

**PRIVATE MENTORSHIP
& INVESTMENT**

EMBODIED SELF MENTORSHIP PATHWAYS

WITH SHANNON KAISER

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INTRO

For the high-capacity woman who has carried it all, professionally, relationally, emotionally, and is no longer willing to override herself to keep everything working. You've built strength, success, and resilience. Now it's time to rebuild from a deeper sense of self-love and self-respect.

You've spent years carrying responsibility, holding everything together, and showing up for others. You've achieved success, built stability, and become someone people rely on. And yet, beneath it all, you may still find yourself overriding your own needs to keep the peace, overextending to prove your worth, or second-guessing decisions you already know are right.

You're at a threshold. This mentorship marks the shift. We dismantle the patterns behind overextension, self-doubt, and self-betrayal, and rebuild from truth and self-respect. You don't need to survive anymore. You're here to lead, create, and live in a way that reflects who you truly are.



WELCOME,

The Embodied Self Mentorship helps you recalibrate how you live and lead, so your external life reflects your internal truth.

For more than 15 years, Shannon has been a trusted voice in self-trust, self-love, and emotional well-being. As a bestselling author, mentor, podcast host, and global thought leader, she has helped millions of people navigate healing, growth, and personal transformation.

Her ability to identify the hidden dynamics beneath the visible problem helps clients gain insight that often shifts years of self-doubt, second-guessing, and self-blame in a single conversation.

This work combines intuitive mentorship, structural reflection, embodied insight, and practical action. The goal isn't awareness alone. It's creating meaningful change you can apply in your relationships, work, leadership, and everyday life.

EXPERT GUIDANCE FOR ROOT-LEVEL CHANGE: A MENTORSHIP ROOTED IN SELF-RESPECT.

Most mentors and coaches focus on the problem in front of them. I focus on the pattern beneath it.

My work combines intuitive mentorship, expert pattern recognition, structural reflection, somatic insight, and practical strategy. I help you see what you cannot see on your own, the unconscious patterns, limiting beliefs, and protective strategies influencing your choices, relationships, leadership, and sense of self.

From there, we create lasting change through awareness, integration, and aligned action.

About *the Embodied Self Mentorship*



Rooted in the philosophy of my bestselling books *Return to You* and *The Self-Love Experiment*, this mentorship translates self-trust from insight into lived structure.

You may arrive feeling overwhelmed, frustrated, exhausted, or disconnected from yourself. Many clients come knowing something isn't working, but unable to see exactly why.

Through our work together, what once felt confusing begins to make sense, creating the clarity needed to move forward with confidence and self-trust.

From that foundation of awareness, we begin creating new patterns rooted in self-trust, self-respect, and alignment with your true self. Through integration, reflection, and aligned action, those insights become lasting change, transforming the way you relate, decide, lead, and move through the world.

YOU'RE READY FOR A LIFE THAT NO LONGER COSTS YOU YOURSELF.

Ready to reclaim your power, and rise into your fullest expression.

What:

This 1:1 mentorship is for the accomplished, high-capacity woman who has built meaningful success on the outside, yet finds herself carrying more than her share, navigating a major transition, questioning what's next, or longing for a deeper connection with herself and the life she's creating. You're evolving.

How:

Through expert pattern recognition, intuitive mentorship, structural reflection, embodied practices, and strategic guidance, we uncover the hidden beliefs, survival strategies, and self-abandoning patterns shaping your relationships, decisions, leadership, and sense of self.

- A relationship struggle may actually be self-abandonment.
- A confidence issue may actually be perfectionism or years of over-responsibility.
- Exhaustion may actually be carrying what was never yours to hold.

Once you can see the pattern, you can stop repeating it. That's where lasting transformation begins.

Results:

You leave with clarity and true freedom. Clearer boundaries. Stronger self-trust. Healthier relationships with yourself and others. More aligned decisions. Greater emotional freedom. Most importantly, you stop overriding yourself and start building a life, business, relationships, and future that reflect who you truly are. This is where awareness becomes liberation and self-respect becomes embodied.

