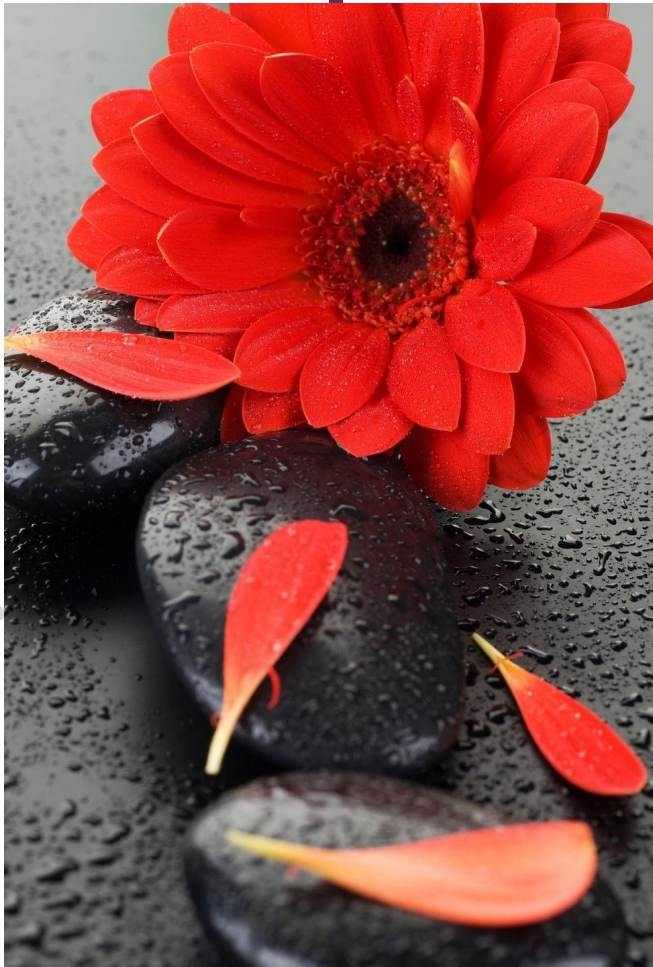


WOMEN'S HEALTH CERTIFICATION PROGRAMME CURRICULUM

Flourish™ 650- Hour Expert Level
Professional Training on *Helping
Female Clients Get At The Root
Cause Of Any Pelvic or Sexual
Health Challenge, and Build a
Lucrative Wellness Business*





In this certification programme, you will learn how to become skilled in the language of female body, mind-body healing & pain transformation so that you can confidently lead transformative sessions and coaching programmes from anywhere in the world.

You will become highly skilled at using our Flourish™ Healing Method and in turn have an internal confidence PLUS a powerful toolkit that allows your female clients to heal from chronic pelvic issues at the core and completely transform how they live in their own body, and relate to themselves as women.



PHASE ONE: YOUR PELVIC EMBODIMENT

PERSONAL EXPLORATION + DEEP EMBODIMENT OF YOUR PELVIS

JAN - MAY 2022

The PELVIC EMBODIMENT portion of the Certification Training takes place first trimester of 2022 and deeply focuses on personal empowerment and deep embodiment of your own pelvic bowl.

This is a deep dive into fully experiencing your own personal relationship to your body, your pelvic system and your sexuality, which will give you a phenomenal foundation to start fully embodying all of the practices, skills and techniques you'll be passing onto your clients. We know that the most successful facilitators and experts truly embody the philosophies and healing frameworks they coach.

STRUCTURE

INCLUDED IN TRIMESTER ONE, YOU'LL RECEIVE:

Live Coaching with Dagmar

2 hours of in-depth group coaching weekly to get personal support on your process, healing and transformation

Dagmar's Training Videos

1,5 hours of content weekly to develop your coaching, learn embodied anatomy concepts, and grow personally and professionally

Live Support from Dagmar & Team

Receive additional support inside of our exclusive Facebook group to get the coaching reflection and support you need

Weekly Subconscious Reprogramming

2-4x per week, dive into hypnotic trances to transform how you live inside of your own body

Weekly Self-Practices

3x per week, you'll do embodied guided experiences to fully understand the work and transform your tissues, nerves, fascia and organs

All of your questions answered!

