

Joan McEwan

# IGNITE & RISE 4 DAY MASTERCLASS



## Workbook



Joan McEwan



## A NOTE FROM JOAN MCEWAN

### **The 4 Day Ignite & Rise Masterclass.**

#### **Unlock your Intuitive powers & gain clarity on your soul's path!**

Many of my clients tell me they experience:

- Struggle to create a successful soul driven business but dont know how to make it work
- Feel "stuck" and keep repeating the same mistakes over and over
- Continue to doubt their own abilities of managing a successful business
- Living a life of "scarcity" - lack of money, joy, and relationships
- Do not trust that they will ever be successful or happy
- They feel lost and have a fear of failing in life and career
- Feel emotionally "numb" and disconnected with life
- Experiencing health issues such as weight gain, anxiety and panic attacks
- They are ready to align their intuitive powers & gain clarity on their business or career?

If you can relate to any (or all) of the above, you are not alone. It's common for business 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. You will learn the basic concepts in this masterclass, and get an understanding of what it feels like to start to "Ignite & Rise" as you begin to Unlock your Intuitive powers & gain clarity on your soul's path

This masterclass will set you up to feel confident as you start to consciously create and step into your personal power to create an abundant and successful life. Starting to release old patterns and self limiting beliefs that are no longer aligned to who you are.

I feel honoured and excited to be part of your journey as you begin to "Ignite & Rise" and start to build your successful and abundant life and career. Aligned to your soul's path.

Kind Regards,

Joan McEwan

Joan McEwan  
Director -Health & Wellness Expert



Joan McEwan

# IGNITE & RISE

## **THE IGNITE & RISE MASTERCLASS**

This powerful masterclass has been designed to help you unpack the key components that are critical to understand and manage as you Unlock your Intuitive powers & gain clarity on your soul's path.

As you become more present you will open up a world full of opportunities that are aligned to your purpose work.

We will go on a journey and discuss the 5 key levels to IGNITE & RISE. You will step into a safe container where you can identify where you are at on your journey and identify ways to elevate and grow.

Going from a place of MISALIGNMENT and feeling STIFLED to a place that is MINDFUL, stepping into your PERSONAL POWER with ABUNDANCE and SUCCESS as you learn how to Unlock your Intuitive powers & gain clarity on your soul's path. Begin to unpack your true identity and uncover what truly "lights you up" as you begin to focus on YOU.

You will hear a bit of my diverse journey from corporate executive to health and wellness expert, registered nurse, author and intuitive and spiritual mentor. And my acceptance of when I finally understood what my unique point of difference was. My gift that I could share with my clients to support them to unlock their Intuitive powers & gain clarity on their soul's path.

During this masterclass we will take a whole-istic view to being successful. Tapping into the superpowers that will set you up and carry you to success and happiness. A reminder that success, health, wealth and happiness is an inside job. It is up to you, you determine how successful you will be by your level of commitment, and inner work that you do.

Get comfortable with feeling uncomfortable and know that its about being consistent, making progress and not perfection that we seek as we take ownership of our uniqueness on our soul's path..



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# IGNITE & RISE

TODAY: IDENTIFY WHERE YOU ARE AT ON YOUR JOURNEY

Where am I currently at?

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What is my vision and why do I desire this?

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How do I feel on this level of my journey?

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What are my values and beliefs - am I aligned with my personal and business values?

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What do I commit to change today to accelerate my journey to the next level?

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# IGNITE & RISE

TODAY: FEEL SAFE AS YOU EMBODY AND EXPRESS. IMPLEMENT INTENTIONAL ACTIONS TO ALIGN WITH CLARITY AND MANIFEST FOR SUCCESS!

What do I want to consciously create in my life | Business | career?

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What does it feel like to give myself permission to make this change - happy, sad, scared, fearful?

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Meditate on letting go of comparing myself to others and journal what came up for me?

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Am I really doing what "lights me up"?

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Write down what your daily routine looks like, how much time have you assigned to this?

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Joan McEwan

Transformational  
Health & Wellness  
Expert

MEET  
JOAN



As a Transformational Health & Wellness Expert with over 15+ years in Health & Wellness in corporate leadership, and 20 years of clinical experience as Nurse in Intensive Care and Mental Health, it has always been my mission to make a difference and create change in people's lives.

I found myself 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 have the unique ability to work with people's energies and revitalise them to increase their vibration to help them heal and see life with clarity and purpose.

I take professional women on a journey to create personal transformation as they Ignite & Rise. This is where we discover your mental, physical, and emotional levels, that allows you to go within to find out who you are and gently awaken to create the shift that you have been seeking. By doing the inner work enables healing, balance, revitalisation, and awakening to step into your personal power and do your purpose work and align to your highest self. Prioritising your Health and Wellness.

"Nothing will work unless you do"

- Maya Angelou

I 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 are ready to consciously create. I provide you with the foundational tools so that together we discover what you are truly capable of through finding your unique code.

What sets me apart in my industry is 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, allows me to work on a subliminal level with a person's energies to rebalance, reenergise, revitalise, and increase their vibration. I provide a robust foundation that allows you to be empowered to do the work so that you can maintain, flourish, and amplify your energy.

To read Joan's full story, [click here](#)

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