



Joan McEwan

TRANSFORMATIONAL  
Health & Wellness Expert



FOR PROFESSIONAL WOMEN WHO WANT TO BUILD A SOUL DRIVEN CAREER & BUSINESS

# IGNITE & RISE

[joanmcewan.com/mag](http://joanmcewan.com/mag)



**Align to your  
higher  
purpose work  
and create  
your soul  
driven  
business**

**Learn how to release  
limiting beliefs that  
are holding you back**

**Discover cutting edge  
intuitive tools that will  
ignite your business  
and life!**

**AWARENESS  
ACCEPTANCE  
ALIGNMENT**

**How to create a successful business & life by aligning your  
body, mind and spirit as you release old patterns.**



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DISCOVER the secrets  
to **IGNITE** your inner  
and outer world

LEARN how to create a  
soul driven business that  
is in alignment with your  
higher **PURPOSE**

MASTER your **HIDDEN**  
wisdom that will amplify  
your **SUCCESS &**  
**HAPPINESS**



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## A NOTE FROM JOAN



Director  
Transformational Health & Wellness Expert  
[www.joanmcewan.com](http://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 mentor professional women to support them to "unlock your unique codes". Doing deep inner work to create their purpose driven business. In essence I help women to Ignite and Rise from the inside and create a healthy, sustainable, successful life and business.

In the pages that follow you will learn how you can build your purpose driven business and career as you begin to activate your intuition as you Ignite and Rise.

We are being called to heal on a mental, physical, emotional and spiritual level. This requires deep inner work and transformation. It is time to go within and awaken your "blueprint" and begin the journey you have come here to be on.

I feel honoured and excited to be part of your journey as you step into your purpose driven business and career.

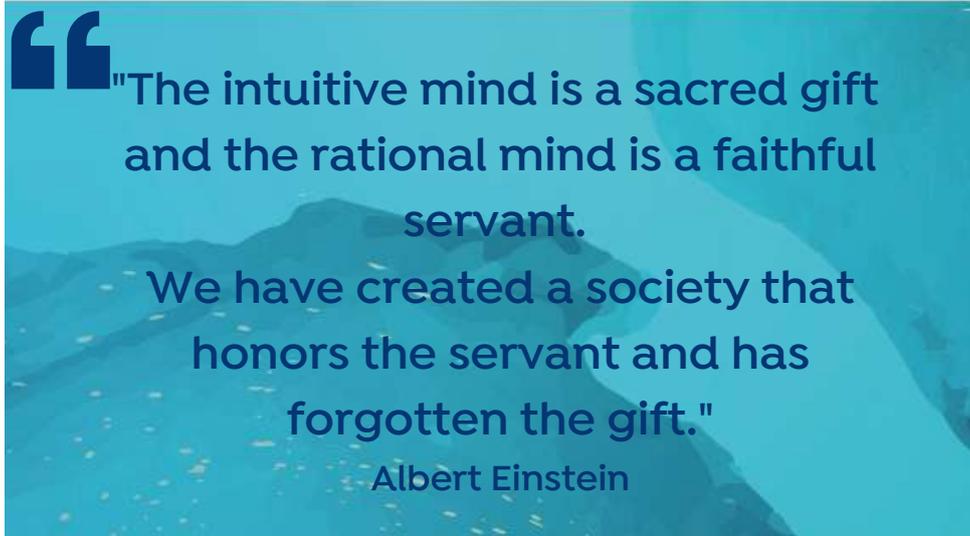
Kind Regards,

Joan McEwan



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## 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
- 34% of Australian business operators are female and 42% of them have a degree or diploma
- There has been a 46% increase in female business operators in the last 20 years
- More than 2:5 female business operators are aged between 40 - 54 years
- The World Health Organisation have declared stress as the health epidemic of the 21st Century!

**Integrating and balancing your body, mind and spirit is vital to your sustained success in health, life and career!**

Ignite and Rise as you prioritise your health and wellness to build and sustain success in your life, relationships, career and business. It's like baking a cake. Firstly you get the basic ingredients and create a perfect environment and mix them together.

Following the correct cooking time you have an amazing cake. Your body and mind is similar in that when you take time to nurture your body, mind and spirit on a regular basis, you increase your energy, clarity and motivation. When you apply a consistent approach and add the finishing touches that are your brand, your essence, your uniqueness. Sustained success is achievable!