You will be encouraged to post your on our website and Dagmar or a team member will respond; you can also attend office hours

DETAILED OUTLINE OF FIRST TRIMESTER

SOULSEED: WORTHINESS

- Worthiness Reclamation
- Wound [Neglect]
- Nervous System Responses [Self-Reliance & Self-Denial]
- Essential Medicine of Mattering

THE TRUTH LIES BETWEEN YOUR THIGHS

- Pelvic Anatomy {bony structures}
- Biological Value of Pelvis
- Neurological and Structural Value of Pelvis
- Hip Heaven [hips self-massage]

VAGUS NERVE HEALING

- Impact of Vagus Nerve on Female Pelvis, Digestion, Sexuality and Capacity for Intimacy
- Fostering Physiological Safety
- Self-Massage Techniques for Supraclavicular Region
- Second Brain Reset
- Vagus Nerve Healing Strategies

GET GUTSY

- Role of Gut and Viscera in Pelvic Healing
- Umbrella Reset
- Diaphragm Stretch
- Taping for Gut Activation
- Navel Cleanse

DETAILED OUTLINE OF FIRST TRIMESTER

FOOD AS MEDICINE

- ABC of Optimal Nutrition for Pelvic Healing
- Anti-Inflammatory Diet
- Food as Medicine Hypnosis

LIVER TRANSFORMATION

- Liver Connection to Hip [and Pelvis]
- Liver and Detoxification
- Enzyme Activation
- Liver and Deep Lymphatics
- Liver Assessment and Healing
- Liver Flush

SACRED TRIO

- Psoas, Quadratus Lumborum and Respiratory Diaphragm
- Psoas Release [Upper and Lower]
- Supported Inversion
- Diaphragm Transformation
- Quadratus Awakening: Sidewinder
- Quadratus Release [Myofascial Techniques]

INTRA-ABDOMINAL PRESSURE

- Gut to Pelvic Floor Relationship
- Abdominal Massage & Visceral Embodiment
- Optimal Alignment [Pelvis to Ribcage]
- Conscious Therapeutic Application [Diastasis Recti, Organ Prolapse and Stress Incontinence]

DETAILED OUTLINE OF FIRST TRIMESTER

FEET FOUNDATION

- Feet Alignment
- Lower Leg Anatomy
- Lower Leg & Foot Transformation
- Foot Gym

SQUAT RECLAMATION

- Pelvic Health & Squatting
- Squatting: Hips, Knees and Ankles
- Squatting & Bathroom [Urination & Defecation]
- Squatting as a Whole-Body Movement

SOULSEED: SOVEREIGNTY

- Sovereignty Reclamation
- Wound [Exploitation]
- Nervous System Responses [Flimsy Boundaries & Impenetrable Boundaries]
- Essential Medicine of Healthy Discernment

FEMALE ORGASM

- Components of Female Orgasm
- Orgasmic Healing
- Pleasure Training Cervical/ G-Spot & Clitoral Orgasm
- Orgasm as Nourishment

DETAILED OUTLINE OF FIRST TRIMESTER

SEXUAL WHOLENESS

- Understanding Sexual Shadow
- Lost Self Reclamation
- Pornography, Slut Shaming and Kink
- 4 Archetypes of Sexual Shadow [Prostitute, Child, Saboteur and Victim]
- Light Reclamation [Lover, Sovereign, Magician and Warrior]
- Sexual Wholeness Transformation



PHASE TWO: **THE TRANSFORMATIONAL HEALING** **CURRICULUM**

MAY - SEPTEMBER 2022

This part of the program will go through deep dive on smart biomechanics principles, female sexuality and trauma informed care- giving you a phenomenal framework and distinctive understanding to work with women with a variety of issues based in pelvic floor dysfunction, sexual trauma, pelvic pain, sexual dysfunction and distinctive pelvic healing.

Upon completion of this portion of the programme, you will have everything you need to step into becoming a masterful facilitator of healing and lasting pelvic transformation.

