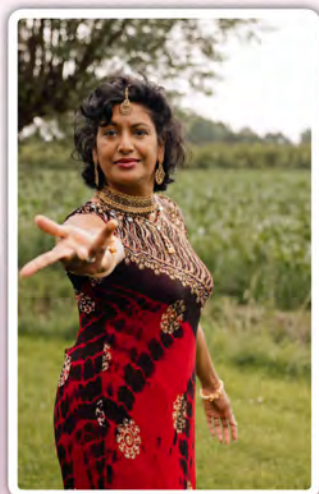


# HOW TO BECOME WOMAN 2.0



*Sadhna Meijer-Gopalraï*

# Welcome dear sister,

In life we come across many different types of questions. In this booklet, however, I want to focus on the answers I can provide to those questions.

I am Sadhna Meijer-Gopalrai; my quest has led me through many (spiritual) journeys. When life challenged me I decided to give up on hesitating and just started doing. In this way I began to fulfill my dreams.

Nevertheless, dreams are meant to be shared and thus I decided to share my knowledge and wisdom with you. Overly ambitious? Perhaps..... Because I'm sure I can offer you something, even if you didn't know you were looking for that particular thing.

In this booklet you will learn about the four topics and related programs you can engage to, also how they can (and will) affect you and support you on your path.

I can offer you answers.....  
and maybe you are looking for them....

Let's find out together!

## Ready to grow?



Find the path...



## Wives of CEOs are power influencers behind corporate decisions

While spouses or lifetime partners of CEOs seem to have an extraordinary life, they are generally expected to fully support their husband at the cost of harming their own lives. This is especially true if their husband earns a major part of their income. Many women might identify with this supporting role as 'wife of' and 'mother' but the truth is that some of these wives are highly educated and well-appointed to have a full life of their own. This is the biggest thing they stand to lose, next to their loss of (mental) independence, self-esteem, personal goals and being the author of their own story. Don't let that happen!

The solution for your troubled emotions is awareness. As the wife of an executive you can learn to see your role and the fact 'support' in a broader perspective. Support absolutely, is not a synonym for 'sacrifice'!



### Online coaching program

Subjects and challenges such as these are extensively covered in the online coaching program 'Rise your power'.

This program has basically been designed to support you, wife or partner of a CEO, with the common problems and personal challenges that you might

face during this role. To get a head start you can download the e-book 'Wife of CEO insider tips' for free.

[Get the eBook!](#)

And if you happen to recognize yourself and your challenges in the examples given then I strongly recommend that you sign up for the online training program 'Rise your power'. We'll help you find the power to change your life and rise in energy.

[Visit wifeofceo.com to start your journey!](http://www.wifeofceo.com)





## A tricky question that every child ponders: *what do I want to become later while growing up?*

In order to grow, knowledge and understanding are required. You need insight in your background, parents, environmental factors, culture, obstacles, your dreams, wishes, fears and so on. The question that is most striking: 'What do you want?' or better said: 'Who do you want to be?' For knowing who you are and, above all, who you want to become, you must also analyze where you are coming from. This self-reflection requires courage and perseverance, especially if you come across annoying elements of yourself.

In our younger years, we often don't take the time for that; life goes fast, we are rushed by our hormones (adrenaline), career, partner choice and we keep thinking that we still have ages of time left. And while that is true, time flies faster than you could ever imagine. For as they often say: the best time to plant a tree was 20 years ago. The second best time is now.

Sadhana in Counselling's mission is to increase the awareness of the young woman of the above (her inner drive) through which she develops an advanced comprehension of her own responsibility.

### **Young woman in development**

The methodology of the new program 'Young woman in development' is based on interaction between a small group of women who want to structure her life in her own way. Within this group dynamics, you will learn in a brief period of time a lot about gaining and retaining of focus, self-esteem and image, the influence of your past, ways of communicating and how you build confidence and self-assurance. Grow up to be Woman 2.0 and.....

*Become Woman 2.0!*

A promise: you will gain better results in life and your job. You will learn to increase your self-reliance and find more balance within yourself and your environment. That gives you more confidence, fun, better focus and therefore higher performances!