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# Problems

## IS THIS YOU?

**Exhausted, feeling stuck in your job and life, repeating the same patterns and consumed with fear and doubt?**

### You're not alone

Can you relate to the following challenges?

- ✓ You feel that if you could find your "unique hidden code" to unlock your true self, your health, business, career and life would improve as you find your "PURPOSE".
- ✓ You lack time, energy and clarity to get on with your life.
- ✓ You are absolutely exhausted with no clear direction.
- ✓ You feel emotionally "numb" and disconnected with life
- ✓ You feel "stuck" and keep repeating the same mistakes over and over and need to find what is holding you back
- ✓ You are suffering health issues such as weight gain, mood swings & anxiety
- ✓ You need some space and guidance to help you unpack what is really going on inside you.

## LET'S FIX IT!

If you can relate to any (or all) of the these challenges, you are not alone. It's common for soul driven women to have fears around being their true selves.

It can prevent you from achieving your purpose work, but the good news is, you can turn this around.

Joan's "Ignite & Rise" mentoring program will show you how to do the inner work to improve your business, career, life and health. Then you will get an understanding of what it feels like to unlock some of your unique codes.

Feel confident as you step into your soul purpose and, start to step into your uniqueness to reach the success you deserve. Doing the deep inner work will help shed your limiting beliefs and old recurring patterns. Gently, your fear and self-doubt will decrease whilst increasing your energy, vitality and clarity as you balance and align your body, mind, soul and spirit.

Trusting your inner knowing.



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# HOW DO WE FIX THIS?

**In the "IGNITE & RISE" program, Joan will assist you:**

- ✔ to create a strategy to Ignite your passion that unlocks your unique code and takes you from a place of weakness and self-doubt to a place of strength, confidence as you find your soul purpose.
- ✔ to help you to tap into your inner wisdom, 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, health, life and business.
- ✔ to provide you with the foundational tools and confidence so that together we discover what your soul purpose is and develop a plan to bring it to life.
- ✔ to learn how to heal and align your body, mind and spirit as you connect to your business, career and soul purpose.
- ✔ to understand naturopathic and spiritual principles to support your body and mind through, nutrition, exercise, inner work and supplementation.

This journey will unlock your best self, increase your energy and clarity as you create a purposeful and successful life, business and career. Joan has a unique ability to act like a master key and guide her clients to intuitively unlock their unique code on their journey as they IGNITE & RISE..





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We are like an onion  
shedding its layers!  
As one layer peels off  
another one is highlighted.  
Gaining more clarity  
around our purpose!



"IGNITE &  
RISE"

Mentoring  
Program

Why Joan's  
Program  
stands  
apart from  
the rest?

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 spiritual levels, that allow you to go within to do your inner work, to seek who you really are.

By unlocking your unique code enables healing, balance, revitalisation, and awakening to step into your soul purpose and align yourself to your purpose work with clarity, courage and confidence. Joan help's her clients to do their inner work, 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 and support so that together they discover what they are truly capable of through finding their unique code.



Joan pride's herself on having decades of experience with a strong background in leadership, 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 re-align, re-energise, and assist in increasing their frequency and 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 LADDER TO IGNITE & RISE

ACTIVITY	FOCUS	IMPACT
GROUNDING	ILLUMINATE	EXPANSIVE
PURPOSE	JOY	ACTION
INTENTION	CLARITY	ROUTINE
SURRENDER	HOPE	SPACE
NUMB	RESIST	BLOCKED

## LEVEL 1 NUMB

NUMB: You know you are here when you are exhausted and have no clear direction. You realise that the impact of this is that you are blocked and need to shift your energy and mindset. You know that you need help, so you engage a coach to help you IGNITE and RISE from the inside out.

## LEVEL 2 SURRENDER

SURRENDER: You know you are here when you surrender to the resistance you have been feeling. You start to feel HOPEFUL and the impact of this shift is that you create SPACE to unpack what is no longer working for you.

## STEP 3 INTENTION

INTENTION: You know you are here when you focus on your INTENTIONS and know that you have to create a new vision. This new found CLARITY strengthens your beliefs as you create a daily ROUTINE. By having a routine gives you structure. You start to feel that you are more in control and taking ownership of your purpose. Your body vibration is elevating.