Working with Shannon is transformational. You get a sacred blend of:



support

SEEING WHAT OTHERS MISS

Her ability to identify the hidden dynamics beneath the visible problem helps clients gain insight that often shifts years of self-doubt, second-guessing, and self-blame in a single conversation.

strategy

INTUITIVE INSIGHT + PRACTICAL STRATEGY

This work combines intuitive mentorship, structural reflection, embodied insight, and practical action. The goal isn't awareness alone. It's creating meaningful change you can apply in your relationships, work, leadership, and everyday life.

mindset

TRAUMA-INFORMED, PSYCHOLOGICALLY ATTUNED GUIDANCE

Shannon's work is grounded in emotional literacy, nervous system awareness, behavioral insight, and trauma-informed principles. She helps clients create lasting change in ways that feel safe, sustainable, and deeply supportive of long-term growth.

resources

A LEADER IN PERSONAL TRANSFORMATION

For more than 15 years, Shannon has been a trusted voice in self-trust, self-love, and emotional well-being. As a bestselling author, mentor, podcast host, and global thought leader, she has helped millions of people navigate healing, growth, and personal transformation.

PATTERN RECOGNITION EXPERT

Shannon doesn't just help you understand what's happening—she helps you understand why it keeps happening. By identifying the patterns shaping your relationships, decisions, behaviors, and sense of self, she helps you move beyond temporary solutions and create lasting change.



WHAT BECOMES POSSIBLE WHEN YOU SAY YES TO YOURSELF

INSIDE THIS MENTORSHIP EXPERIENCE, YOU'LL:

- Understand yourself in ways you never have before.
- Finally recognize and break free from patterns you've been living inside for decades.
- Feel more at peace with yourself and less driven by pressure, urgency, and proving
- Stop carrying responsibility for everyone else's emotions, choices, and wellbeing
- Learn how to prioritize yourself without guilt, apology, or fear of disappointing others
- Trust your intuition and inner knowing even when it differs from others' expectations
- Stop making decisions from survival and start making them from self-trust.
- See your strengths clearly and stop feeling shame, and blame.
- Release the need to earn your worth through achievement, performance, productivity, or caretaking
- Learn how to stop shrinking, explaining, over-justifying, or making yourself smaller to keep others comfortable
- Gain the ability to stop repeating painful cycles and begin making choices that reflect your values, desires, and truth
- Get a stronger connection to your intuition and inner wisdom, and begin to trust yourself more
- Create a life that feels aligned, joyful, and sustainable rather than constantly managing stress and survival

SHANNON'S SIGNATURE DIFFERENCE

This is world-class, multidimensional support, designed to bring you back to yourself, anchor you in your truth, and help you live from a place of deep alignment and self-worth.

This mentorship is a powerful fusion of soul-aligned strategy, personal embodiment, and deep inner alchemy. This is a recalibration of how you live and lead, so your strength no longer comes at your own expense.

If you hired all of these experts separately, your investment would easily exceed \$55,000—and still not offer the intimate, integrated soul mentorship and deep embodiment that The Embodied Self Mentorship delivers

WHAT YOU GET:

Trauma-Informed Life Coach

Compassionate, expert guidance rooted in nervous system safety and emotional resilience.

(Value: \$7,500+)

The Expertise of a 7-Time Bestselling Author

Learn directly from someone who has navigated the publishing world successfully, multiple times.

(Value: \$15,000+)

Mindset Master Coach

Rewire limiting beliefs and self-sabotage with proven inner work tools for lasting change.

(Value: \$6,000+)

Globally Recognized Self-Love Leader

Learn directly from one of the most trusted voices in personal empowerment.

(Value: \$10,000+)

Transformational Speaker & Author + Retreat Facilitator & Space Holder

Access teachings from a 7-time bestselling author who's inspired hundreds of thousands worldwide. Experience sacred mentorship grounded in years of leading transformational retreats around the world. (Value: \$14,500+)

Somatic & Energetic Healing Guide

Go beyond mindset into full-body healing and energetic alignment. (Value: \$5,500+)

Spiritual Mentor & Intuitive Guide

Receive soul-level support that reconnects you to your truth, inner child, and highest path.

