



A 6 Month Journey
To finally do the damn thing
Embodied
Mastermind

Become the woman no ordinary box can hold.

**Your body leads, profit follows, your
life becomes *Living Art***



July
2026



Founding
Cohort



50%
Seats
Taken

Sarah Singer X Becky Evans



Feels A Body Yes? DM the word

‘EMBODY’

To Apply

@empoweredbybecky

@sarahfcsinger



*Embodied
leadership isn't
a skill you
learn.*

IT'S A SELF YOU RETURN TO.

@ANNAMARIFROLOV

Why We Built This

Here's the truth we've uncovered together:

- **Inner work, and outer strategy** are the secret ingredients - you can't build a **sustainable six-figure business** without each one
- Most programs address **'business strategy' or 'healing work'.** **We needed both**
- We created The Embodied Mastermind because **we wish we had a space like this!**

Meet Sarah...



She set out to change the world's mental health. Then she realised the most powerful change starts from within.

“Your Ikigai (career & life purpose) can evolve. The part of my work that lit me up most wasn't just the programs themselves. It was empowering the people behind them”



8 Years leading Global Mental Health Programs

Planned to become a psychologist, got a Master's in Public Health, traveled to 45+ countries and helped impact 200,000+ people



Success → Purposeful Pivot

On paper, she was living her purpose but realized she was chasing someone else's dreams. Went on a major spiritual/personal life pivot



Today she runs her dream coaching & consulting biz

Became a certified career, business, and life design coach leading 1:1, group programs online and in her community & workshops helping leaders bring their vision to life



The Unexpected Discovery

Outer success is nothing without inner fulfillment, worthiness & living a life authentic to you. The messy middle creates magic

Helping you not just do, but become who you're meant to be.

Meet Becky...



She left the boardroom to build a life that felt like hers.

Then she discovered where the real work lives, in the body

“I didn't just change what I did. I changed the entire foundation I was building from ”



8 Years investment banker VP

Loved her job, but something deeper led to a breakdown which was just the beginning



Sobriety, travel, healing

She learnt to work with trauma, vibration with her body & clients in ways she never imagined



Today she runs her dream biz in Vietnam

1:1, groups, workshops, retreats & festivals built entirely around tools that changed her life



The Unexpected Discovery:

As her nervous system capacity rocketed, it allowed her biz to to. This is the ground her leadership stands on & what she teaches

**I help women build lives and businesses
Rooted in their bodied, their truth &
their vision**



Our Story



- A few years ago, we met in a **group coaching container** in the middle of our own career, transitions, pivoting from traditional success in corporate
- Immediately became fast friends and built our own informal **mastermind together**, consistently building our businesses side by side
- Sarah **experienced Becky's somatic** work firsthand and credits her **business quantum leap from it**
- We've even spent a week having our own mastermind together in Scotland with our partners!
- **Becky & Sarah** started to collab their work inside Sarah's container and **realised how powerful their work is together**



Want to hear the full story? Check out our Podcast coming soon!



Build a 6 Figure Business Without Burnout

Entrepreneurship as the vehicle for personal development from:

- Survival to freedom
- Overwhelm to alignment
- Your business; Your Impact Your Way

This Program Is
For You If...

You're here to:

BUILD
GROW
DO IT YOUR
WAY



Who It's For

- ✓ **Purpose driven women:**
Ready to create impact
- ✓ **Coach, healer, consultant:**
Including advisor, small service provider, leader or community builder
- ✓ **Building a business:**
Ready for Founder-level capacity in your body & business/ life systems
- ✓ **Integrity led:** Called to hold space with real skill and safety
- ✓ **Value's freedom:** Building a freedom-based career to make an impact on your own terms
- ✓ **ROI:** Ready to grow your business or concept to build foundations for 6 figures

Business strategy and nervous system work. In the same room. Most programs give you one. This is what happens when you get both.

1 Two experts. One container.

Strategy and nervous system work live, on your actual work, every week.

2 Business is the entry point. Your body is the transformation.

We work on both at the same time: not as separate tracks but woven together.

3 You're not just transforming. You're learning to create it.

You leave as a practitioner – with the skills to hold powerful spaces for others.