## STEP 4 PURPOSE

PURPOSE: You know you are here when you feel JOY. Your energy is lighter and you are no longer being impacted by other people's energy. Your PURPOSE is validated with your strong sense of knowing and trusting your "gut". The impact of this is taking ACTION which is effortless and feels good, thus your confidence is elevated. You are having an impact on others by inspiring them. You are creating a ripple effect as you hold a safe space for others' energy to elevate.

## STEP 5 GROUNDING

GROUNDING: You know you are here when you feel illuminated. You have built a strong foundation over the past 90 days by unblocking your energy channels. You have gained clarity by developing routines and taking action. The impact of this has allowed you to become expansive, whilst at the same time staying GROUNDING. The More effective your grounding the more your energy can elevate, increasing your vibration and frequency. You now feel lighter and brighter. Your inner flame has been ignited and you are ready to shift to the next level.



## 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 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 framework provided me with many things including a wellness toolkit that I can refer to as I need. 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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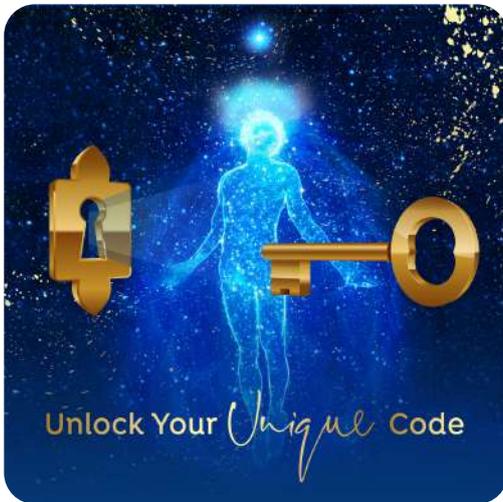


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## IGNITE & RISE - THE INNER WORK



### 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. Opening up to your soul purpose work.

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 soul purpose as you align to your higher self's journey.

Some of the elements that unlocks an individual's personal power are: Self-compassion, simplicity, values, balance, alignment, 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 these codes that when it is all combined provides them with a powerful, unique plan that is personalised to the client's individual journey.

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 that is aligned to their higher purpose with a 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 aligned with a clear plan and vision.

In the ignite & Rise program, Joan will show you how to work through the 5 elements and become balanced and aligned with your soul purpose, vision and plan.



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# The 5 Elements

## ELEMENT 1



### Awareness

Is a gift where you shift the focus to YOU, it is all focused on self-responsibility. This is the first step required to allow your vibration to increase, which supports you as your energy centres re-align. Now is the time to do the inner work (shadow work). Really starting to feel and acknowledge what aspects of you are working for you and what are not. Clearing out all lower energies and as you unblock your chakras and start to release your negative self-talk and recurring patterns. The more clearing and activations you receive and do here, the more clarity you gain as you start to consciously create. You start to learn how to cultivate these lighter energies and begin to heal yourself. To anchor in your awareness you consciously choose to engage in a daily habit of self care practices. This is non-negotiable if you wish to succeed. Getting clear on who you are. What you think, you create, what you feel, you attract and manifest.

