

# Rise Rooted

Cultivating Balance, Self-  
Worth, and Joy Amidst  
Life's Demands



# Hello!



I am Sherise, a devoted mother, a Spiritual Counsellor & Channel, Reiki Master teacher, Trauma-informed Group Facilitator, Writer & Ceremonialist. I bring together all of my wisdom, healing & training of over 17 years, bridging Eastern & Western medicine, tailoring therapy uniquely to you. I blend traditional talking-based modalities with energy healing approaches, creating a synergistic path for multi-level transformation!

Being Witnessed in my process of healing saved my life. I believe everyone is deserving of a space to unfold, unfurl and detangle. To offload, shed, shatter and still be worthy of love.

I'm devoted to walking the path of the Heart & I am honoured to bear witness to your process!

This is Soul Deep Wellness, where we tend to the roots & soil,  
liberating our wings!

Rising with you, with love

*Sherise Reid*

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# WELCOME


*Welcome to "Rise Rooted," a transformative journey into the depths of your own soul..*

Rise Rooted is a 7-month group coaching program comprising a combination of in person and online spaces.

Over the course of 7-months, we invite you to embark on a profound exploration of self-discovery, empowerment, and authentic living. Guided by ancient wisdom and modern practices which include guided meditations, reflective exercises and practical tools, Rise Rooted supports women to navigate their personal growth journey with authenticity and grace.

This program seeks to create a supportive and nurturing community where women can explore their roots, connect with their inner wisdom, and cultivate resilience in the face of life's challenges. We enter our own unique vortex, exploring what defines us, releasing all that no longer serves us at it's root and reclaiming all that has been lost.





Rarely, if ever, are any of  
us healed in isolation.  
Healing is an act of  
communion.

~ Bell Hooks



# SACRED SISTERHOOD

Online “**Sister Circles**” give us the opportunity to come together, be witnessed, share, reflect, process, integrate & receive.

13x 1.5hr Zoom Calls,  
held twice a month.



# DEVELOPMENT

There will be online workshops held during the program to deepen knowledge and support learning and development.

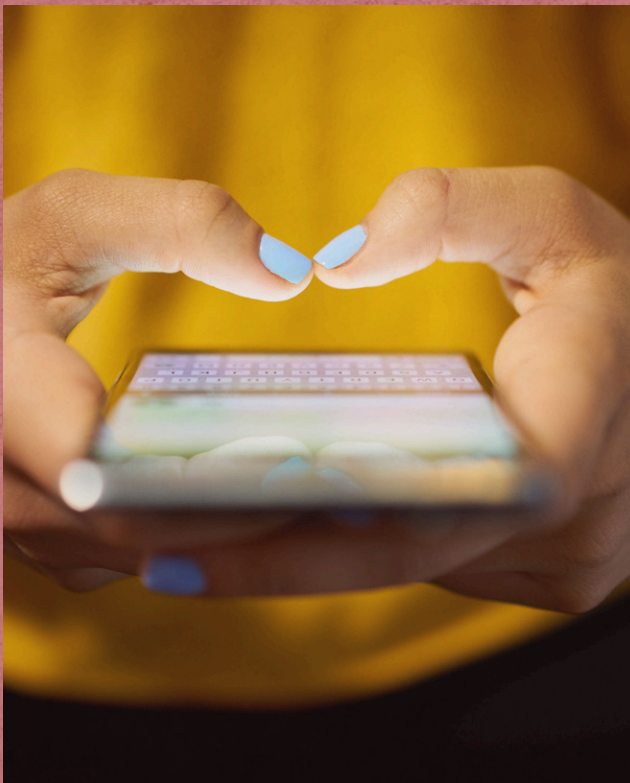
2x 2hr Workshops

# TOOLS & RESOURCES

*You will be provided with tools & resources to use alongside the program, to support & integrate the work.*

*These include journals, worksheets, meditations, candles, planners & affirmations.*

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# SUPPORT

- *1x 1hr one-to-one session with Sherise.*
- *Weekly Support via Exclusive Rise Rooted WhatsApp Community Group*