4 You don't just learn to facilitate. You build and launch.

Real feedback on how to hold the room – and how to monetise what you've built.



Five pillars. One unified experience.

Every session, every practice, every breakthrough — woven together across 6 months.

Couragous Capacity

A guided journey through your own nervous system, emotions and inner landscape — experienced personally, felt deeply.

1
Led by Becky

6 Figure Strategy

The foundations for a sustainable six-figure business — designed around your gifts, your story and the life you actually want

2
Led by Sarah

Facilitation Mastery

The presence, safety and artistry that makes every client experience you hold genuinely transformational.

3
Led by Becky

Practice Lab

Your real-world proving ground – build your workshop, session, or high ticket signature offer and practice it live, with witnessed feedback from both of us. You leave having already done it.



4

Led by Sarah + Becky

Community

The Collective: A living, breathing community of purpose-driven women building meaningful lives & work on your own terms, where you're seen, challenged, and held accountable between every session.



5

Led by Sarah + Becky

Courageous Capacity

What you'll move through

- Your nervous system and why it runs the show
- Breathwork as a tool for reset and release
- Somatic movement to shift what talking cannot touch
- Your own emotional landscape, explored with safety and depth
- A personal practice that becomes the foundation of everything else

1

Led by Becky



6 Figure Strategy

What you'll move through

- Your signature offer – priced to reflect your full worth
- Personal brand and positioning – so the right people find you
- Content that builds trust and converts without feeling salesy
- Sales – the shift that makes selling feel like serving
- A real launch – A-Z, easeful and authentically you
- Systems and AI to grow your reach and free up your time
- Six figures built around your gifts, your story, and the life you actually want

2

Led By Sarah



Facilitation Mastery

What you'll move through

- The nervous system of others – read in real time
- Co-regulation – what your presence says before you speak
- The fastest way to shift your nervous system
- Ethics and boundaries that protect you and your clients
- The arc of a session – opening to closing with care
- Navigating emotional intensity without collapsing or fixing

3

Led By Becky



Practice Lab

Your real-world proving ground. Create your own workshop, session, or offering- practiced live with the Embodied Mastermind community (and your own!). Online or in person, with personalized feedback from Becky on facilitation and Sarah on strategy and monetization.

What you'll move through:

- Whether you're training to become a breath facilitator, hold group coaching sessions, design an in-person workshop, or launch an advisory, this is your space
- Feedback on both space holding, facilitation & presence with clients AND your tangible launch & heart-centered sales strategy
- Built-in structured feedback along the way
- Clear path to make back your ROI on this investment

4

Led By Sarah & Becky



Community

What you'll move through

- A lit-up community Telegram chat – real conversation, real connection between every session
- Mini trainings dropped in when you need them most
- Opportunities for deeper connection with the women
- Past cohorts have gotten together in person, done podcast exchanges, formed partnerships, gotten client referrals, & built friendships that last

5

Led By Sarah & Becky



The (Internal) Transformation

This is where the real shift happens
Not what you learn. Who you become.

What You'll Walk Away With

A nervous system you can trust: Feel safe in your body, lead from presence, not pattern

Rhythms that reset you: Deep practices to expand your system & anchor you back to yourself

Confident, ethical leadership: Lead with depth, hold your clients space with integrity