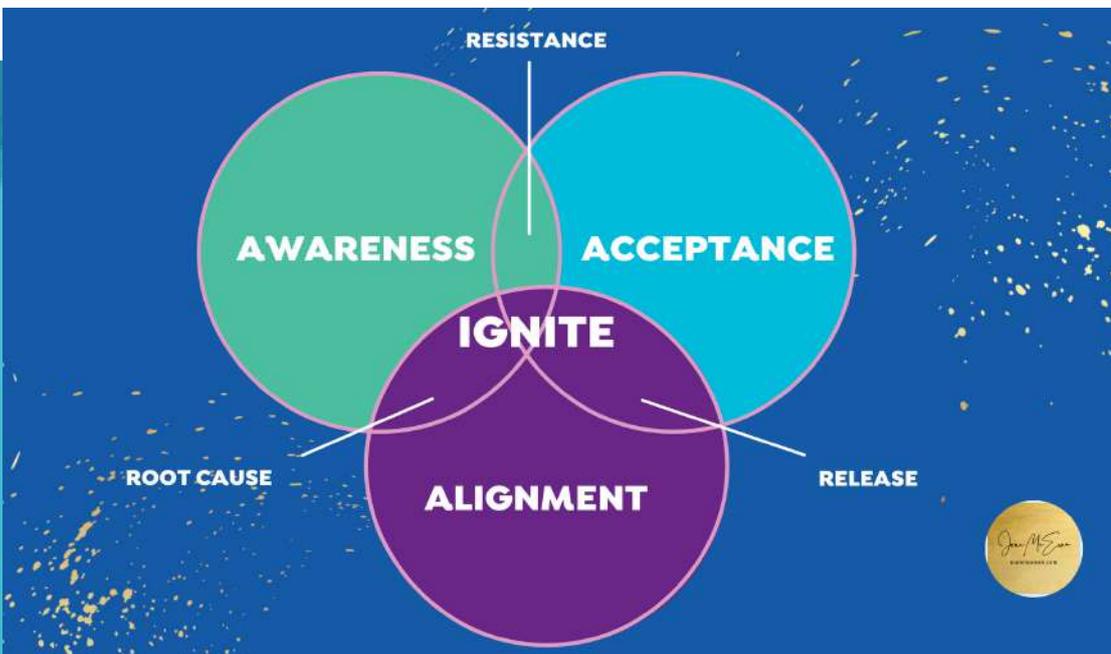
ELEMENT 1

ELEMENT 2

ELEMENT 3

ELEMENT 4

ELEMENT 5





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# ELEMENT 2

## Acceptance and Resistance

Accepting yourself, you give yourself permission to be exactly who you are, your divine self. Acknowledging the contract that you signed and agreed on before coming into this life. Addressing the lessons that you have come into this life to learn, as you release old patterns that are holding you back. Separating from what is no longer working for you as you and starting to consciously create and manifest. The tools here are meditation, journal, clean nutritious food and exercise, connecting with nature to clear and lighten your energy.

At the intersection of AWARENESS and ACCEPTANCE is RESISTANCE. This is where deep shadow work is required. You are being called to be vulnerable and honest with yourself as you acknowledge your feelings. Prioritising you on your journey calls for you to let go of control and codependency patterns as these hold us back. Letting go of your fears makes way for you to step into your power. You start to learn to love yourself and honour your worth.

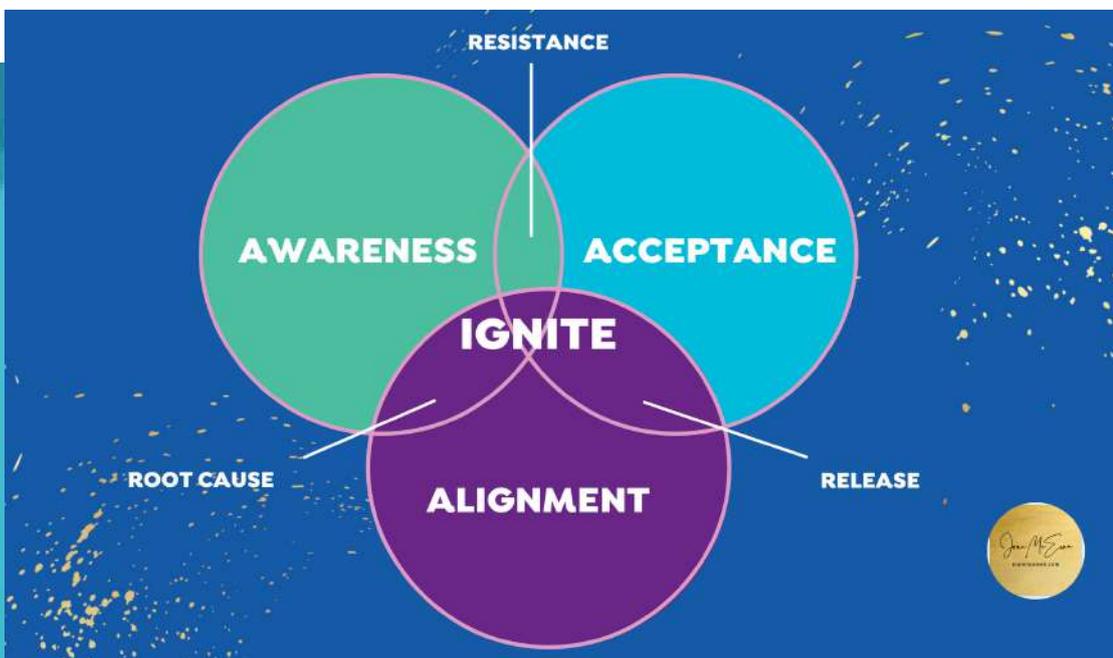
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ELEMENT 5





