


Find Your Inner Voice

For the woman ready to evolve and step fully into her most playful unapologetic self.

Identify the beliefs holding you back, reconnect with your inner child, rewrite your narrative and begin to see that you are here to be seen, heard, loved and understood. Your voice matters, your life matters, YOU MATTER.

Your 8 week self discovery program to help you raise your vibration & be a more happy confident YOU, while creating space for heaps more fun & excitement.

I hear you, you're done with feeling the constant need for other's approval. You're tired of worrying about what other's might be saying or thinking of you. You're sick of having no confidence in yourself, while you continue to let the fear of judgement, failure or not feeling accepted stand in your way.



First of all I want to acknowledge you for recognising that you get to move through and forward from whatever space you're in right now.

My guess is that you're here because you're sick of feeling lost and consumed with self-doubt. You know that you get to move forward, yet you don't seem to know which way to turn next. You find that you're always comparing yourself and your journey to other's, and struggle to feel fully worthy of the life that you desire. Yet you know deep down that happiness is your birthright and you're ready more than ever to reconnect with YOU again, and access the tools that you have within, to really shine and apply all of YOU to every area of your life. You're just not sure HOW?

Imagine feeling confident in your own skin, loving yourself fully, heightening your self-awareness, as you master your emotions and see the power of listening to your own inner knowing and intuition, no longer needing the approval or acceptance of others.


I remember feeling so overcome with self doubt, always feeling I had to apologise for myself or my actions, sometimes even for my own thoughts and feelings! Can you relate? Do you ever feel this way?

As the one who'd put on a front or try to 'fit in' to the group and be like the others in order to be or at least feel accepted, for a long time I dimmed my light in social settings, I hid who I truly was, through fear of not being 'liked' or feeling that my true self was 'too much' for my new circle of friends, after moving from the UK to NZ.

It was 2012, I was a brand new mum in a new country, I knew very few people outside my Hubby and his family and I didn't know what to do next.

I desired so much to be loved and accepted into this new space (to be heard, seen, loved and understood are basic human desires) I'd lost a lot of my self belief and inner confidence over time, so I constantly looked externally to fill that gap.





I found myself often feeling jealous in my relationship with my new hubby Paul, always needing to be reassured of his love for me, it caused us to argue a lot. My inner self talk was loud and unkind, I doubted my own decision making and ability as a mum, as a wife, as a friend, as a performer and actress (a career I'd been proud of and succeeded in for over a decade) in pretty much everything I did or role I played. I felt anxious almost daily and worried far too much about the thoughts and opinions of others.

The big change came towards the end of 2015 when I got very sick, a year after having our 2nd baby boy. I'd hit rock bottom, my body was screaming at me to make some changes, the doctor told me it was a good job I'd come to see her that day.


I realised that, while yes I was eating well, moving my body and working hard to build a business online, life was super busy and I was trying to juggle ALL THE THINGS! However, I was doing absolutely nothing to take care of my emotional or mental well-being, I felt lost in the mayhem of life just continuing to happen around me.



It was a smack in the face, a kick in the A\$\$ and the huge wake up call I needed! I was sick and feeling lost, something had to change. You cannot give from an empty vessel or shine from an empty lantern, if you keep on giving giving giving to others while doing nothing to give back to you, you will at some point burn out.

I began to do my research and read self development books to support, I invested in the right mentor for me and she helped me to unlock each layer, see where I'd lost my way and over time I began to learn to love me again.

By applying many of the methods I now teach in Find Your Inner Voice, I was able to unlock fears, doubts and old beliefs that had been holding me back for way too long. I reconnected with and began to heal my inner child, realising that self-acceptance is what really matters, not being accepted or approved of by others. I adopted new and empowering beliefs. Yes it was messy, there were dark days and lots of tears, it often felt super stretchy AND doing so gave me back the inner confidence to feel safe to fully embody and step into my most authentic self...