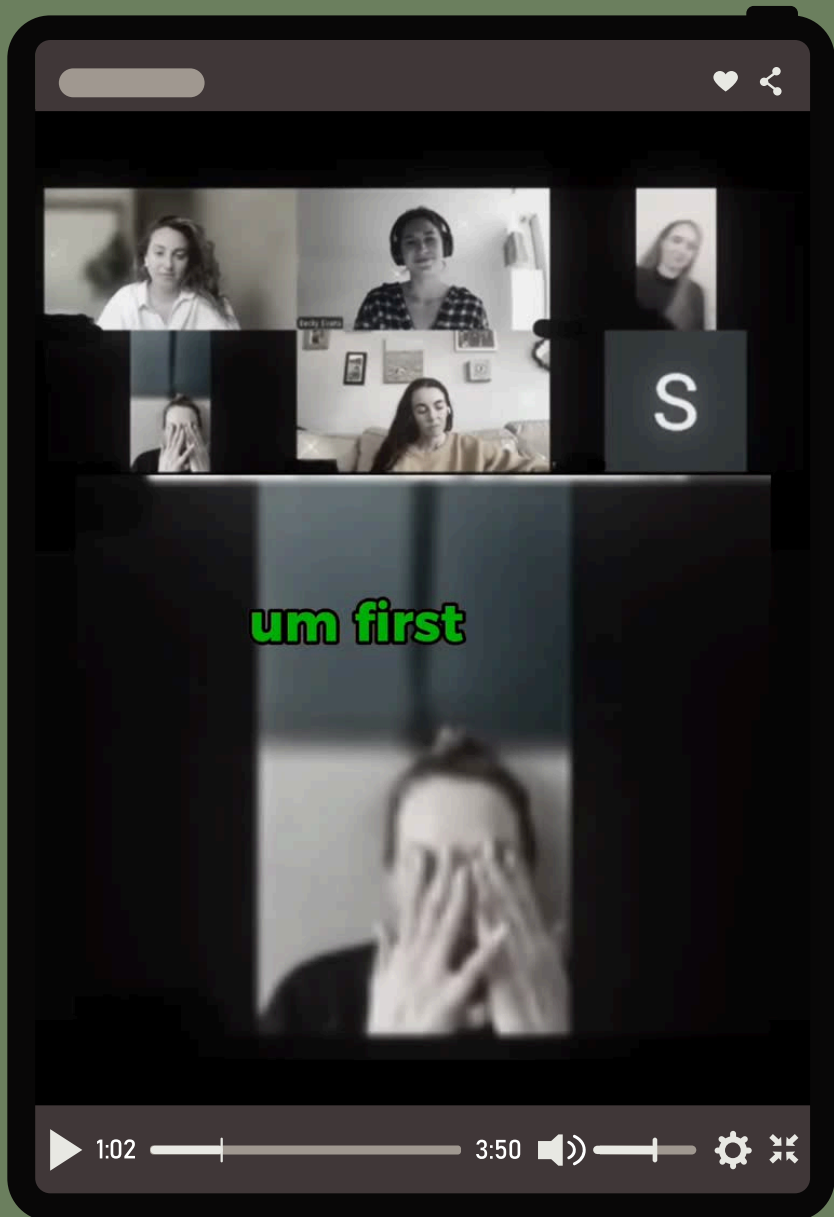
Clarity through experience: Live learning, practicum and real feedback & support

A tribe that lasts: Women who see you, support you and collaborate on your business long term





Sneak Peak



“I have never
felt so alive”



One Track.

Four Experiences Every Month

- 1 Somatic Expansion — Becky**
Build your nervous system practice. Feel the shift before you try to lead it.
- 2 6 Figure Business Training — Sarah**
Offers, sales, launches and systems — built around the life you actually want.
- 3 Facilitation Mastery — Becky**
Read the room, regulate the room, leave every client changed.
- 4 Hot Seat Coaching — Sarah**
Bring your real stuck points. Get coached live — and watch everyone grow from it.

Practice Lab

Build, practise and launch your own session — with live feedback on your facilitation and how to monetise it with a final practicum



Your Journey



**July-
Aug**

Oboarding &
Welcome

Creating
Signature
Offer

Expanding
past fight,
flight &
Freeze

Holding Safe
Space —
Starting With
You

Implementing real
time: messaging,
Social media without
burnout

Building regulation
practice, make
decisions from clarity



Practice lab 1



RESET



**Sept-
Oct**

Oboarding &
Welcome

Feminine
Sales, Pricing
Psychology,
Handling
Objections

How to Sense
and Respond to
Others in Real
Time

The power of slow
breath &
somatics : get out
of your mind &
into your body

Designing and holding
a breathwork journey
for yourself, clients,
and community

The facilitation arc: a
signature framework
for how to hold a
powerful client session



Practice lab 2



Your Journey

How to actually use AI
— practice lab,
implement in real
time, train your AI



**Nov-
Jan**

Energy Map
to get out of
your own
way & stop
self-
sabotaging

Helping your
clients identify the
core of limiting
beliefs &
blockages so they
get real results

CRM pipeline
for growth
system,
email lists
that actually
work,
substack &
content
strategy

Long game launch
strategy — year
planning & vision for
your biggest year ye

Cycle syncing,
rhythms & a year
designed around you



Final Practicum &
Graduation
Celebration

But don't just take it from us...