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# ELEMENT 3



## Alignment and Release

You are now moving into a container where you feel safe to embody and express. Having now developed a consistent daily practice involving journaling, meditation, grounding, embodying your energy to keep it aligned as you take intentional action with clarity and focus. As you embody your higher-self energy you start to shift from 3D energy to 5D energy. You are holding strong in your power and becoming expansive.

At the intersection of ACCEPTANCE AND ALIGNMENT IS RELEASE. Being ready to let go of all the fears and old patterns that no longer serve you will create a lightness within you. The rigidity within your mind and body dissolve as you take on a gentler and safer expression of who you are. Revealing the person that you have come into this lifetime to be. As your vibrational energy increases it opens the gateway to connect and balance your body, mind and spirit in a way that is extraordinarily powerful. Letting go of old wounds allows healing to begin on all levels. Trusting and believing in who you are cultivates PATIENCE, TRUST and COMMITMENT.

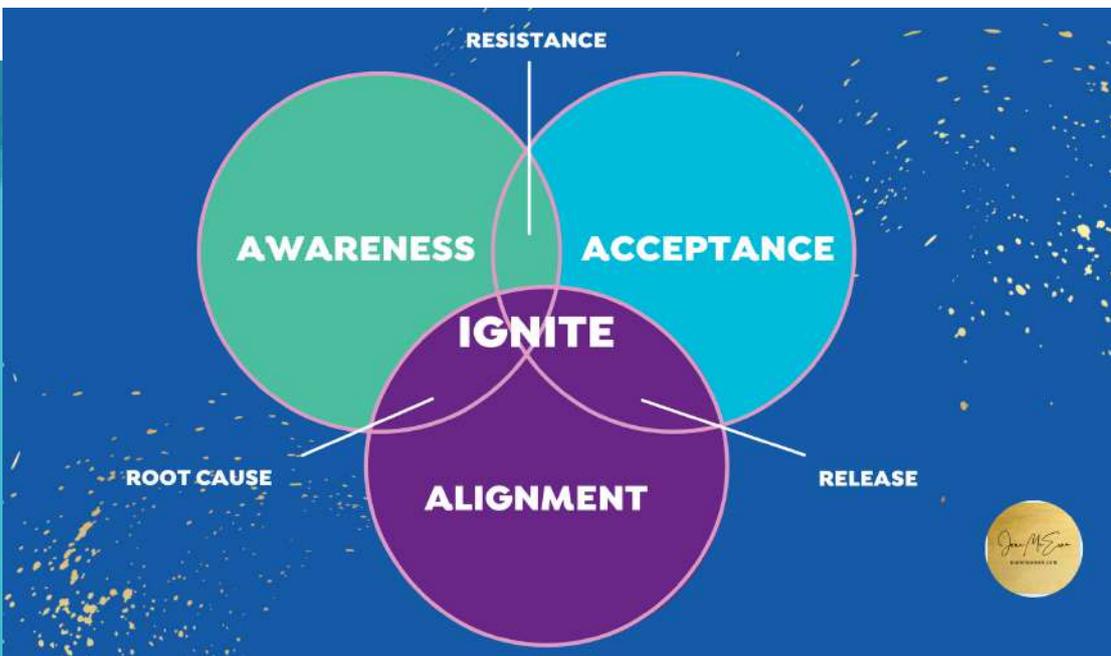
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# ELEMENT 4

## Root Cause

The deeper you go with the inner work and keep asking the questions “why” the more the answers will reveal themselves. We have many layers to peel back. Each layer reveals a fear or blockage that is preventing us from moving forward, we hold onto these as it has become our comfort zone. When we have done the work the answers will show themselves and through managing our energy the fears will release and the hole that is left can be plugged once and for all.

