

Free E-book

For everyone working with women who is not content with giving just 'OK' guidance

Why so many women become stuck and stay stuck, despite the piles of self-help books they are reading and the number of coaches and therapists they visit...



By:

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www.instituteofwomen.eu


CREATRIX[®]
SETTING WOMEN FREE


INSTITUTE OF WOMEN[™]
INTERNATIONAL

A missing piece of the puzzle

You probably have a big bookshelf full of self-help books, just as I do. And you regularly ask yourself why so many women are struggling, and are in survival mode. Even with all these books that promise a light, free and happy life. Even with everything that is available to learn in the field of personal development. In courses, training, programs, etc. With gurus, coaches, therapists and methods. How is that possible? This e-book will give you the answer to that question!



As coach, therapist, or professional in the personal development industry, you probably recognize this situation: you are giving everything when helping your client getting rid of her blockades. Your programs are long, are intensive and sometimes just very tough. At a certain moment your client may leave you pretty content with what is achieved, but after a while she falls back into her old patterns, emotions, thoughts, and issues. How frustrating and unsatisfactory is that! And how is that possible? What is that missing piece of the puzzle that will cause your client to get rid of her blocks

FAST, PROFOUND and **LASTING**?

In this e-book you will discover how you can help your client get rid of her emotional and mental blockades for good. So that you as personal development professional can truly make a difference: for yourself, your family, your environment, your work and your clients.

XXX,

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My story...

For years, I have been a coach for ambitious moms, and I have seen, learned and applied many different methods and models. And always something was missing. My clients were happy with my services, but the results were not sustainable. The solution was not long term enough, not impactful enough. And because I didn't want to be a mediocre coach, but rather a coach of whom my clients would say 'Nikolien you've changed my life', I started to search for a solution that is guaranteed to work in a profound and lasting way for women and their issues.

The beginning

And that brought me all the way to Australia, for a whole month on the other side of the world, not knowing what I would get myself into, despite having two small children back home ...

People thought I was crazy, but I just followed my gut feeling and trusted. Because over there, **the Institute of Women International** had developed a method especially and uniquely designed for women. That is when everything fell into place... I finally discovered why all well-known methods and all those self-help books do not work. I would love to share this revelation with you in this e-book.

So I went to Australia, learned Creatrix® and brought this method back to Europe. And I immediately noticed the difference when helping my clients: the speed, the ease and the lasting effect. That is why I brought the **Creatrix® Transformologist® course** to Europe, in 2016. At my practice Moms&More (www.momsandmore.nl), I have a waiting list of clients and this breakthrough is just way too big to keep for myself. Other women need to learn and experience this too. And I want you too, to learn what it takes to help women in a real profound and lasting way. So together we can set the hearts of those women free!



How is it possible that we keep on struggling with **our issues**?

So many women blame themselves when trying unsuccessfully to get rid of their blocking emotions and beliefs. Even after investing a lot of time, money and energy, nothing much changes. They start to doubt themselves: "Did I do well enough, do I know enough, did I do enough? Shouldn't I do more, learn more? It works for everyone else, except for me... I am a failure".



And where does that leave you as professional

Whether you are a coach, therapist or in what shape or form you are helping women in their personal development. If your clients fail, you feel you are failing too!

This is where I drop a bomb: it is not you who is failing, who is not good enough! And neither is your client! It's the method that is failing you! Yes really, it's the **METHOD** that doesn't work for women!

So far, most methods that should help us are merely strategies that help sweep issues under the carpet. A quick-fix. Or nothing more than a way to learn how to deal with those issues. But when a big trigger comes along, these old issues just resurface. And for us professionals, that is just not good enough. That is not going to lead to the profound and lasting change that we seek for our clients, right?

There are precisely **6 REASONS** why all methods that were handed to you as a woman, or that you gave to other women, do not work effectively enough.

Below, I will share these 6 reasons with you.

But please note, once you become aware of them, there is no way back, and you will never be able to ignore them....

Reason 1: : Women and men are different

*It may seem like a no-brainer, but it's a **VERY** important one: Women are designed differently than men! And most methods and self-help books that women turn to, are developed and written for: yes, exactly, men!*

The brain:

Until recently people thought that the male brain and the female brain work in the same way, but that proved to be incorrect (see also the developments in gender specific healthcare). Women have far more connections between the left- and right hemispheres of the brain compared to men. And that is what makes our brain go on and on and on... Do you recognize this?

The eyes:

Women literally see in a different way than men. This is because men have other kinds of cells in their eyes. The male cells create a peripheral view. Very useful for hunting, so they can oversee a large area of the wood. The female cells, however, create a focussed view for women. How else can we recognize tiny differences in our babies?