(Value: \$7,000+)

Personalized Integration Support

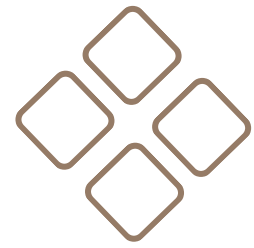
Practical tools, rituals, and strategy to ground your growth into real, lasting life shifts. (Value: \$4,500+)

A woman in a black jumpsuit is walking down a stone staircase through an arched opening in a light-colored wall. She is holding a folder or book under her left arm. The scene is lit with soft, natural light, creating a warm and professional atmosphere.

The EXPERIENCE

INSIDE THIS PARTNERSHIP

Inside This Partnership, You'll Experience:



2 PRIVATE 1:1 MENTORSHIP SESSIONS PER MONTH

Two 60-minute private sessions each month designed for depth, clarity, and real-time integration.

These sessions are responsive to what is present and may include:

- Strategic guidance and decision-making
- Somatic processing and emotional integration
- Real-time refinement of patterns, relationships, and internal responses
- Steady integration and accountability

This is where we work with what is actively unfolding, and build off of before.



CONTINUOUS SUPPORT BETWEEN SESSIONS

Email access between sessions for ongoing integration and support as things arise.

This allows you to:

- Stay connected to what you're noticing
- Receive grounded feedback
- Continue the work without waiting for the next session or searching for availability

Support is available within a 24–48 hour response window (Monday–Friday).



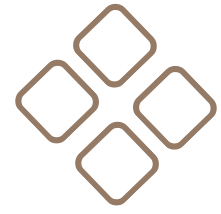
ACTIVE INTEGRATION & PATTERN REFINEMENT

Together, we work with:

- Patterns as they emerge
- The gap between awareness and action
- Strengthening self-trust and decision-making
- Holding alignment in moments that previously created override

The focus is consistent embodiment.

Inside This Partnership, Continued..



PROCESS AND INTEGRATION

This container is designed for your next phase of growth.

This means:

- Trusting what you feel and notice more quickly
- Staying with yourself fully without second-guessing
- Refining how you respond, choose, and relate
- Living your standards with greater stability

The work becomes more about no longer leaving yourself in the moments that matter.



PRIORITY ACCESS, BOOKING & CONTINUITY

This is a high-touch, continuity-based container.

You receive:

- Priority booking access for sessions (6 month and full year)
- Ongoing personalized support between sessions
- A consistent rhythm of connection and refinement

This structure allows the inner work to stay active, rather than something you revisit intermittently.

Next-Level You Looks Like...

YOU ARE SUPPORTED, LED AND HELD EVERY STEP OF THE WAY.

FOCUS ONE: Strengthen Self-Trust + Self-Love

INNER STABILITY & SELF-LEADERSHIP

We deepen your relationship with self-trust —learning to recognize it earlier, stay with it longer, and follow through with greater consistency.

The focus is on remaining present with your internal experience as it unfolds, allowing clarity to emerge without immediately questioning or overriding it. Over time, this builds a more stable connection to yourself, where your responses feel grounded, clear, and increasingly self-led.

You'll move with greater confidence in your own timing, responses, and decisions—without needing extended processing to validate what you already feel.

FOCUS TWO: Respond From Alignment

REAL-TIME DISCERNMENT & RESPONSE

You strengthen your ability to recognize what is happening in real time and respond with clarity. You deepen your connection to internal signals, such as shifts in energy or values misalignment, and stay with that information long enough to respond in a way that reflects your standards.

This creates a more direct relationship between what you notice and how you move, allowing your responses to feel intentional, grounded, and aligned.

You'll experience greater clarity in the moment, with a more natural connection between awareness and action.

FOCUS THREE: Holding Your Standards without Overriding Yourself

VALUES & SELF-RESPECT

This phase centers on honoring what you see clearly, even when it creates tension.

You are identifying where your values, respect, integrity, trust, are non-negotiable, and where staying connected to others has required you to override yourself. The work is no longer about understanding this, but about choosing alignment with yourself without needing external validation or agreement.

You'll move from questioning your reactions to trusting what they reveal, and acting accordingly.



MY MENTORSHIP PROGRAMS

WHEN YOU CHOOSE TO WORK WITH SHANNON, YOU STEP INTO AN EXCLUSIVE SPACE OF DEEP TRANSFORMATION, WHERE YOUR HIGHEST POTENTIAL IS NOT JUST IMAGINED BUT ACTUALIZED.