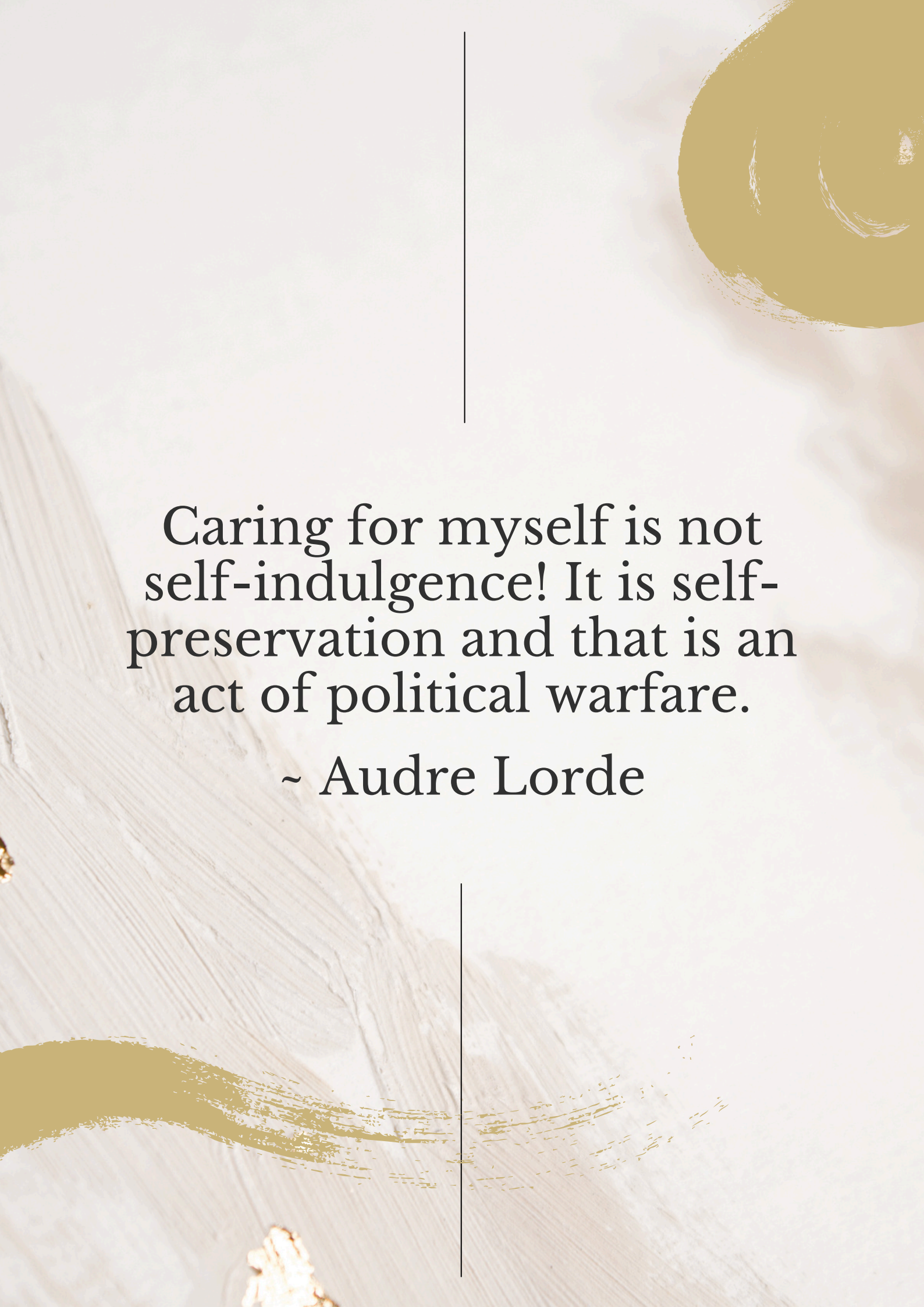
# IS THIS THE PROGRAM FOR YOU?

**So, you're already on your healing journey and have done some inner work you but you are:**

- **Feeling stuck** in your personal or professional life, unsure of how to move forward or break free from patterns that no longer serve you
- **Struggling with self-doubt, insecurity, or feelings of unworthiness**, hindering your ability to pursue your goals and dreams with confidence
- **Feeling overwhelmed by the demands of daily life**, struggling to balance work, family, and personal commitments while neglecting your own needs and well-being
- **Feeling isolated or disconnected from others**, longing for a sense of belonging and community where you can share your experiences and receive support
- **Feeling uncertain about your life's purpose**, yearning for clarity, direction, and a deeper sense of meaning in your life

## **AND YOU WANT:**

- **Self-Discovery:** you aspire to deepen your understanding of yourself, uncover your true passions and purpose, and cultivate a greater sense of self-awareness.
- **Empowerment:** You aspire to reclaim your inner strength, confidence, and worthiness, stepping into your power and living authentically in alignment with your values.
- **Balanced Well-Being:** You seek to cultivate holistic well-being, including physical, emotional, mental, and spiritual health, and to find balance amidst life's demands.
- **Connection:** You crave meaningful connections with like-minded individuals, building a supportive community where you feel seen, heard, and valued.
- **Transformation:** You are ready for profound personal growth and transformation, embracing change, releasing limiting beliefs and patterns, and stepping into your fullest potential.



Caring for myself is not  
self-indulgence! It is self-  
preservation and that is an  
act of political warfare.