That peripheral view males have, triggers the parasympathetic nerve system. This is linked to feelings of peace and calmness. In contrast, the focussed view of women triggers the sympathetic nerve system. This system is linked to stress.

You may already feel what's coming: because of these differences in the brain and eyes, men are able to release stress on a daily base.

Women can't.





The hormones

Women need their hormones to release stress. Nature allows women to release stress on a monthly basis and recoup for subsequent stressful weeks: during the week of our menstruation. Unfortunately, we women have forgotten this and barely listen to our own cycle any more.

Therefore, stress keeps building and building. With all its consequences.

There is no denying that the female cycle has a huge impact on how a woman perceives the world, how she feels, what she thinks and does.

The hormones that impact a woman on a daily basis differ greatly from those that impact a man. A man is quite consistent day in, day out, while a woman is very consistent in her inconsistency. And be honest: have you ever asked your female clients about their cycle? Don't underestimate the impact on her mental and physical health!

Men and women are very different. Comparable to the difference between a Samsung phone (the woman) and an iPhone (the man, or the other way around that doesn't matter to make the point). Both phones do the same. You can call, email, text, etc. But if you want to load an iPhone app on to a Samsung, it will not work. And if you manage to get it up and running (which will take a lot of time and effort), you will just have to start all over again when a new update is released.

So the question is: have you ever investigated whether the methods you are using are designed for men or women?

You will notice that the **well-known methods** are designed for, by, and tested on men. So they work wonderfully for men. But for women they are insufficient. We women need a gender specific method.

A method designed and tested on women.



Reason 2: What women think may not be the same as what they feel or 'deep down' just know of 'deep down'

Women can think one thing, feel another thing, and 'deep down' know something else. This is due to the difference between their thinking (mindset), their feelings (heartset), and their intuition (gutset). You could say that these are three different kinds of brains. Our intuition is linked to our oldest brain: the reptilian brain. Our heart links with our emotional (limbic) brain. And our thoughts, our mindset, links with the rational brain (neocortex). And these three brains are often not aligned. On the contrary, they are often in conflict with each other.

This makes you feel you are at odds with yourself.

The brain:

How often have you heard your clients say that she **KNOWS** what's good for her, but she can't **FEEL** it?

Most current methodologies address just one or two of these three brains. Many methods work with mindset. Or if you look at the more spiritual, energetic methods, heart and intuition are acknowledged (but the ego may not come into play).

But you still have these three brains packed into one. You can't separate them. If you do, you will create a disbalance between thinking, feeling and deep inner knowing. This creates conflict within yourself, which can cause stress and paralysis.

So, if you want to facilitate true transformation with your clients, you need to address the three brains simultaneously, and align them. Otherwise your approach is incomplete and will remain so.



Reason 3: We not only inherit the color of our eyes but also our emotions

How you perceive the world follows from your personality, how you are raised and what you go through in your life.

What many people don't know is that science has proven that there is a third factor that determines your emotions and beliefs: epigenetics.

Epigenetics is the science that emotions and beliefs are passed through in the genes to next generations.

This means that a lot of your issues may not come from events in your life, but that you have inherited them in your genes from thousands of generations before you.

In this case you can compare your issues to a headache. You can search for the cause of the headache, but you will not find it. You have gotten that headache from someone living a long, long time ago. So you simply inherited that headache from your ancestors.

If you now look at the history of women, there is no denying the pervasiveness of the theme suppression. With this in mind, you will look differently at subjects such as:

- I can't be myself
- I'm afraid to stand out
- I'm not good enough
- I am not worthy
- Etc.



This is what we call gender trauma.

You can give your client aspirin for the headache and investigate what event in her life caused that headache (which in many cases is futile), but it probably will not solve the headache permanently. You need to eliminate the cause! Therefore, epigenetics needs to play a role in your work. Otherwise you are just giving symptom treatment.

