

Stand in Your Worth

A 10-Week Programme to Reclaim Your Self-Worth and Confidence in Midlife

*For women who feel disconnected
from themselves...
And want to feel calmer, more confident,
and like themselves again.*

HERO

Everything just feels like a bit too much lately...

If you're overthinking, feeling emotionally drained, and not quite like yourself anymore...

This is where you come back to calm, grounded confidence, gently, without pressure & without trying to fix everything.

And start feeling like you again.

You're still showing up, still doing what needs to be done.

But inside... something feels off.

- You feel a little more emotional
- A little more unsure
- A little less like the woman you used to be

And quietly... You start wondering,

“When did I start feeling like this?”

You haven't lost yourself

You've just been holding everything together for so long that you've drifted away from yourself a little.

START FEELING LIKE YOURSELF AGAIN





THE MIRROR MOMENT

*You don't quite recognise yourself anymore.
You say you're fine. But you don't fully believe it.*

You might notice yourself:

- Feeling less confident than you used to.
- Overthinking things that used to feel easy.
- Being harder on yourself than you realise.
- Putting everyone else first — then feeling resentful.
- Avoiding things, even though you know you're capable.
- Wondering quietly... “when did I start feeling like this?”

**I'M READY TO FEEL
LIKE ME AGAIN**

THE REAL ISSUE

This isn't about weight.

It isn't about hormones.

It isn't about trying harder.

It's about self-worth.

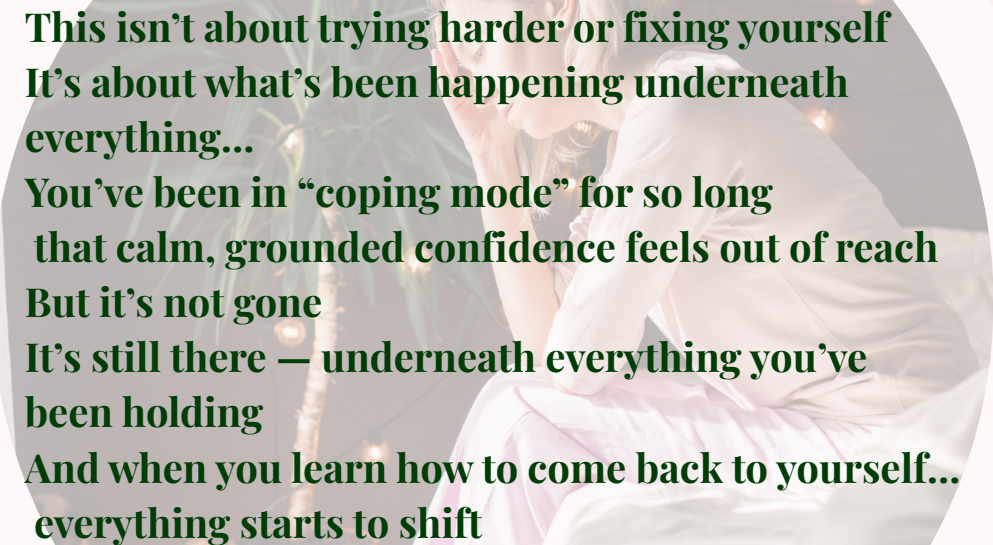
When self-worth is unstable:

- You over-give.
- You over-explain.
- You overthink.
- You tolerate too much.
- You tie your value to your body, productivity, or approval.

When self-worth is steady:

- You set boundaries calmly.
- You eat with respect instead of punishment.
- You speak up without aggression.
- You trust your decisions.
- You stand tall without apology.

This program builds that steadiness.



**This isn't about trying harder or fixing yourself
It's about what's been happening underneath
everything...
You've been in "coping mode" for so long
that calm, grounded confidence feels out of reach
But it's not gone
It's still there — underneath everything you've
been holding
And when you learn how to come back to yourself...
everything starts to shift**

**Start Feeling Like
Yourself Again**

INTRODUCING STAND IN YOUR WORTH

*Stand in Your Worth is not hype. Not toxic positivity.
Not extreme transformation pressure.*

Stand in Your Worth is a step-by-step program designed to help you:

- Feel calm, grounded and like yourself again.
- Not by fixing you, but by guiding you back to who you already are.

So you can:

- Stop overthinking everything.
- Feel steady and calm in yourself.
- Trust your thoughts and decisions again.
- Feel quietly confident — without pressure or perfection.
- This is where you stop trying to hold everything together...and start feeling calm, grounded, and like yourself again.



THE TRANSFORMATION

By the end of 10 weeks, imagine feeling...:

- Calmer inside your own skin
- Grounded
- Steady in yourself & trusting yourself again
- Not constantly thinking
- not constantly holding everything together
- Just... okay again

That's what we're creating here

Not louder.

But steadier, more grounded confidence.