STRUCTURE

INCLUDED IN TRIMESTER TWO, YOU'LL RECEIVE:

Live Coaching with Dagmar

2 hours of in-depth group coaching weekly to get personal support on your process, healing and transformation

Dagmar's Training Videos

1,5 hours of content weekly to develop your coaching, learn embodied anatomy concepts, and grow personally and professionally

Live Support from Dagmar & Team

Receive additional support inside of our exclusive Facebook group to get the coaching reflection and support you need

Weekly Subconscious Reprogramming

2-4x per week, dive into hypnotic trances to transform how you live inside of your own body, mastering the new healing frameworks and bolstering your true confidence

Weekly Self-Practices

3x per week, you'll do embodied guided experiences to fully understand the work and transform your tissues, nerves, fascia and organs- and embody pelvic floor processes in every cell of your being.

All of your questions answered!

You will be encouraged to post your on our website and Dagmar or a team member will respond; you can also attend office hours

DETAILED OUTLINE OF SECOND TRIMESTER

BODY ECOSYSTEM HIERARCHY

- Somatic Healing [Proprioception, Interoception, Neuroception and Nociception]
- Body Ecosystem Hierarchy
- Sequencing Healing For Optimal Results [Brain, Lymphatics, Gut, Vasculature, Nerves, Organs, Endocrine, Musculoskeletal]
- VAGUS NERVE HEALING practice
- Practitioner skill: Equalizing Playing Field

AMPLIFYING THE FIELD OF WOMEN'S HEALTH

- Pain To Vitality Model
- Natural Blueprint Of Health & Unbreakable Core
- UNBREAKABLE CORE meditation
- RECEIVE YOUR OWN MEDICINE guided audio
- Practitioner Skill: Creating Powerful Coaching Container

LYMPHATIC HEALING

- Role of Lymphatic in Healing Female Body
- Whole-Body Lymph Assessment
- Big 6 Tribal Gathering + Peripheral
- Lymph Wheel
- Contraindications

DETAILED OUTLINE OF SECOND TRIMESTER

LYMPHATIC HEALING ADVANCED

- Big Six Intensive & Whole Body Intensive
- Four Zone Reset
- Lymphatic Programme
- Head & Neck Brushing Sequence
- Umbrella Reset
- Liver & Spleen Pumping
- Intestinal Wave
- Practitioner Skill: Foundational Principles Of Deep Listening

WORTHINESS & SOVEREIGNTY

- Worthiness Reclamation- I Matter
- Core Wound: Neglect
- I Matter The Most Manifesto Practitioner Skill
- Mastering Worthiness Embodiment Process
- Sovereignty Reclamation: Yes & No
- Core Wound: Exploitation
- Mastering Sovereignty Embodiment Process

MENSTRUAL CYCLE

- Period: 5th Vital Sign
- The Four Phases {follicular phase, luteal phase & ovulation}
- The Birth Control Pill Paradox
- Progesterone & Estrogen
- How To Track Ovulation
- Blood Tests That Matter
- Metaphysical Component: Why Women's Bleed Hurt
- Umbrella Reset: Advanced
- Practitioner Skill: Filters & Biases

DETAILED OUTLINE OF SECOND TRIMESTER

PCOS TREATMENT STRATEGIES

- Why You Need To Forget Diagnosis
- Five Types of PCOS
- Immune PCOS
- Adrenal PCOS
- Genetic PCOS
- Adrenal PCOS Solution
- Metaphysics & PCOS: The Emotional Truth

ENDOMETRIOSIS SOLUTION

- Symptoms Of Estrogen Excess
- Many Causes Of Endometriosis
- Endometriosis Solutions
- Endometriosis Protocols
- Supplements for PMS
- Metaphysics & Endometriosis: Emotional Reality
- Practitioner Skill: Reflecting Truth & Creating Awareness

ESTROGEN EXCESS & DETOXIFICATION

- Premenopause Whispers
- Path Of Estrogen
- Estrogen Detox For Premenopause
- Detox Phases 1, 2 and 3

DETAILED OUTLINE OF SECOND TRIMESTER

NEW APPROACH TO MENOPAUSE

- Traditional Approach To Menopause
- Modern Approach To Menopause
- Stress Effects
- Medications That Affect Adrenals
- HPA Axis
- HPA Axis Activation

SELF-CARE HEALTHCARE

- Myofascial Healing
- Myofascial Release Techniques
- Stripping, Sustained Compression, Pin and Stretch, Skin Rolling, Cross-Fiber, Contract & Relax, Ball Stack, Pin-Spin-Mobilize
- Practitioner Skill: Acknowledging & Honouring What Is