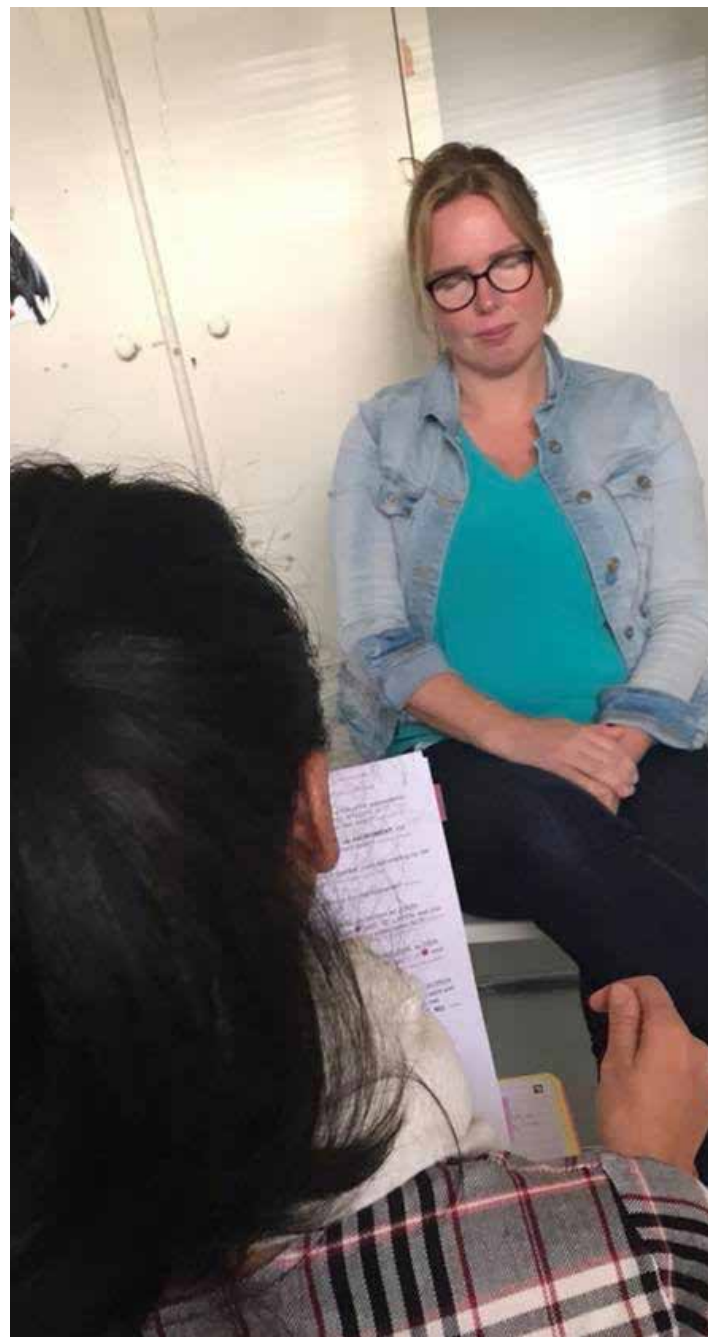


Reason 4: Repetition of the trauma will just engrain it

Does it get to you as well? Making your clients relive their traumas, bad experiences and painful events over and over again during your sessions? As it turns out, this often has no use at all. Even worse, this frequently backfires. Because the more you relive a certain memory, the stronger the accompanying emotions are engrained and anchored in your system. This doesn't make for a safe and helping environment, right?

Unfortunately, we are raised with the belief that we need to suffer in order to get rid of issues. That success must first take a lot of blood, sweat, and tears, that the process must be hard and takes long. But that's not true. Think about the example of the Samsung phone versus the iPhone. Something that fits seamlessly, will work easily, fast and comfortably. But when something doesn't fit but you want it to fit forcibly, it will take a lot of pushing and pulling, time and effort.

Therefore, if you truly want to help other women with their blockades and traumas, you need a method that allows you to avoid an unnecessary repetition of the suffering. This will allow you to offer results in a fast, painless and lasting way.