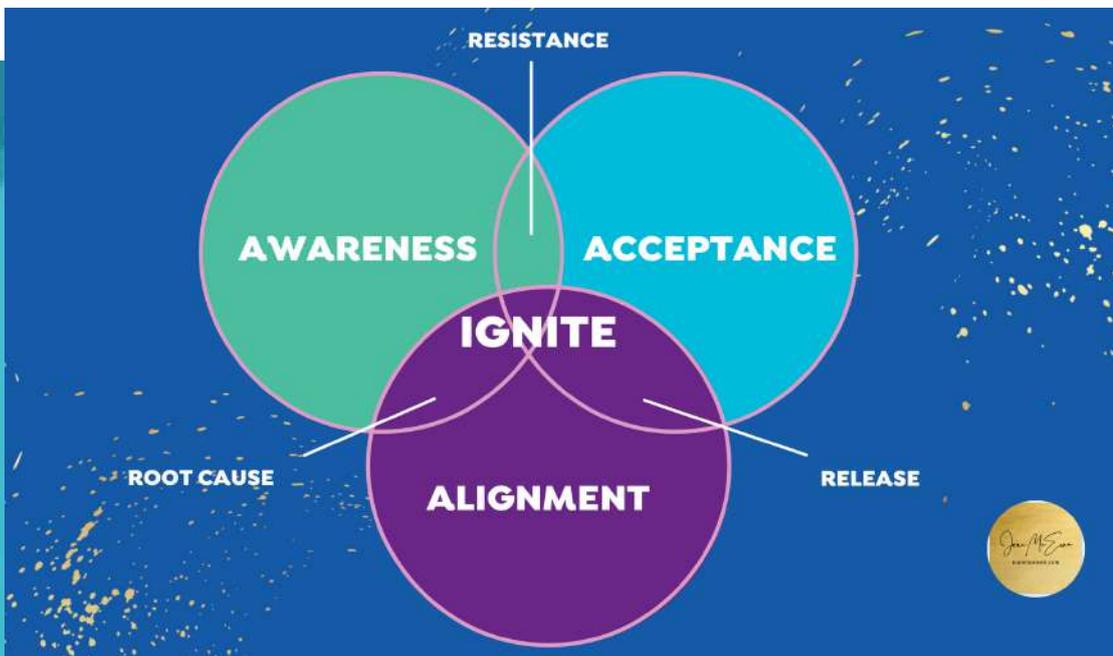
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# ELEMENT 5

## Ignite & Rise

As all the previous elements are addressed, you start to Ignite and Rise energetically. The inner work helps you shed old patterns of behaviours and limiting beliefs that are no longer serving you. Transforming into a simplified life, by removing all the noise, to discover and own your purpose work through prioritising your inner knowing as you focus on your health and wellness. You begin to unlock your unique code. The key activates the codes, free's you and unlocks you, thus enabling you to see clearly what work you are here to do.

Unlock your unique code of what works for you to Ignite your inner knowing to transform you into a purpose driven individual. To create a strong foundation that allows you to align with your purpose work to increase your clarity through sense of self and decrease self-doubt. Prioritising you to increasing your energy and vitality.