EMBODIED ANATOMY

- 36 Need To Know Bony Landmarks
- Interplay of Above Structures [Head & Ribcage] On Pelvis
- Interplay of Lower Structures [Leg & Knees & Feet] On Pelvis
- Ultimate Pelvic & Pelvic Floor Muscle Anatomy
- Female Pelvic Floor Anatomy
- Clitoral Anatomy
- Bony Landmarks Anatomy
- Pelvic Organ Anatomy

DETAILED OUTLINE OF SECOND TRIMESTER

EVERYDAY BEHAVIOUR & PELVIC DYSFUNCTION

- Sitting, Standing & Walking
- Valsalva Maneuver
- Jackknifing Out Of Bed
- Bladder Retraining
- Pushing to Urinate & Defecate
- Heavy Lifting
- Pelvic Brace & Tubular Core
- Hypertonic VS Hypotonic [Are Your Clients Muscles Too Weak or Too Tight]
- Medical Conditions Affecting Pelvis, Reproductive System and Pelvic Floor
- Basic Jade Egg Practice
- Practitioner Skill: Principles Of Powerful Questions

RESTORING FLEXIBILITY TO TIGHT PELVIC MUSCLES FOR VAGINISMUS, VULVODYNIA, PELVIC PAIN & INTIMACY CHALLENGES

- Pelvic Sensitization
- Reverse Kegel
- Perineum Release
- Pelvic Spa Stretches
- Pelvic Spa Advanced Stretches
- Pelvic Massage
- Vaginal Reflexology w/ Crystal Dildo
- Practitioner Skill: Breakthrough Questions

DETAILED OUTLINE OF SECOND TRIMESTER

ULTIMATE KEGEL PROGRAMME FOR INCONTINENCE, PROLAPSE AND PELVIC POWER

- 13 Unique Kegels
- Stages of Pelvic Recovery
- Kegels: Supine, Overflow, Combo, Elevator, Squat Plie, Flipster, Inverted Internal Rotation, Inverted External Rotation
- Vaginal Strengthening with Jade Egg



PHASE THREE & FOUR: BUSINESS STRATEGY, SELLING LIKE AN EXPERT AND MASTERFUL DELIVERY

SEPTEMBER - DECEMBER 2022

We are deeply honoured to make this certification training not just about the knowledge and body of work, but actually empower you with true business, marketing and sales skills that will allow you to make profitable, predictable income and you are able to truly help women heal at the deep level.

Inside of this part of the certification programme, you will discover your purpose and unique niche {fear not: there are multiple niches in the pelvic healing market, and you won't be "competing" with other participants in the programme}.

Whoever you are and whatever you sell, there are dozens (at least) of people who can offer the same thing as you — often for a lower price.

Lucky for you, people don't tend to make rational decisions. They make emotional ones, meaning your best chance of success is to amplify your unfair advantage. And your unfair advantage is the combination of your experience, your skill, your talent, your knowledge, your character, and your connection.

This means that there is no other person on planet Earth that has the same combination of these six attributes that you do. This is what gives you an Unfair Advantage.

Someone might have the same skill as you, but they don't have the same skill and knowledge. They don't have the same skill and experience. They definitely don't have the same experience and talents you have. And so this becomes your ability to achieve that blue ocean. Once you do so, you can stop worrying about your competition.

You'll instead shift your focus on how to best serve your audience. Your unfair advantage is what sets you apart from the other seven billion people on the planet.

You will create your bespoke offers that will allow you to instantly charge €1500-€5,000 for your healing programmes {per client}, and simultaneously be trained in the single most powerful sales training on the planet.

As a result, you will start selling your offer with clarity, confidence and deep reverence for 'your women.'

