is a space for you to relax, unwind and heal. You will discover ways to "unlock your unique code" and become that high-performing woman, as you decrease fear and self-doubt whilst increasing energy, confidence, courage, clarity and owning your personal power.

You will learn to tap into your intuition as you align and make decisions with flow and ease as you work on your energetic body to raise your vibration.

Joan's gift is having the ability to help women heal and transform to be their best self. She is a bit like a key where she helps unlock and activate your "unique personal code" to release and own your personal power. As you find your purpose, your WHY, your true essence on your journey to Transformation.

Setting you up to "Reclaim your health & wellness and transform your life."





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Joan's gift is having the ability to help women heal and transform to be their best self.

Joan's role is a bit like a key where she helps unlock and activate your unique personal foundation to release your personal power unleashing who you want to be.

She is your guide to take you there!

On this retreat you will learn:-

- The Usui Reiki 1 system training and receive the Reiki the Attunement, healing and receive your Reiki Certificate
- Receive Naturopathic advice
- Develop your vision board & action plan
- Develop your toolbox to increase your intuitive abilities
- Cocktail Party on final evening to celebrate! and so much more!

ITINERARY

Arrival: Welcome drinks and canapés. Meet the other ladies on the retreat and relax with a drink, knowing that you will be taken care of in a safe space where you can heal, unlock your unique code and step into your personal power.

Day 1: Morning walk/meditation/swim/gym session, followed by a nutritious breakfast to feed your soul. Ease into the day gently as you unwind, let go of your baggage and become immersed in the retreat program. Today is about helping you enter a simplified state of being by removing all the noise. By prioritising your health and wellbeing, you will discover and own your personal power.

We will walk through the five steps of unlocking your unique code. This code will free you from your fears around achievement and success. We will explore how a solid sense of self increases clarity, energy and vitality, so you can go from feeling lost to evocating all your possibilities. Your code will reveal your rock-solid identity, helping you find balance in mind, body and soul.

Day 2: Morning walk/meditation/swim/gym session, followed by a nutritious breakfast to feed your soul. Today, we will introduce and explore the Usui Reiki 1 healing. History, practice and attunement. This will provide you with foundational energy so you can start to access your higher self and heal. Reiki is the core tool for unlocking your unique code, raising your vibration and enabling you to transform from unsure to confident.

Day 3: Morning walk/meditation/swim/gym session, followed by a nutritious breakfast to feed your soul. Following yesterday's Reiki 1 attunement and healing, you are now ready to set your goals and create your vision board. This process will be supported by gratitude and forgiveness practices. As you create your vision board, I will infuse it with your intentions and Reiki symbolism, bringing it to life with purpose and clarity.

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Day 4: Morning walk/meditation/swim/gym session, followed by a nutritious breakfast to feed your soul. Now that you are gaining a clearer understanding of who you are and where you need to go in your life and career, we will explore your personal development tools (using chakras, pendulums, crystals, tarot cards, etc.) We will journey deeper and strengthen your intuitive side, exploring the key components that will assist you on your healing journey. By understanding the role self-compassion plays in shifting your mindset, you will learn to focus inward, honour your worth and prioritise your journey.

Our work so far has set in motion a simplification process where the baggage you no longer need physically or emotionally is discarded. You are now starting to pull everything together as you become more enlightened, stepping into your power and strengthening your foundation. Your awareness has increased through letting go of ego and control. You're starting to unlock your unique code to find your best self with a rock-solid foundation.

Our cocktail event will commence at 6pm with our Reiki certificate ceremony. Then, it's time to relax and celebrate your new re-energised self.

Day 5: Morning walk/meditation/swim/gym session, followed by a nutritious breakfast to feed your soul. Today, we will start with a guided meditation to embed your learnings. Then, with your increased intuition and guidance, you will develop your 90-day plan with a focus on unlocking your code. We will identify the steps required to activate your plan and keep your momentum going after the retreat. Closing with a guided meditation and energetic activation to increase your vibration and connection.

The retreat will close at 2pm, so you can catch your flight home.

