

# Women's Journey To Self

with Trauma Aware  
Transformational Coach

Stacie Uhlig

**Friday, July 25**

**7:00-8:30PM**

**\$30 per person (\$35 door)**



## ***A Sacred Space for the Woman Who's Holding It All Together — To Speak Her Truth, Reconnect with Her Purpose, and Finally Feel the Freedom of Being Fully Herself!***

You're tired of carrying the weight of everyone else's needs, always putting others first while your own voice and purpose quietly fade. The chronic stress, resentment and inner tension have you feeling stuck — like you're at a crossroads, unsure which way to turn.

This workshop offers a safe, supportive space to pause and reconnect with what truly matters: your freedom to choose, your power to speak your truth, and your purpose waiting to be embraced. If you're at your edge of holding it all together and ready to begin the journey back to yourself, this sacred space is for you.

Together, we'll gently unravel the patterns that keep you trapped in overwhelm and silence, so you can begin living aligned with your true self. Here, you'll find the clarity you seek, the courage you need, and the self-compassion to step forward — **without burning down the life you've worked so hard to build and hold together**. You'll leave this experience feeling anchored in your truth — no longer carrying it alone. You'll feel seen, supported, and held in a way that you may not have known was needed or possible. With deep clarity, strength and renewed hope, you'll begin to trust that there *is* a way forward — and you'll know which direction to turn next.

This Workshop Is for Women of All Ages Who:

- Are at a crossroads, feeling stuck and unsure how to move forward
- Want to live deeply connected to themselves — aligned with their truth and purpose
- Feel frustrated, resentful and overwhelmed by the demands of others and long to find their own path
- Are ready to break free from old patterns of shame, fear and silent sacrifice and reclaim their voice

What You'll Experience:

- Gently uncover the deeper roots behind your self-sacrifice and unspoken resentment
- Create space to feel and release what you've been holding in silence
- Start finding your voice, one honest truth at a time, with compassion and courage
- Reawaken your sense of purpose and begin reconnecting with the version of you that's been quietly waiting underneath it all



*Stacie Uhlig is a Trauma Aware  
Transformational Coach and  
Evolved NLP Master Practitioner  
practicing for 5 years*

**Pre-register as space is limited to ensure personal attention:**

**<https://www.updogyoga.com/workshops/rochester-workshops>**



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