Here's what women who've already done this work said

2k a month to start and she's like let's move to 3 or more soon!!!!

I uncovered a path that is so special to me. I wake up every day in disbelief that I get to do this for a living. I LOVE running my own company. I LOVE the growth and challenges that come with that every day. I LOOOOOVE being in an industry so full of joy, collaboration, celebration, beauty, and dreams.

14 months ago I couldn't sleep at night because I was so full of anxiety and dread for the next work day. Now, I lose sleep at night because I'm so full of excitement and ideas and anticipation for another day of adventure and growth.

The world is a messy, scary place with a lot of bad and hurt. The past year has reminded me that it is also a place with so much good and love.

UGH!!! I'm so happy 🥰

I'm so grateful for your support!!!! ❤️



And so much more...



“I’ve gained a much **clearer career path** the aligns with my real self. Doing the hard work to make that happen...whether through **shadow work, ikigai, dream life, nervous system**, journaling, reflecting within community. It's been a journey and it has been nothing but supportive and wonderful. It's just the beginning too. **I feel like I know me.**

“I know what I want and need; whether be career, relationships, etc. I am **building a life** where wellness, adventure, and **meaningful connections** aren't side quests-they're the plot. It's like giving yourself **the biggest hug.**



And...

*“**Highest revenue month ever**, I’m emerging from a quantum leap”*

This past week I feel I’m finally coming out on the other side and it feels **AMAZING!**

My **relationships** are getting stronger than ever, I’m on track to make my **highest revenue month ever**, and I feel I’m emerging from a quantum leap (for what it’s

the messages and just wanted to say how **grateful** I am for **@empoweredbybecky** and all of you. I love the

*“I loved being part of the this **Community!!** It has been **invaluable** to share space with entrepreneurial women and be part of a hub of support + community. From gaining **insight from others journeys**, getting to see the **behind the scenes** of Sarah & Becky’s biz building, getting support + validation for when something comes up, it has been **needle-moving to be part of this group!**”*

*“The **nervous system** work with Becky has been **genuinely transformative**”*



Referral Discount

Who came to mind as you were reading this?
The woman who needs to be in this room?
Refer her – and you both win

How it works

When you refer someone who joins, you both receive **\$250** off your investment. No limit on how many women you can bring in – simply have her mention your name when she DMs to apply



Your moment is now



Ready to build the business & become the woman you know you're meant to be?

DM us to apply: @sarahfcsinger
@empoweredbybecky

- **Program launches late July 2026**
- **Early bird pricing (here) available until June 30th**
- **This rate is exclusively for our founding cohort- in the future this will be \$6,000 +**