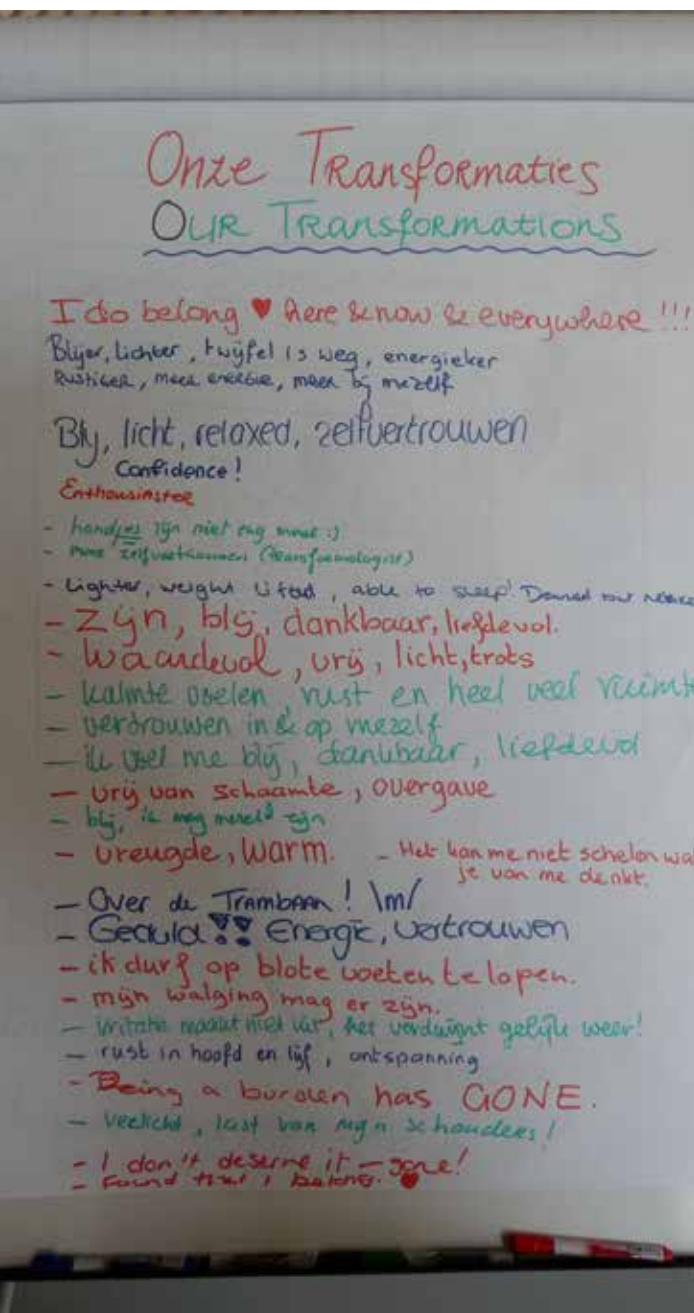
Reason 5: You can't just get rid of something without harmful consequences

Imagine that your client wants to get rid of the perception that she is not good enough. There are quite some methods that allow you to facilitate this. But once that perception issue has been resolved, what happens then?

She will be left with a kind of vacuum. And if she doesn't fill this hole with a 'better knowing', the hole is guaranteed to be filled with other, lesser thoughts. And if you keep on doing what you always did, you keep on getting what you always got. In other words, in no-time, she will be programmed with the same old "I'm not good enough" software. And that is not the result that you want for her, is it?

This means you need an approach that allows your client to replace that emotional or mental block with something better. Something that works for her, and that is backed-up by head, heart and intuition as a trinity.

This takes us to **Reason 6: Insights alone will not lead to change.**



Reason 6: Insights alone will not lead to change

The 'better knowing' that will replace the emotion or belief your client just got rid of, needs to come from herself, from inside her. You can tell her a thousand times that she is good enough. And she might know and understand that in her head, but truly feeling this in her heart is a different story.

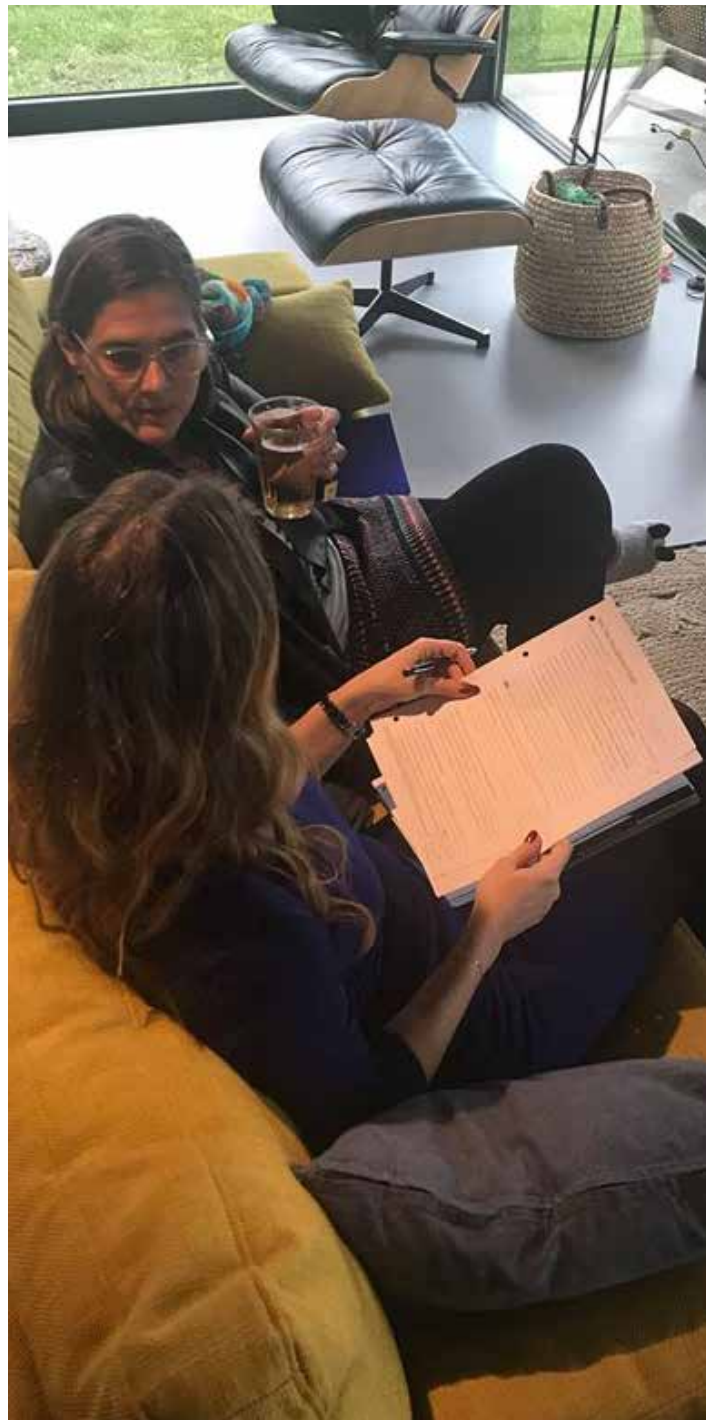
The lasting approach for her issues is hidden in herself.