RETREAT INCLUSIONS	PARTICIPANT
Five nights in five-star accommodation and retreat venue at a Resort (valued at \$2,450 per person).	✓
Renowned chefs will present a genuinely local experience, using only the freshest ingredients sourced from local farmers and producers to showcase the region's superb produce. Included daily breakfast, morning and afternoon tea, and a two-course lunch (valued at \$750).	✓
Parking and Wi-Fi (valued at \$250).	✓
Welcome event, departure cocktail event and venue (valued at \$270).	✓
Full-colour workbook (valued at \$50 per person).	✓
Reiki 1 manual, attunement and certificate (valued at \$650).	✓
Reiki healing and channelled healing from your guides x 2 (valued at \$360).	✓
Access to sought-after Reiki master, Joan McEwan, each evening for further energy, guidance and healing (valued at \$2,400).	✓
Vision board toolkit and materials (valued at \$75).	✓
Infusion of your intentions and Reiki 1 symbols to bring your vision board to life (valued at \$250).	✓
Four group guided meditations and healings (valued at \$2,000).	✓
Affirmations and solidifying intention (valued at \$1,000).	✓
Naturopathic session (valued at \$450).	✓
Purposely chosen crystals & stones for your 21 day cleanse, & infused by Joan (valued at \$300).	✓
Copy of Joan's book, Show UP (valued at \$30).	✓
One post-retreat webinar (on-line) to check in and review learnings (valued at \$450).	✓
VIP membership. First invitation to all future events.	Complimentary
Access to private Facebook Intuitive Leaders Community (value \$250).	✓
Daily inspirational emails for 21 days post-retreat. Participants receive a brief morning email (100 words or video) to help you stay focused on achieving your goals (valued at \$250).	✓
Total Value	\$12,490
INVESTMENT	\$4,997 (single room)



Joan McEwan

TRANSFORMATIONAL
Health & Wellness Expert



BOOST YOUR MENTAL HEALTH PROGRAM



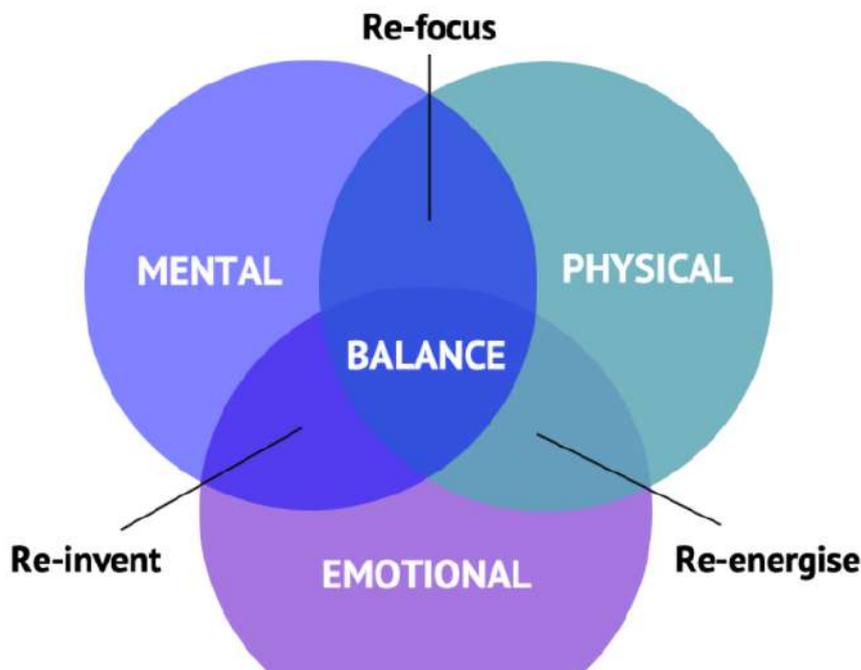
Let Joan support you as BOOST YOUR MENTAL HEALTH! - with her 90 Day - VIRTUAL MENTORING PROGRAM!

Healing Mind, Body and Spirit. Amplifying Energy and Improving Mental and Physical Health!