~ Audre Lorde



# PROGRAM OVERVIEW

Month	Theme	Format
1	<p><b><u>TENDING TO THE ROOTS</u></b></p> <p>Just as the roots of a tree serve as its foundation, providing the essential support for growth and thriving, so do the foundations in our lives shape our journey.</p>	<ul style="list-style-type: none"><li>• First sacred ceremony</li><li>• One online sharing circle</li><li>• Weekly tools and practices related to the theme</li><li>• Access to the WhatsApp community group</li></ul>
2	<p><b><u>INTO THE WOMB</u></b></p> <p>Explore the profound and sacred connection we hold within our own bodies, particularly in the womb space. It is intricately linked to the Sacral Chakra, which governs our emotions, sexuality, creativity, and nurtures our inner child.</p>	<ul style="list-style-type: none"><li>• Second sacred ceremony</li><li>• Two online sharing circles</li><li>• Weekly tools and practices related to the theme</li><li>• Access to the WhatsApp community group</li></ul>
3	<p><b><u>AWAKENING YOUR INNER POWER</u></b></p> <p>We invite you to create a well of your own, a reservoir that you can trust, knowing precisely what you've invested and how it was cultivated.</p>	<ul style="list-style-type: none"><li>• Workshop: Attachment Theory</li><li>• Third sacred ceremony</li><li>• Two online sharing circles.</li><li>• Weekly tools and practices related to the theme</li><li>• Access to the WhatsApp community group.</li></ul>
4	<p><b><u>LIBERATE THE HEART</u></b></p> <p>Unravel our unique love patterns, explore our attachment styles, and unearth the barriers that obstruct the free flow of giving and receiving. Bridge the masculine and feminine energies, harmonize the body and spirit, and reconcile the energies of the mother and father within us.</p>	<ul style="list-style-type: none"><li>• Fourth sacred ceremony</li><li>• Two online sharing circles</li><li>• Weekly tools and practices related to the theme</li><li>• Access to the WhatsApp community group</li></ul>

# PROGRAM OVERVIEW

Month	Theme	Format
5	<p><b><u>HARMONISING OUR TRUTH</u></b></p> <p>We lovingly tend to the roots of our truth, nurturing them back into balance with affection, care, and a touch of ancestral magic.</p>	<ul style="list-style-type: none"><li>• Workshop: Hierarchy of Needs</li><li>• Fifth sacred ceremony</li><li>• One online sharing circles.</li><li>• Weekly tools and practices related to the theme</li><li>• Access to the WhatsApp community group</li></ul>
6	<p><b><u>ILLUMINATING THE PATH</u></b></p> <p>When we clear away the distortions, illusions, deceit, and lies that obscure this inner vision, we are able to embrace it with unwavering faith and trust, effortlessly integrating the truth. The arrow of truth will be propelled onto our path, allowing us to begin the wondrous journey of bringing our dreams to life.</p>	<ul style="list-style-type: none"><li>• Sixth sacred ceremony</li><li>• Two online sharing circles.</li><li>• Weekly tools and practices related to the theme</li><li>• Access to the WhatsApp community group.</li></ul>
7	<p><b><u>RECLAIMING YOUR CROWN</u></b></p> <p>Your crown serves as the gateway to your authentic self, establishing an unbreakable connection between you, the divine, and all your ancestors of light and spiritual guides. It's an invitation to truly recognize and understand who you are at your core.</p>	<ul style="list-style-type: none"><li>• Final sacred ceremony</li><li>• Two online sharing circles.</li><li>• Access to the WhatsApp community group.</li><li>• Weekly tools and practices related to the theme</li><li>• Celebration</li></ul>

# KEY DATES

RISE ROOTED 2024

CEREMONIES	SISTER CIRCLES	WORKSHOPS
Held at The Mat Sanctuary, Heathdene Road, London SW16	Held online via zoom	Delivered online via zoom
Each Ceremony takes place on a Saturday 6.30pm - 9.30pm	Sister Circles take place on a Tuesday 7pm - 8.30pm	Workshops take place on a Tuesday 7pm - 9pm
18th May 2024 22nd June 2024 20th July 2024 31st August 2024 21st September 2024 26th October 2024 23rd November 2024	Intro Call - 11th May 2024 4th & 18th June 2024 16th & 30th July 2024 13th & 27th Aug 2024 10th Sept 2024 8th & 22nd Oct 2024 5th & 19th Nov 2024 3rd Dec 2024	Attachment Theory 2nd July 2024  &  Hierarchy of Needs 22nd July 2024

# THE INVESTMENT

The complete program will run for approximately 7 months.

As well as financial investment, in order to get the most out of this program, you will also need to invest your own time to complete tasks, utilise tools and be an active participant in your healing.

## In Summary:

7x in-person Ceremonies lasting between 3hrs each

13x Online Sistah circles lasting up to 90mins each

2x 2hr Workshops

1x 1hr 1:1 Session with me (online or in- person)

Self-Study - approx 2hrs per week

**Early Bird Price**  
**£2,222**

Claim your space  
before 7th May 2024



**FULL PRICE**  
**INVESTMENT**

**£2,897**

Includes all materials,  
tools & resources

**4 Month**  
**Payment Plan**

Interest Free.

**Secure your space**  
**for £200**

Pay deposit on sign up  
and balance 2 weeks  
before course begins

**6 Month**  
**Payment Plan**

Interest Free.

## LIMITED TIME Sign-up BONUS

Reserve your space before 7th May & receive a Chakra  
Harmony Healing session for FREE (Worth £144)