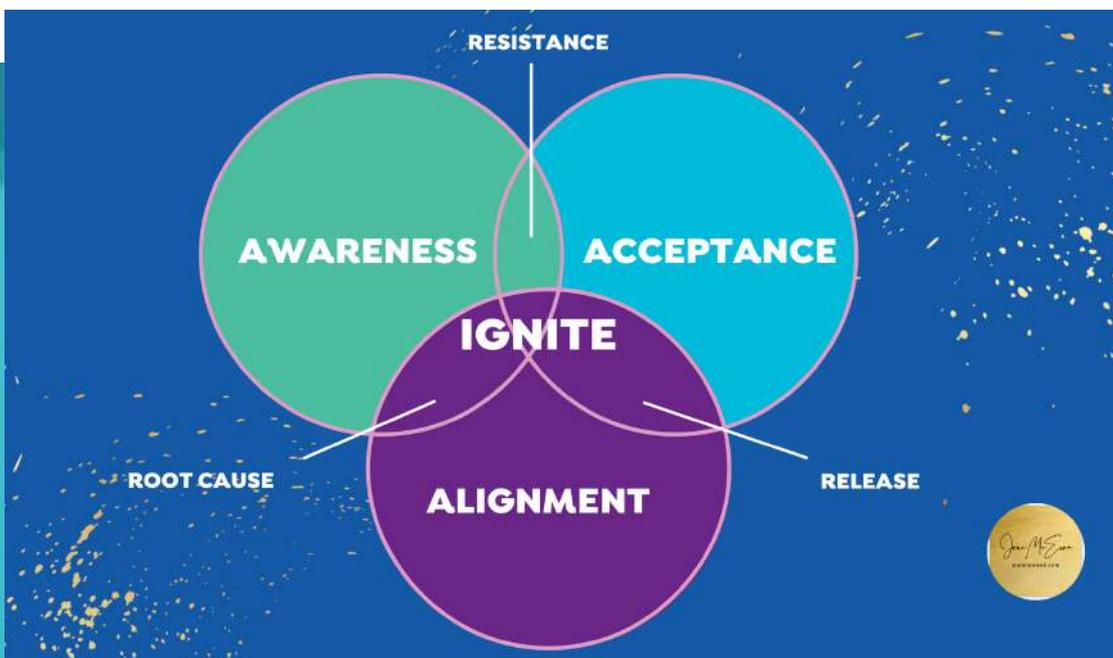
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## ALIGN WITH YOUR SOUL PURPOSE

To show up constantly and be the transformational woman requires awareness, acceptance and alignment. To be fully present and energised.

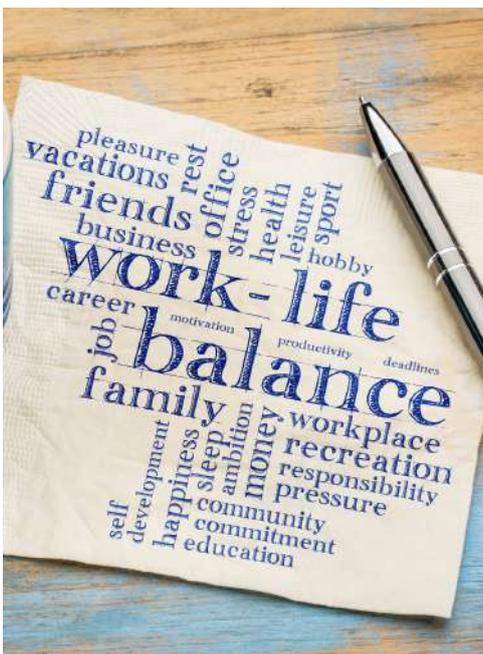
More than ever before, business and career women have the ability and awareness to ignite from the inside by doing their inner work. To be their authentic self, sharing their genius, their purpose work with the world, whilst being a mother, partner, wife, daughter and friend.

They can gain traction and improve their life, career, relationships, wealth and health by embracing their inner knowing and amplifying their energy. Setting them up for sustained purposeful 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 whole-istic and aligned 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 soul journey, releasing self-doubt and amplifying our energy to align with a future that is on purpose, joyful and fulfilled. This comes about by prioritising YOU.

**Productive, successful people understand that the key to their success lies in how they manage their health, wellness and energy as they 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.
- 20% of Australians aged between 16 – 85 year's experience a mental illness in any year (approximately 4 million people)



## IGNITE & RISE WITH JOAN'S INTEGRATIVE WHOLE-ISTIC APPROACH

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

Joan's program plays a much bigger and more whole-istic role with sustainable benefits.

The "Ignite & Rise" program brings together elements - everything from health strategy, inner work, 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 whole-istic approach with her "Ignite & Rise" program, she has taken the thinking out of the process.

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

The "Ignite & Rise" program helps facilitate you to live in flow and step into your soul purpose with a tailored plan to align as you 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 soul purpose.



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

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

As your vibration increases as you commit to your inner work, you will radiate an inner strength and calmness that will attract like-minded people to you and repel negativity from you and your life.

**Trust in yourself and align with your soul purpose.**

You've worked hard trying to create success in your life, career, business and health but something has always been missing.

However working with Joan and her "Ignite & Rise" mentoring program, aligning with your soul purpose you will achieve improved success in all aspects of you. It is not as hard as you may think.