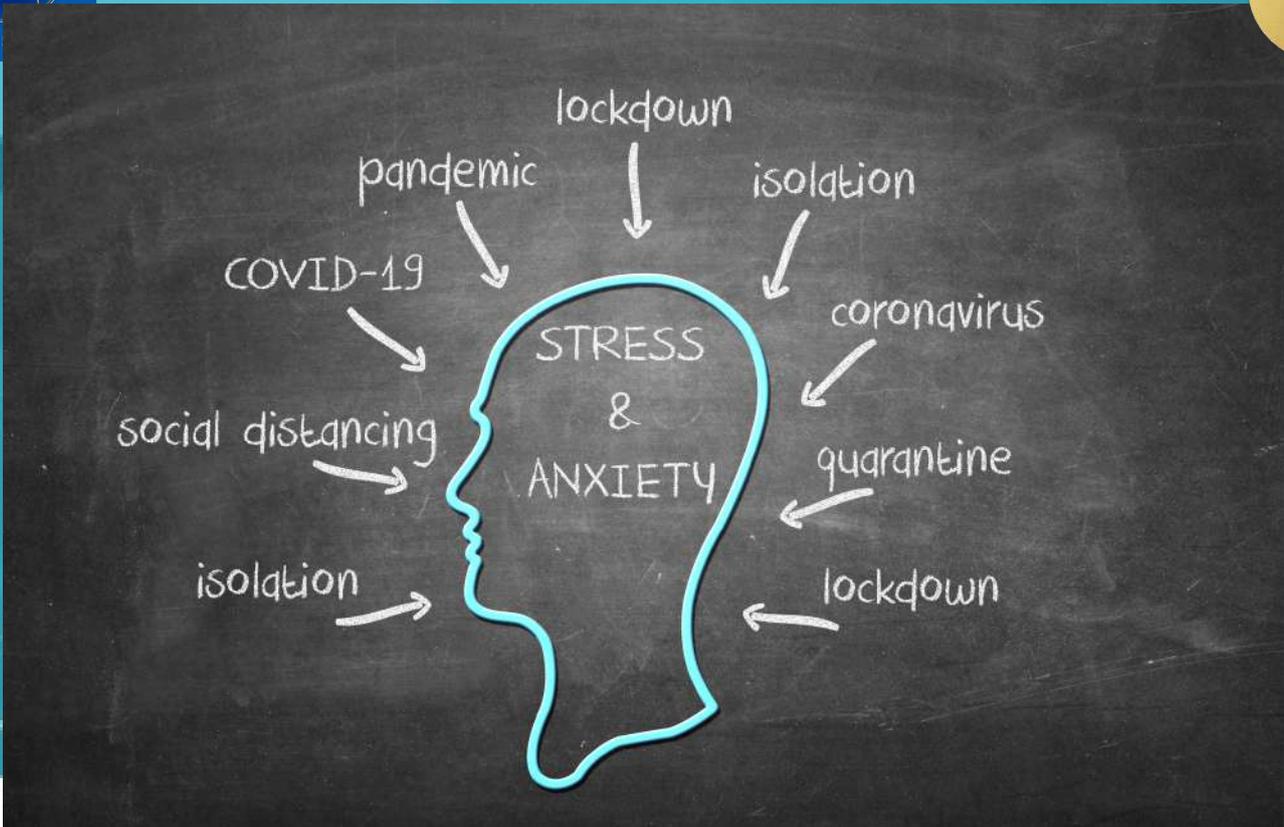
More than ever before now is the time to boost your mental health and become the trailblazer who leads through these challenging times. By gaining insights to strengthen your mental and physical health advance your life and positioning, to launch into the "New World" when the pandemic is over!

Setting you up to "Reclaim your health & wellness and transform your life."

Boost Your Mental Health!



90 DAY PROGRAM



DID YOU KNOW?

- ⇒ 20% of Australians aged between 16 – 85 year's experience a mental illness in any year (approximately 4 million people)
- ⇒ The most common mental disorders are depression, anxiety and substance abuse disorders
- ⇒ Almost 45% of Australians will experience a mental illness in their life
- ⇒ At least 6 Australians die from suicide every day and a further 30 people will attempt to take their own life
- ⇒ Suicide is the leading cause of death for of death for Australians aged 25 – 44 years
- ⇒ Men are at greater of suicide but least likely to seek help
- ⇒ 1:7 Australians will experience depression in their lifetime
- ⇒ WHO estimates that depression will be the number one health concern by 2030
- ⇒ 15% of adults over 60 years and over suffer from a mental disorder

Declutter your mind:

- Is your mind so busy you have constant chatter in your head?
- Want to create a space to "think"?
- Scared of what you are feeling?
- Struggling to stay in control?

Nurture your body:

- Needing to gain clarity, energy and direction?
- Stop feeling exhausted and create a lightness in your body?
- Understand where your anxiety and sadness is coming from?

When your Mental health needs a boost:

- Needing help but dont know where to turn?
- Feeling "lost", no purpose and no direction?
- Feeling exhausted?
- Lost the joy in life?



Joan McEwan

TRANSFORMATIONAL
Health & Wellness Expert



BOOST YOUR MENTAL HEALTH PROGRAM HELPS WITH!



Build skills and techniques that create an integrated body and mind with robust Mental Health capabilities.

Go from feeling exhausted to feeling grounded, productive, joyous and energised!
Ready to ride out this pandemic and launch into a new way of life as the mentally robust trailblazer with a clear mindset. Providing clarity and an inner confidence that amplifies your energy.





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Health & Wellness Expert



Interested in developing
your psychic gifts and
abilities to raise your
vibration and align to your
highest potential?

Intuitive Development Program

How do you
know if you
are ready
for this
program?