**Start Feeling Like
Yourself Again**



INSIDE THE PROGRAM, YOU'LL BE GENTLY GUIDED THROUGH:

- Understanding why you feel the way you do.
- Calming your mind and nervous system.
- Rebuilding self-trust and confidence.
- Letting go of constant self-doubt.
- Feeling grounded and like yourself again.

Step by step, in a way that feels supportive... not overwhelming.

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THE STRUCTURE

Week 1 — Safety & “I Am Enough”- Rebuilding internal stability.

Week 2 — Emotional Regulation & Nervous System Calm - Understanding your responses.

Week 3 — How Your Mind Shapes Your Reality - Language. Images. Internal dialogue.

Week 4 — Repatterning Familiar Habits - Making praise familiar. Making criticism unfamiliar.

Week 5 — Self-Acceptance & Ending Self-Criticism - Inner child repair and self-compassion.

Week 6 — Gratitude & Identity Recalibration -Training your mind to see value.

Week 7 — Boundaries & Standards - Taking up space calmly and clearly.

Week 8 — Self-Leadership - Responsibility without blame.

Week 9 — Body Respect & Calm Eating - Regulating instead of punishing.

Week 10 — Living From Worth - Sealing your new identity.

Each week includes:

- Teaching session
- Practical integration task

7 weeks include:

- Guided hypnosis recording

**START FEELING LIKE
YOURSELF AGAIN**

Knowledge is everything!
Once you know what's going on, you can
create the change you desire!

- Fiona Pearson

SOCIAL PROOF

REAL WOMEN. REAL SHIFTS.

**RESULTS DON'T ALWAYS LOOK DRAMATIC.
BUT THEY FEEL MEANINGFUL.**

"She helped me stop worrying and start living."

- Anna

"She helped me recalibrate who I am in midlife."

- B

"I feel more confident and stronger. More empowered, lighter, brighter, and even more unstoppable."

-Julie

"I don't obsess over food anymore."

-Mary

"I now understand that how I feel about myself, underpins everything I do towards achieving my health & wellness goals."

-Cynthia

"I'm now setting boundaries & putting myself first."

-Jane

**I'M READY TO FEEL LIKE
ME AGAIN**

ABOUT ME

Hi, I'm Fiona.

I'm 63.

I've lived midlife.

I've felt the shift.

I've tied my worth to how I look.

And I've rebuilt it.

Now I help other women do the same.

This work is:

- Grounded.
- Therapeutic.
- Steady.

Because midlife doesn't require reinvention.

It requires reclamation.





I'm Ready to Feel Like Me
Again

INVESTMENT

Stand in Your Worth

10 Weeks of Guided Self-Leadership

Includes:

- Weekly teaching sessions
- Guided hypnosis recordings
- Practical Integration exercises
- Lifetime access to materials
- Private Facebook group to ask questions & feel supported by me & others in the program.

You can join Stand in Your Worth today

\$497 AUD or 2 payments of **\$275**

You'll get immediate access and can move through it at your own pace.

**You don't have to keep feeling like this...
and you don't have to figure it out on your own**

WHO THIS IS FOR

This is for you if:

- Everything feels a little heavier than it should.
- You're overthinking more than you used to.
- You feel emotionally drained, even when life looks "fine."
- You don't quite feel like yourself anymore.
- You second-guess your thoughts, decisions, and reactions.
- You're tired of feeling like this... but not sure how to change it

You're not broken...

You've just been holding too much for too long

This is not for you if:

- You are looking for a quick weight-loss fix.
- You want surface-level motivation.
- You are not ready to take gentle responsibility for change.

**START FEELING LIKE
YOURSELF AGAIN**



WHAT TO DO NEXT?

You don't have to keep feeling like this.

You don't have to keep pushing through or trying to figure it out on your own.

You can keep waiting.... or you can start now.

And gently come back to yourself.

I'll guide you every step of the way

Join us by clicking the link below:

**I'M READY TO FEEL
LIKE ME AGAIN**



**START FEELING LIKE
YOURSELF AGAIN**

FREQUENTLY ASKED QUESTIONS:

1. I'm not sure I'm confident enough for this — is this still for me?

Yes. This programme is for women rebuilding confidence, not women who already have it.

2. Is this about weight loss? No. This is about rebuilding self-worth. Many women experience body shifts naturally when self-respect improves, but this is not a diet programme.

3. I'm busy — how much time will I need? Each week requires approximately 60–90 minutes, including teaching and integration. You can move at your own pace.

4. What if I've tried mindset work before? This programme is structured and progressive. We work on nervous system safety, identity, boundaries and behavioural alignment — not surface-level motivation.

5. Is this therapy? No. This is a structured self-leadership and mindset programme. It is educational and supportive but not a substitute for clinical therapy.

6. What if I start and feel emotional? That's normal. Growth feels vulnerable before it feels powerful. You will be supported gently throughout.

**I'M READY TO FEEL
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**QUESTIONS?
EMAIL FIONA**