And only she can give that to herself. No matter how badly you want to do that for her, you can't. Because no one else lives her life, fills her shoes, and has her story.

In summary, your client is unique and the solutions for her issues are just as unique. She needs to give that to herself. If someone else provides the solution, it will be no more than just an insight. And insights are nice, but insights alone will not lead to true transformation.

You probably recognize for yourself, that once you have gained a great insight, you typically take it home, shove it aside and decide to do something with it the following day, because first you need to work, cook, nurse or clean. This repeats itself the following day, so you decide to postpone it again. And that becomes the next day, and the day after, and the day after that.... And so an insight just stays an insight.

If you want to move your clients through a true transformation, it is crucial that they give **THEMSELVES** the needed life lessons..



A quick recap,

The six reasons why women become stuck and stay stuck, despite all the self-help books, coaching and therapies around

1. *Women and men are different*
2. *What women think may not be the same as what they feel or 'deep down' just know*
3. *We not only inherit the color of our eyes but also our emotions*
4. *Repetition of the trauma will just engrain it*
5. *You can't just get rid of something without harmful consequences*
6. *Insights alone will not lead to change*

A method that addresses all these 6 things at the same time works in a FAST, PROFOUND and LASTING way for women.

If it doesn't acknowledge all of these six factors, the method will not work at all, or not good enough for a woman, and she will stay stuck.



YOUR CHALLENGE

I now wish to invite you: do you know of any other method that is gender specific, aligns head-heart-intuition, take epigenetics into account, is safe, replaces bad with good, and brings to light the client's own inner wisdom? And all that simultaneously?

I am very curious...

Because I have personally researched many methods and put them all to the test of whether they meet all six elements at the same time. No method, except Creatrix®, passed this test. So there you have the answer to the issue of why so many clients stay stuck: you are not (yet) using the right method.

Triggered?

Are you triggered by the info in this e-book? The good news is: you too can learn to work with Creatrix® and join us as Creatrix® Transformologist®. So that you can help women to get rid of their deep, emotional and mental blockades superfast, profound and lasting. With Creatrix® you facilitate women to transform, so they can leave their issues behind once and for all!

- In short, transparent programs
- In a playful, easy, fun and very powerful way, without reliving traumas and painful experiences.
- So powerful, you can even give a results guarantee!

So do you want

- To have a tool that allows you to help women get rid of their issues in a fast, safe, and lasting way, and that
- Allows you to build a flourishing business, in which
- You don't have to re-invent the wheel, because you will have all the scripts, formats and a proven business model that helps you to build your business from A to Z. And the active international community (sisterhood) of Creatrix® Transformologists® will always have your back.

Request now your free intake call for the **Creatrix® Transformologist® course**. A course that uniquely combines 6 days of face-to-face training (after which you can immediately start working with paying clients), with 16 weeks of online training.

Visit www.instituteofwomen.eu for all info on the course. You can also directly book your free call with Marlies or Dounia, our course consultants, via: www.meetme.so/Opleiding

Does all this sound too good to be true? Well, you don't have to take my word for it. Try Google and see and read what others have to say about this method.

Click here

CLICK for a free intake call

Chat with us



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