WAYS WE CAN WORK TOGETHER

Mentorship Pathways



1 PRIVATE 90 MIN SELF-WORTH STRATEGY SESSION

Best for: Those seeking clarity, direction, and personalized guidance for the next chapter of life, work, relationships, or well-being.

Investment: \$550



3 MONTHS – THE AWAKENING

Best for: The high-capacity woman at a clear turning point, feeling the cost of overextension and ready to recalibrate before burnout, resentment, or health signals escalate.

Investment: \$3,500



6 MONTHS – THE ASCEND

Best for: Those who no longer want temporary shifts, and are ready to rebuild how they lead, relate, and makes decisions.

Investment: \$6,250



12 MONTHS – THE LEGACY

Best for: Those committed to generational impact, ready to embody self-honor as the governing principle of her leadership, visibility, and long-term legacy.

Investment: \$12,000

Self-Worth Strategy Session (90-min)

Clarity & Confidence

This focused 90-minute session is designed to help you see what you cannot see on your own.

Whether you're navigating a life transition, relationship challenge, burnout, people-pleasing, a visibility block, a difficult decision, or simply feeling disconnected from yourself, this session offers a dedicated space for honest reflection, deep insight, and meaningful movement.



Investment \$550

- **A focused 90-minute private session providing direct access to Shannon's expertise**, intuitive insight, and transformational guidance to help you navigate challenges, gain clarity, strengthen self-trust, and move forward with greater confidence and alignment.
- **One Week Follow-Up Access:** Email and voice message support for seven days following your session to help you integrate insights, maintain momentum, receive additional guidance, and implement your next steps with greater confidence.
- **Personalized Reflection & Strategic Insight** Receive customized feedback, perspective, and support around the challenges, decisions, patterns, relationships, transitions, or opportunities currently shaping your life.
- **Self-Worth & Personal Power Guidance** Identify the hidden beliefs, survival strategies, and self-abandoning patterns that may be keeping you stuck while strengthening the self-respect, boundaries, and internal authority needed for lasting change.
- **Mindset, Wellness & Nourishment Tools** Access Shannon's curated recommendations, rituals, practices, wellness tools, nourishing recipes, and mindset resources designed to support your emotional well-being, nervous system regulation, and personal growth beyond the session.
- **Soul-Led Strategy & Next Steps** Leave with practical action steps, deeper clarity, and a personalized roadmap to help you make aligned decisions, honor your needs, and create meaningful movement in the areas of life that matter most.

3 Months – The Awakening Mentorship Includes

This container stabilizes your foundation, so you stop managing everything at your own expense.

Inside this container, we:

- Interrupt the habit of self-override
- Rebuild your internal authority
- Anchor self-respect as your operating standard



Investment \$3,500

3 payments of \$1,248

- **3 Months of Private 1:1 Author Mentorship (6 Sessions | 2 Per Month)** Twice-monthly private 60 minute mentorship sessions. Deep, soul-expanding 60-minute Zoom sessions each month to support your emotional healing, self-leadership, confidence, and personal alignment, tailored to where you are and where your soul is calling you next.
- **(1) 90-Minute Empowerment & Alignment Intensive** A powerful, personalized session to reconnect you with your truth, clear energetic blocks, and co-create a soul-aligned vision that honors your values, voice, and deeper purpose.
- **Ongoing Support Between Sessions** Receive continuous guidance and support through email and voice notes, offering energetic recalibration, clarity, and encouragement whenever you need it most.
- **Reflective Feedback & Personalized Insight** Heart-centered reflections and intuitive guidance to help you gain clarity, recognize patterns, and return to your authentic power with greater self-trust and direction.
- **The Empowered Self Blueprint** A custom roadmap that evolves with you, designed to help you reclaim your power, shift limiting patterns, and embody the most aligned version of yourself in every area of life.
- **Mindset & Energetic Mastery Tools** Access Shannon's signature toolkit of somatic, mindset, and spiritual practices to help you stay grounded, energized, and connected to your truth between sessions.
- **Soul-Led Strategy & Life Design Support** Receive practical tools and soulful strategy to help you make powerful life choices rooted in alignment, integrity, and deep self-worth, whether you're navigating change, rebuilding boundaries, or stepping into your next chapter.