**We will outline the details of the program and how Joan will support and guide you on each step of your journey .**





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# "IGNITE & RISE" PROGRAM YOUR INVESTMENT

When you sign up for the "Ignite & Rise" Program you work exclusively with Joan and gain a vast range of tools, resources and inspiration that will boost your energy, business, career and health.

You will find you have a shift in mindset as you become more agile and accepting of change. As a result you will begin to heal from the inside out and your life and career will re-aligned with your soul purpose.

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 committed you are to doing the work 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 and insight.

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

**Setting you up and guiding you to do your purpose work with ease and grace!**

SILVER  
3 MONTH  
PROGRAM

GOLD  
6 MONTH  
PROGRAM

PLATINUM  
12 MONTH  
PROGRAM

"IGNITE & RISE" – Mentoring Program Includes	90 DAY SILVER PROGRAM	6-MONTH GOLD PROGRAM	12-MONTH PLATINUM PROGRAM
Half Day Personal Discovery Session. Values at \$3000 per session	✓	✓	✓
1.5 Hour Mentoring Session. Valued at \$1125 per session	2	6	12
1 Personally selected self development book each quarter. Valued at \$35 per quarter	1	✓	✓
Daily Inspirational emails for 21 days. A brief daily email (300 words) to help you stay focused. Valued at \$500	X	✓	✓
Check In's and accountability. Phone call, text or email with any questions. Valued at \$250	X	3	6
Guided meditations, healing and clearing (valued at \$250)	3	6	12
Distant Reiki session with chakra clearing. Valued at \$250 per session	1	3	6
Exclusive access to private Face Book group. Valued at \$250.	✓	✓	✓
Reiki Level 1 Training, Attunement, Crystals and Certification (Valued at \$597)	X	X	✓
VIP Invitations to Events & Workshops & Masterclasses (discounted)	✓	✓	✓
<b>INVESTMENT</b>	(Valued at \$6,535) <b>\$4,997</b>	(Valued at \$13,570) <b>\$8,997</b>	(Valued at \$22,087) <b>\$12,997</b>



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

## Intuitive Development 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

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

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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## USUI REIKI TRAINING & ATTUNEMENT

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

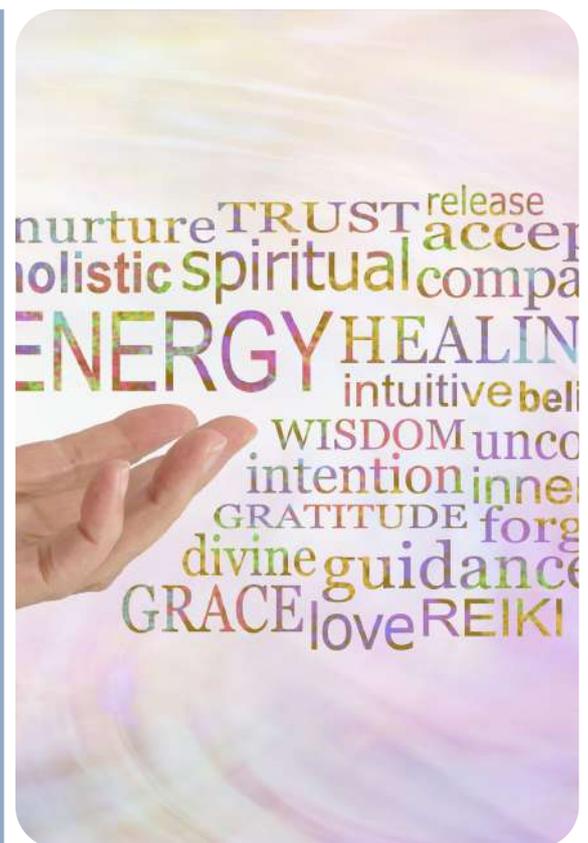
Heighten your intuition

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.

*Joan Mcewan*



Joan McEwan

TRANSFORMATIONAL  
Health & Wellness Expert



"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

I am strong  
I am abundant  
I am worthy  
I am confident  
I am powerful yet gentle  
I am happy and joyful  
I am woman  
I am me!

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](mailto:joan@joanmcewan.com)

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