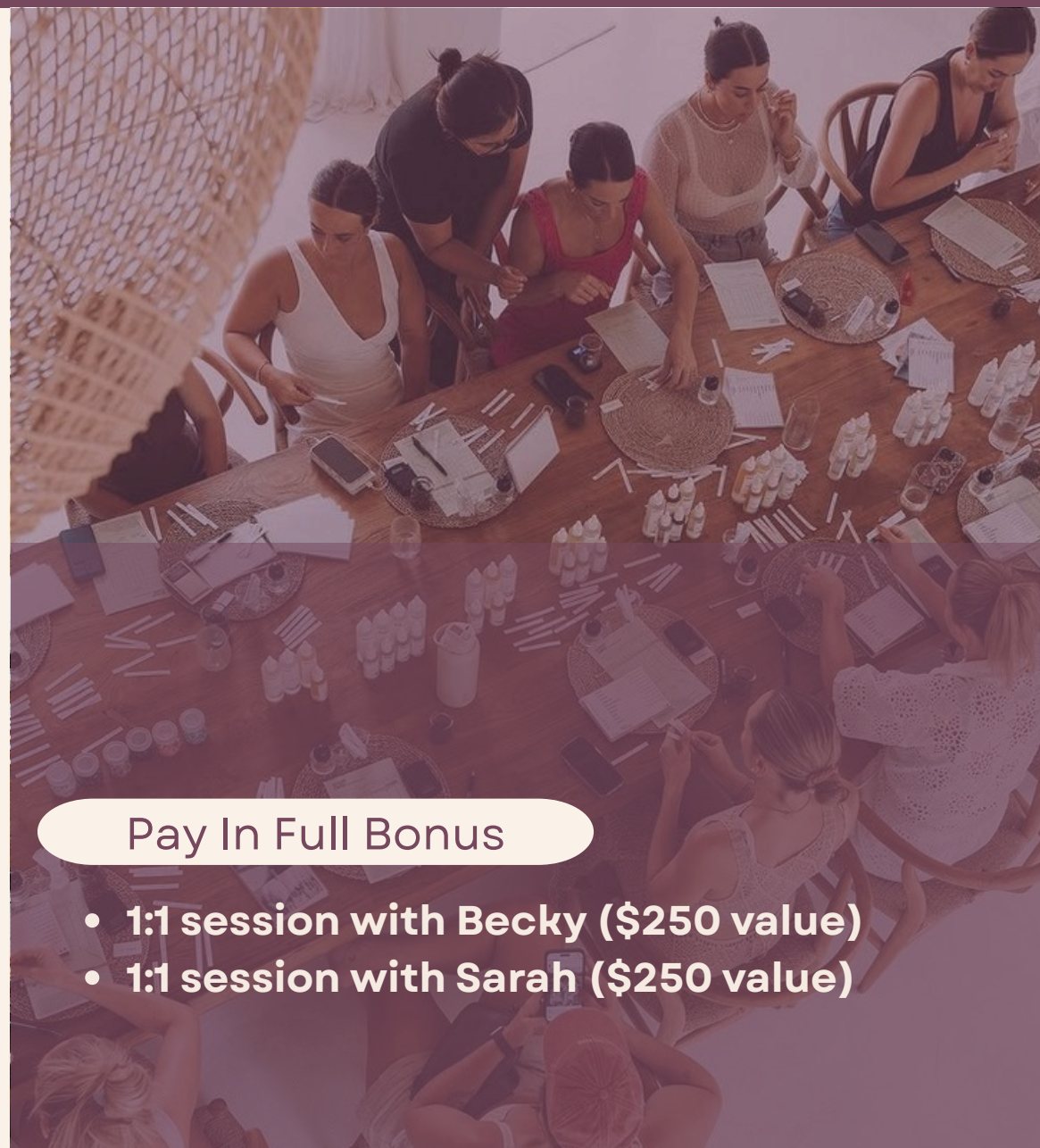




The Investment

What's included

- ✓ 24 live sessions – Weekly for 6 months
- ✓ 2 Practice Labs + final real-world practicum
- ✓ Private Telegram community
- ✓ All session replays
- ✓ Sarah's full A-Z biz growth course, templates & CEO library
- ✓ Becky's 100+ somatic & nervous system practice library & course
- ✓ 1:1 onboarding call to customize your experience
- ✓ Built-in rest weeks + welcome gift



Pay In Full Bonus

- 1:1 session with Becky (\$250 value)
- 1:1 session with Sarah (\$250 value)