By creating new habits, setting boundaries, tapping into the tools I already held within me (yes and you do too) and doing the inner work... I went from feeling lost and overwhelmed, consumed by the fear of other's opinions and little self belief, to unlocking my inner confidence and realising my voice truly matters and I get to fully show up as my most unapologetic self, no matter who's watching!!!

I no longer feel afraid to shine my brightest light! I've created balance and learned to prioritise self care and in doing so life feels more light and free, with space for heaps more fun and excitement! All this is available for you too, it's never too late to begin the inner work.

I have since committed to show women just like you how you too get to do the same, I've created a non-judgement online space, along with each of the modules in this program, to allow you to unravel each layer, begin to heal old emotional wounds and destroy limiting beliefs, in order to make way for new ones, that actually feel good and align with the life you desire.

I encourage and hold space for you to feel inspired to be more authentic, and no longer feel afraid of sharing your magic. I will always continue in my mission to help women to shed their \$#!T and SHINE and to realise that their voice truly matters!

The 8 weekly themes you'll find inside the program...

Week 1 - Set your INTENTIONS

Week 2 - Find what makes you SHINE

Week 3 - Don't let anything dull your SPARKLE

Week 4 - Don't let anyone dull your SPARKLE

Week 5 - SMILE from the inside out

Week 6 - Leave a little SPARKLE everywhere you go


Week 7 - Ignite your PASSION

Week 8 - Reach for the STARS

Learn more about each module below.



@smilefromtheinsideout



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Module 1

Set your INTENTIONS - Look at the version of you that you wish to step into and embody. Set in place solid foundations in order to learn and grow from.

Module 2

Find what makes you SHINE - Self awareness through self discovery. Learn exactly who you are and what makes you truly happy. Reconnect with your inner child. Realise your gifts and WHY you are here.

Module 3

Don't let anything dull your SPARKLE - A focus on letting go and releasing in the physical sense, making space for more... more love, light, abundance and all that sets your soul on fire.

Module 4

Don't let anyone dull your SPARKLE - Identify thoughts, emotions, relationships and beliefs that no longer serve you. Acknowledge where they come from and methods to help you let go.

Module 5

SMILE from the inside out - Replenish and refill your cup. Acknowledge how limitless and abundant you are. Step fully into your worthiness.

Module 6

Leave a little SPARKLE everywhere you go - Let your inner child be free. Use your voice, share your magic, give to yourself and to others.

Module 7

Ignite your PASSION - Time for reflection and appreciation. Build connections in relationships. Show up and shine!

Module 8

Reach for the STARS - Full embodiment of all that you are becoming. Celebrate you and your growth.

Here's an overview of what you'll get...

- Downloadable/printable PDF workbook
- 8x transformational modules for you to focus on & navigate through at your own pace, with home play exercises, journal prompts & affirmations.
- Videos connecting to each of the 8 modules.
- Lifetime access to my inner tribe, via the F.Y.I.V Facebook group - a safe space to share, while gaining support, connection & inspiration from me, along with the other beautiful women in the group, an online community of love & support.
- 1x monthly 90min live group coaching call (via Zoom) - receive live coaching from me, gaining support in breakthroughs and struggles that are showing up for you.
- 1x monthly live training with Q&A in the FB group.
- Massive growth and elevation as you rediscover and step into your most fabulous self!!!

What's the investment?

For the full 8 week program your investment will be...

Upfront Payment Option: \$777 NZD (pre-program)

OR

Flexi Payment Option: 8x weekly payments of \$111 NZD (totalling \$888 NZD) - 1st payment to be made pre-program, then each week following for 7 weeks.

What are you waiting for???

To claim your spot in this transformational program do not delay, simply get in touch with me with a HECK YES!!!

Either via email  smile@kerryliddell.com

Or Instagram  [@smilefromtheinsideout](https://www.instagram.com/smilefromtheinsideout)

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