DETAILED OUTLINE OF THIRD TRIMESTER

6 FIGURE WOMEN'S HEALTH BUSINESS

- The Big Picture: Making 6 Figures As Women's Health Specialist
- Your 'Success Formula'
- PERSONAL PRACTICE: Money Blueprint 2.0

YOUR HIGHEST LEVEL CLIENT

- Getting To Know Your Highest Level Client
- Making Yourself Attractive To Your HLC
- Flourish™ Pricing: Get Paid By Activating Your Confidence, Contribution, and Worth
- The "Perfect" Productivity Process
- PERSONAL PRACTICE: Self-Worth Prestige

MAGNETIZING HIGH-END OFFER

- Principles Of Magnetizing Offer
- Designing Your Transformational Process
- Package Your Brilliance, Expertise, and Your Experience Into Magnetizing Offer
- Accountability Process & Strategies For Your Client
- PERSONAL PRACTICE: Highest Level Programme Creatrix

SELLING FROM THE WOMB

- From 'Cold' to 'Sold': the Big Picture Strategy For Signing Highest Level Clients
- The Power Of Prospecting Questions
- Sales System For Cold Leads: M.A.N + L.N.S
- Sales System For Prospecting Leads: P.U.N.T.Q + R.I.O + LOCKDOWN
- PERSONAL PRACTICE: Abundant Healer Identity

DETAILED OUTLINE OF THIRD TRIMESTER

CLOSING FROM THE WOMB

- Closing System For Warm Prospects: TEST CLOSE + FLIP BACK + IMAGINE
- Closing System For Hot Leads: 4 Steps To Closing A High-End Sale
- Your Money Mindset
- Close Yourself Cycle
- PERSONAL PRACTICE: Closing The Sale Hypnosis

OVERCOMING OBJECTIONS

- High-End Healer Identity In Sales
- 3 A'S + FLICK FORWARD
- Overcoming the Money Objection
- Overcoming the My Partner Won't Approve It Objection
- Overcoming The Time Objection: I Need To Think About It
- Unlocking Hidden Truths: Reaching Into Client's Heart
- PERSONAL PRACTICE: Be A Sales Superstar

HIGH-END MARKETING part 1

- Embrace a SIMPLE, organic system to make sales and profitable predictable revenue — and RELEASE the “busy work” that isn't moving the needle in your business
- Analyze best headlines and captivating human psychology of transformational content that sells
- LOCATE: find and identify your ideal clients through elegant locate posts
- EDUCATE: elevate your ideal client spirits and consciousness through bespoke education posts
- PERSONAL PRACTICE: Tapping Into Your Creative Knowledge

DETAILED OUTLINE OF THIRD TRIMESTER

HIGH-END MARKETING part 2

- MOTIVATE: move people into action and showcase possibilities for their transformation, through motivation posts
- ESCALATE: invite your ideal clients to work with you through posts that succinctly explain the power of your work and effortlessly allow people to say YES to your magic
- PERSONAL PRACTICE: Rockstar Marketing On Fire

MAGNETIZING CONFIDENCE ON CAMERA

- The Perfect Live Formula- knowing exactly what you need to say and how to structure your lives to connect with your audience and inspire them to take the next step with you
- Live Video Topics: The 'Secret' Process
- Communication Power: Your Voice As The Transmitter Of Your Work
- PERSONAL PRACTICE: Healing The Thyroid & Throat To Call In Big Money

SETTING YOURSELF FOR OUTSTANDING 2022

- Your '6 Figure Formula'
- Serve-Sell-Close Circle
- Epic Expansion: Expanding Your Nervous System Into Next Level Of Wealth, Service, and Contribution In 2022

DETAILED OUTLINE OF THIRD TRIMESTER

HIGH-END MARKETING part 2

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FLOURISH™ WOMEN'S HEALTH CERTIFICATION AT GLANCE:



DURING THE CERTIFICATION PROGRAMME YOU WILL:

- ✓ Learn how to create true transformation for women -- giving them healing and freedom from pelvic pain, organ prolapse, incontinence, vulvodynia and vaginismus
- ✓ Develop a critical observation skills, so you can assess your client's body and tissue imbalances at a blink of an eye
- ✓ Train how to solve REAL PROBLEMS for REAL PEOPLE at the RIGHT TIME
- ✓ Feel confident and equipped to meet your clients challenges with true expertise, and high quality body-mind healing skills
- ✓ Foster energetic safety within your own body in order hold your clients' triggers, emergencies and trauma responses (this training assures you're not re-traumatizing your patients -- but are instead a 'safe harbor' for them)
- ✓ Become masterful at your craft, applying your critical eye, clinical knowledge and your newly gained skills in developing life-changing healing protocols