6 Months — The Ascend Mentorship Includes

This is structural recalibration — replacing performance with steadiness and clarity.

Inside this container, we:

- Dismantle inherited overfunctioning.
- Strengthen boundaries in real time.
- Build embodied authority across career, relationships, and identity.



Investment \$6,250

3 payments of \$2,229

6 payments of \$1,187

- **6 Months of Private 1:1 Author Mentorship (12 Sessions | 2 Per Month)**
Twice-monthly private 60 minute mentorship sessions offering direct access to dive deep into emotional healing, identity reclamation, energetic empowerment, and soul, aligned life design, with intimate, personalized guidance every step of the way.
- **Ongoing Support Between Sessions**
Voice note and email access for continued integration, reflection, energetic recalibration, and encouragement, because breakthroughs don't wait for your next zoom session.
- **In-Depth Reflection & Energy Mapping**
Personalized insight, soul-led feedback, and intuitive guidance to help you decode patterns, deepen clarity, and realign your actions with your highest self.
- **Empowered Self Personalized Blueprint**
A living, breathing roadmap crafted just for you, designed to meet you in your present and guide you powerfully into your next chapter of wholeness, clarity, and freedom.
- **Mindset & Energetic Mastery Toolkit**
Access Shannon's signature library of practices, from somatic grounding to energetic protection, to support your inner shifts, emotional resilience, and radiant presence in the world.
- **Soul-Led Life & Leadership Mentorship**
You'll receive transformational tools, spiritual insight, and strategy to help you live, lead, and love from your highest truth, whether you're rebuilding, reinventing, or rising into your next era.

BONUS: Priority booking.

12 Months — The Legacy Mentorship Includes

Long-term integration, where self-honor becomes the foundation of her leadership, visibility, and life architecture. For permanent shifts.

Inside this container, we:

- Deep nervous system rewiring.
- Relational pattern transformation.
- Sustained identity evolution.



Investment \$12,000

6 payments of \$2,140

12 payments of \$1,140

- **One Year of Private 1:1 Mentorship (24 Sessions | 2 Per Month)** Twice-monthly private 60 minute mentorship sessions providing direct access transformational Zoom sessions to support deep healing, identity reclamation, nervous system regulation, and soul-aligned embodiment. You'll receive grounded, master-level support as you evolve into the most powerful, present version of yourself.
- **(4) 90-Minute Soul & Self-Leadership Intensives** Quarterly deep-dive sessions to help you clear energetic blocks, reconnect to your purpose, and activate the next level of your personal power and clarity. These intensives are designed to help you move forward with intention, confidence, and inner alignment.
- **Priority Ongoing Access & Support:** Unlimited voice note and email support with priority response—because transformation doesn't follow a calendar. You'll have continuous access for reflection, recalibration, and clarity whenever you need it.
- **Comprehensive Life & Soul Strategy Support** Receive personalized insights and soul-aligned strategies to help you navigate emotional breakthroughs, life transitions, and spiritual expansion. Whether you're healing, rebuilding, or rising, we map it together.
- **The Empowered Self Master Blueprint** A bespoke, evolving roadmap tailored to your personal growth, energetic alignment, and vision for the life you're creating. Designed to keep you clear, connected, and in your authentic power throughout the entire journey.
- **Advanced Mindset & Energetic Mastery Tools:** Access Shannon's curated collection of high-impact practices, from somatic healing and shadow work to energy hygiene and subconscious rewiring, to anchor your transformation and help you embody confidence, clarity, and peace.
- **Aligned Life & Leadership Mentorship** Guidance that blends spiritual depth, trauma-informed coaching, and high-level life design to help you move through resistance, dismantle old patterns, and lead yourself and others with integrity and wholeness.
- **Exclusive Retreats & Community Access:** Be part of a powerful, like-hearted collective. You'll receive invitations to live gatherings, intimate workshops, and transformational retreats that deepen your embodiment and surround you with soul-aligned community.
- **BONUS:** Priority booking, early access to other events.



The
PROCESS

Because your presence is powerful,
and the world needs the real you.

PROCESS OVERVIEW

01 / AWAKEN — THE SOUL CONSULT

Come home to the truth beneath the burnout, people-pleasing, and perfectionism.

We'll peel back the layers of conditioning that have silenced your voice and disconnected you from your power.