[Visit \*sadhana-in-counselling.com\*](http://www.sadhana-in-counselling.com)  
*and let's grow together!*



## Every woman makes an inner journey in her life because she must discover her essence and strength

There are so many ways to express yourself and even more ways to just be YOU.

### ***But where to start?***

Let's start by moving. And then let's stay in motion. Life is very much like a dance and dances are all about expressing yourself. Which dance are you performing? Is it a subtle one, full of small but important movements? Or are you out there, dancing wild and free? You control your body, so it stands to reason that you're in charge of your next step. Own that power and follow the rhythm of your continuity to turn that step into a dance, your words into poetry and your movements into music. You might need a dance partner though before you get there, and we're ready to jump in. Let us lead you for a while with clever insights and twists to help you feel good about yourself.

*It's all about confidence, and we're here to make you shine.*

### **Take the stage!**

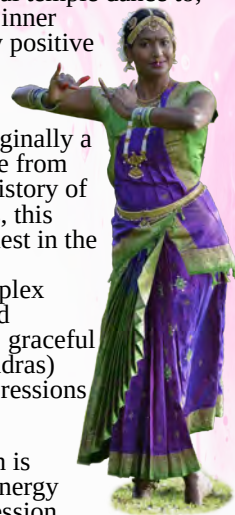
Sanstha Amrit is all about you and to learn how to express yourself! We use Indian classical temple dance to, not only discover the inner strength, but also stay positive and in motion.

This dance, called Bharatanatyam, is originally a classical temple dance from South India. With a history of more than 3000 years, this form is one of the oldest in the world. The dance is characterized by complex footwork, abstract and narrative movements, graceful hand movements (mudras) and refined facial expressions (abhinaya).

In this dance, strength is linked to flexibility, energy to elegance and expression to refinement.

Eager to learn how this will help you grow as a person or in your business?

[Visit sanstha-amrit.com](http://sanstha-amrit.com) and take the stage!





Rise your  
power

## Be the best YOU your life wants you to be. Be who you are and be a woman 2.0!

Don't let your dreams be put to the wayside while you help others find themselves. It is time to fully embrace the female aspect of yourself and let it be a guiding line in the journey that awaits you. As a woman you are supposed to fulfill many different roles during your life, and not all of them (should be) of your own accord. There's more in you than being a mother, a wife of or a partner, but to embody these different aspects you need to take control and rise your power.

Endorsing this experience, is a woman from Botswana who reached out to me for consent:

*"As a Christian woman and an African Woman culture has taught us humbleness, but also today's world teaches us to find "our purpose" and we are taught to also be "Vessels of Honor" meaning we should carry something that we can deposit onto other people. How do I blend all that together in harmony and peace?"*

As we shared our expertise and advice with her we stimulated new growth and this lady changed her path.

*"The experience and advice you gave me are things that I can personally relate to. Before this I have lingered, gone through, trying to find a way and questioned myself how do I go about it. But now that all seems very clear and I see a path forward thanks to your course."*

### **And now it's your turn**

Discover the essence of yourself and let the promise which has always been inside you become a reality now! Do you feel the power in yourself but it doesn't emerge enough at times when you want it? Do you sometimes feel that you are standing in the shade of others and would you like to get more in the sun frequently? Is there more in you than there comes out so far?

[Visit riseyourpower.com](http://riseyourpower.com) and  
[become the best version of yourself!](#)





# Speaking from experience...

## Sadhna Meijer-Gopalrai

*"By her life experience and self-reliance Sadhna is considered as an example and role model by many other women in the light of 'this is also how it can be like'."*

Next to my job as business counsellor and coach I am especially the wife of a CEO and mother of our child. I myself have experience with seeking a sustainable position that gives life a meaning in the position as a CEO wife. I'm the one who provides a safe home base but I am also the companion of my husband during business trips abroad. Consequently, I am also his first line 'second opinion' at business decisions that are often reflected in late evening hours. I want to share my extensive knowledge about being the wife of a CEO with other 'colleagues' who still are looking for a balance in their lives. Clients often tell me that my approach of training and support makes the difference for women like them ... and for women like you!



Ready to embark on this journey?



## Bonus for quick decision makers

In stimulating you how to carry on with your challenges and additional questions in life I offer you a bonus when you sign up promptly: a free 30 minutes personal coaching by phone or Skype!

I sign up!

Connect