Clients generally come to see Joan when they are:

- ✔ Experiencing energetic overwhelm
- ✔ Wanting to develop their intuition
- ✔ Around people who just seem to drain their energy
- ✔ Feel out of alignment with their soul journey
- ✔ Complete the Intuitive Development Program to heighten your awareness, raise your vibration and deepen your clairvoyant and clairaudience abilities..
- ✔ Gain tools to support you in not taking on your clients energy
- ✔ Accelerate the ascension process into the 5D realm.
- ✔ Integrate your energies to stay in alignment and prevent burnout
- ✔ Clear energy cords and old patterns that deplete your energy field
- ✔ Gain clarity on your soul purpose

Joan pride's herself on having decades of experience with a strong background in spiritual development, health and wellness, coupled with her substantial qualifications. Joan is ready to work with you if:-

- ✔ You are ready to take the next step to align with your higher purpose
- ✔ You know you are here to make a difference, but dont know how to get there
- ✔ You are ready to stop self sabotaging
- ✔ You are ready to become more conscious and own your reason for being here



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Health & Wellness Expert



INTUITIVE DEVELOPMENT PROGRAM - REIKI

Joan believes that to build on your wellness toolkit Reiki is just one of the intuitive foundational tools to have as you progress on your intuitive development journey.

Usui Reiki is a form of energy healing derived from Japan and rediscovered in the mid 1800's in which the Reiki practitioner transmits Universal Life Force Energy (Ki) through their hands for the purpose of healing using specific hand techniques.

Reiki Healing (pronounced Ray Key) is a hands-on form of energy healing, where particular Reiki symbols are used to connect to the universal energy.

This energy is used for improving health on all levels; physically, mentally, emotionally, and spiritually. It allows the channeled energy to directly flow into the person, whilst helping to reconnect on a deep level to one's core essence.

The healing energy works through the chakras (energy centres of the body). This energy travels to the the area in the body that needs healing at that moment. This helps restore the areas to their natural, healthy state.

These tools help to:

Remove energy blockages and bring the body into balance

Assist the body to detoxify and boost the immune system

Accelerate the body's ability to self heal

Heighten your intuition

Promote health and balance in the body and mind

Release tension from the body

Improve concentration and focus

Assist you to sleep better



MEET JOAN



With over 20 years of clinical experience and 15 years in corporate leadership, it has always been my mission to make a difference and create change.

As a Registered Nurse (Bachelor of Health Science with a Postgraduate in Mental Health), I have worked in intensive care, surgical neurology, casualty, and mental health in hospitals throughout Australia, as well as the Royal Flying Doctors. I feel honoured to be able to help those in their time of need.

I found myself being called to integrate other modalities into my scope of practice such as a Diploma of Naturopathy, Reiki Master attainment and a Diploma in Business Management. Coupled with my high intuitive abilities, I realised that I could work with people's energies and revitalise them to increase their vibration to help them heal and see life with clarity and purpose.

I was approached to lead a team in OH&S for several years at Stradbroke Island which was pure paradise. I realised that I was feeling a little bit too comfortable in this role on Stradbroke Island, and knew that I was being called to make a difference in other industries, particularly the resources sector, where I went on to work in leadership positions for BHP Billiton, Rio Tinto Alcan, Anglo American, Arrow Energy, and QGC.

Working for global corporations as Head of Health, I was responsible for leading large teams, developing entire functions of health models and assets, and managing budgets in excess of \$20million dollars to provide transformative results, both personally and professionally.

Throughout all of this, like many women, I was trying to precariously balance motherhood on my own with my two children. I know what it is like to wear the many hats of being female and have a high level of empathy and care with those who may be experiencing the overwhelm of juggling all of this.

Working for global resource giants was an impactful and life changing experience, particularly being able to help women in such a male dominated industry. I became restless in wanting to release the organisational constraints so that I could help in a truly transformative and holistic way.

This is what prompted me to create my legacy by starting my own transformational health and wellness practice. Now I consult to heart-centric organisations to help implement their health programs as well as mentoring women.

I pride myself on having decades of experience with a strong background in health and wellness, coupled with my substantial qualifications. My senior leadership positions with world leading organisations, as well as a mix of Eastern and Western philosophies, I can work on a subliminal level with a persons' energies to rebalance, reenergise, revitalise, and amplify their energy.



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"We delight in the beauty of
the butterfly,
but rarely admit the changes
that it has gone through
to achieve
that beauty"

MAYA ANGELOU

AFFIRMATION

"Every day is a new day with new
beginnings,
and I embrace each day
with gratitude,
knowing that
I have all I need at this moment in time
and
I will be provided for always. "

Joan

Ready to get started working with Joan?

This is fantastic news and Joan is super excited to welcome you aboard!
This transformative journey will improve your health, career and life, inspiring you
in ways unimaginable until now.

Setting you up for success in all aspects of your life.

You will experience life changing moments, that will rekindle your inner flame
allowing you to see the world through a different lens.

Opening you up to your true potential with clarity, courage, vitality and balance.

Chat with Joan now joan@joanmcewan.com

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