FLOURISH™ WOMEN'S HEALTH CERTIFICATION AT GLANCE:



DURING THE CERTIFICATION PROGRAMME YOU WILL:

- ✓ Understand foundational nervous system dynamics, and how to **safely work with triggers**
- ✓ Become prolific in the language of the body, anatomy and human physiology, and **have a powerful toolkit** that allows your clients to heal chronic pelvic issues at the core
- ✓ Emerge into a **powerful sexuality & pelvic health guide**, who can lead clients towards healing a myriad of sexual health challenges and become sexually liberated
- ✓ **Have a way of talking and teaching about sexuality, pelvic floor and trauma that demystifies it and cultivates profound reverence for female body, and deep desire for transformation and change**
- ✓ **Feel deeply transformed around pieces of your own trauma (caused by cultural suppression, the patriarchy, and the colonization of female bodies) so that you can foster deeply healing containers for your clients**

FLOURISH™ WOMEN'S HEALTH CERTIFICATION AT GLANCE:

DURING THE CERTIFICATION PROGRAMME YOU WILL:

- ✓ Get world-class training in sales, marketing, and how to package and position your services for maximum return on investment
- ✓ NEXT LEVEL: become the best-selling author, get on stage, get featured in articles by raising your profile and becoming an authority in the field of women's health





“I have something high quality to offer- and it became clear to me how much self-doubt I had carried inside of me.

Getting over this self-doubt had been huge and it gave me clarity I never knew before- which was massive massive win on it's own.

Now I feel validated, and my sense of self-worth has grown in a powerful way.

I am trusting myself, I am trusting the process, and owning my talents so I can powerfully bring my gifts to the world.

I can work remotely, earn decent wage, and feel like I can defy all odds as I have escaped the scarcity mindset and adopted a bigger, bolder money mindset.

The world is my oyster now.”

- Helen Keenan



“I really struggled with enrolment and getting people to say YES to working with me.

After taking the Flourish Teacher Training, and following Dagmar's thorough process, I have made \$60,000 in my first launch!

\$60,000!

The women in my programme experienced powerful breakthroughs, released layers of trauma and created more aliveness in their bodies than they felt in years.

And I, as the facilitator, have massively grown in my own leadership. I have leveraged my time, so now I can begin my mornings with yoga and nap throughout the day. I have created waaaay more powerful experiences for my clients than anything I have done before.”

- Rachel Yellin



“To find someone who really understands what I am doing with women’s bodies, and offer me a profoundly transformative container where I can shed my deepest fears.....

And in turn, emerge as a stronger and more courageous pelvic floor leader than ever before!

Dagmar’s fusion of deep knowledge of the healing of female body in combination with her business & sales expertise is HEAVEN.

Not only has she supported me to transform the ongoing fear into deep trust in myself, my work, and my message in the world....

But I actually went on and started to speak about my healing work with deepest love and reverence for the female body [no more shame over here].

I have learned how to sell in a trauma-informed way, so instead of feeling like I am “pulling money out of women’s pockets”- now I am selling in a way that feels good in my body and fills my heart with an overflow of joy.”

- Frida Tronnberg



"I highly recommend the life-affirming approach to business, money and our mission in the world that Dagmar brings into her training.

As a mentor, Dagmar's energetic safety and outstanding leadership makes you feel seen, heard, loved and understood while at the same time moves you into the deepest edges of your psyche that are necessary for our growth.

I have grown exponentially as a coach- and as a result of our work together, I have become a powerful voice for women's sexuality, and their orgasmic liberation in particular.

I have shifted into a leader who owns her voice, I have my own unique method of transformation, and have experienced my biggest up-to-date online launch.

There is so much gold in this work- personally and professionally."

- Leen Isa Lain

A soft-focus background image of a hand holding a large, multi-petaled flower with pink and yellow hues. The hand is positioned on the right side of the frame, with fingers gently cradling the flower. The overall tone is warm and nurturing.

READY TO BECOME ELITE WOMEN'S HEALTH SPECIALIST?

Apply with us to explore how YOU can
become a certified Flourish™
Women's Health Specialist and create
a lucrative wellness business.

[I AM READY TO APPLY!](#)