The Investment

What's included

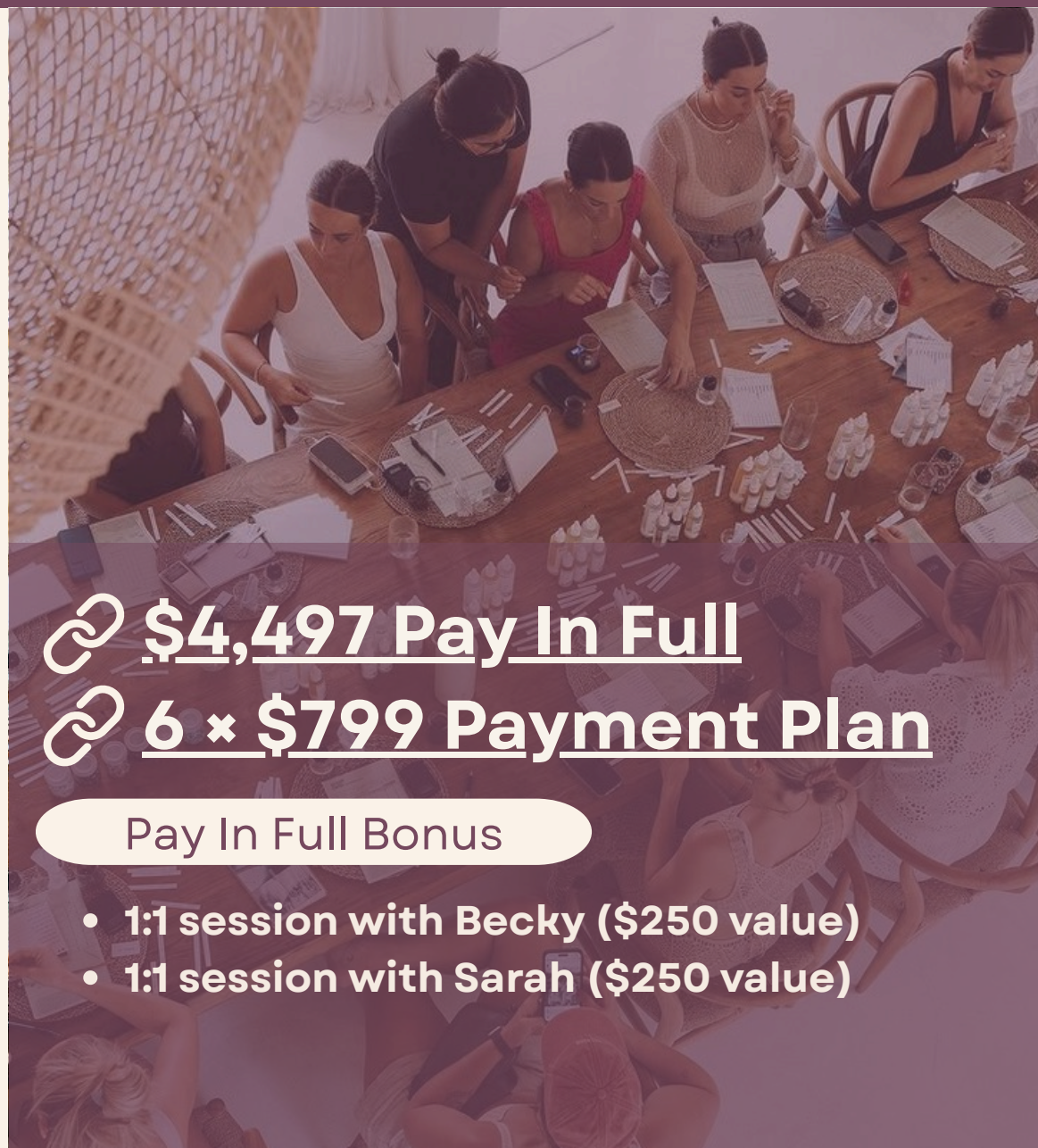
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- ✓ Becky's 100+ somatic & nervous system practice library & course
- ✓ 1:1 onboarding call to customize your experience
- ✓ Built-in rest weeks + welcome gift

 **\$4,497 Pay In Full**

 **6 × \$799 Payment Plan**

Pay In Full Bonus

- 1:1 session with Becky (\$250 value)
- 1:1 session with Sarah (\$250 value)





A Thank You For Growing With Us For Current & Former Clients

You've invested in yourself, and in us, and that means the world! This rate is our way of honoring that.

This pricing is publicly listed - no secrets. Everyone who has worked with us receives this rate. New clients joining now will receive the same when future programs and alumni opportunities open.

Super Early Bird - June 30

 **\$4,297 Pay In Full**

- Bonus somatic breathwork session with Becky
- Save \$200
- Includes 1:1 bonus sessions with both Sarah & Becky (\$500 value)

General Enrollment- July 20th

\$4,297 Pay In Full

- Save \$200
- Includes 1:1 bonus sessions with both Sarah & Becky (\$500 value)



7 x \$619 Payment Plan

- Total \$4,333