What you'll receive: A sacred space for reconnection, clarity, and truth, where your soul's wisdom rises to the surface and you remember who you really are.

02 ALIGN — BUILD THE INNER FOUNDATION

Reclaim your energy, rewrite the rules, and root into self-trust.

Here, we shift out of survival mode and begin building from soul instead of strategy alone. Together, we'll establish the sacred boundaries, values, and nervous system safety that allow your business to feel like home, not a hustle.

What you'll receive: Unshakable alignment between your inner truth and outer mission, a business that reflects your essence, not your trauma.

03 / ACTIVATE — EMBODY YOUR POWER

It's time to rise, not with force, but with grounded feminine leadership.

We'll map a personalized path forward that honors your energy, amplifies your gifts, and protects your peace. No more overgiving, overworking, or hiding. This is your season to move with clarity, confidence, and purpose.

What you'll receive: An aligned action plan, marketing framework, and energetic recalibration, so you can grow without burning out.

PROCESS OVERVIEW CONT.

04 / AMPLIFY — SHARE YOUR LIGHT, SUSTAINABLY

Shine your light boldly, while honoring your need for peace and restoration.

Learn how to expand your impact and presence without losing your boundaries or burning out, sharing your gifts in ways that feel authentic and sustainable.

What you'll receive:

Radiant authenticity with balanced energy and joyful connection.

05 / EMBODY— WHOLE SELF ACTIVATED

Live as your fully reclaimed, soul-aligned self, whole, healed, and sovereign.

This is your place of deep peace, radical self-love, and empowered presence, where you lead your life on your terms, with grace and joy.

What you'll receive: A lasting sense of wholeness and the freedom to live your truth fully.

YOUR MENTOR





MEET

SHANNON KAISER

*Best Selling Author, Global
Thought Leader & Speaker*

As a globally recognized leader in authenticity and embodied living, seven-time bestselling author, international speaker, award-winning creative, marketing and brand expert, and trusted mental health advocate, Shannon Kaiser brings a rare fusion of soul and strategy to the publishing world. She doesn't just guide you, she activates visionaries. Through her mentorship, you'll be led by someone who has walked the path, built the platforms, and turned lived truth into global impact.

SHANNON KAISER

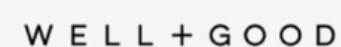


OFFICAL BIO:

Best Selling Author, Global Thought Leader & Speaker

Shannon Kaiser is a world-renowned spiritual and self-love teacher, speaker, and acclaimed empowerment coach; a bestselling author of seven books on the psychology of happiness and fulfillment including The Self-Love Experiment, named number one of the “20 Self-Love Books That Will Lift You Up” by Oprah magazine; and the designer and creator of three other oracle decks. She guides people to awaken and align to their true selves so they can live their highest potential. Shannon’s signature teaching is transformative, bridging spiritual and ancient wisdom with modern practical wisdom. Her self-inquiry and personal transformation books, programs, social media channels, and viral reels reach 22 million people a month. She’s been named among the “Top 100 Women to Watch in Wellness” by mindbodygreen, “your go-to happiness booster” by Health magazine, and “one of the freshest voices in mental health and wellness” by Chicken Soup for the Woman’s Soul.

AS SEEN IN:



Connect with her on social media @ShannonKaiserWrites and on the web:

PlayWithTheWorld.com

RadicalBodyLovewithShannon.com

SheSavesHerself.org

MY VALUES

These are the values that guide everything I do, from coaching and creative work to personal healing and professional leadership. This isn't just what I believe. It's how I live, how I serve, and how I show up in every space of my life.

01 Service Over Self

I lead with love, not ego.

This work is sacred. I show up to support others in remembering their worth, not to center myself or seek validation.

02 Soul Over Status

Authenticity is my true north.

I follow alignment, not accolades. What's real will always matter more than what's trendy.

03 Empowerment Over Ego

I don't do hierarchy, I do growth and healing.

I hold space for people to rise from within. You are your own best guide, I'm simply here to remind you of that.

Sovereignty Over Control

04

I honor free will and inner truth, not manipulation or micromanagement.

I trust that you know what's right for your path. This is a co-creative journey, never a power play.

Freedom Over Fear

05

I follow what expands me, not what constricts me.

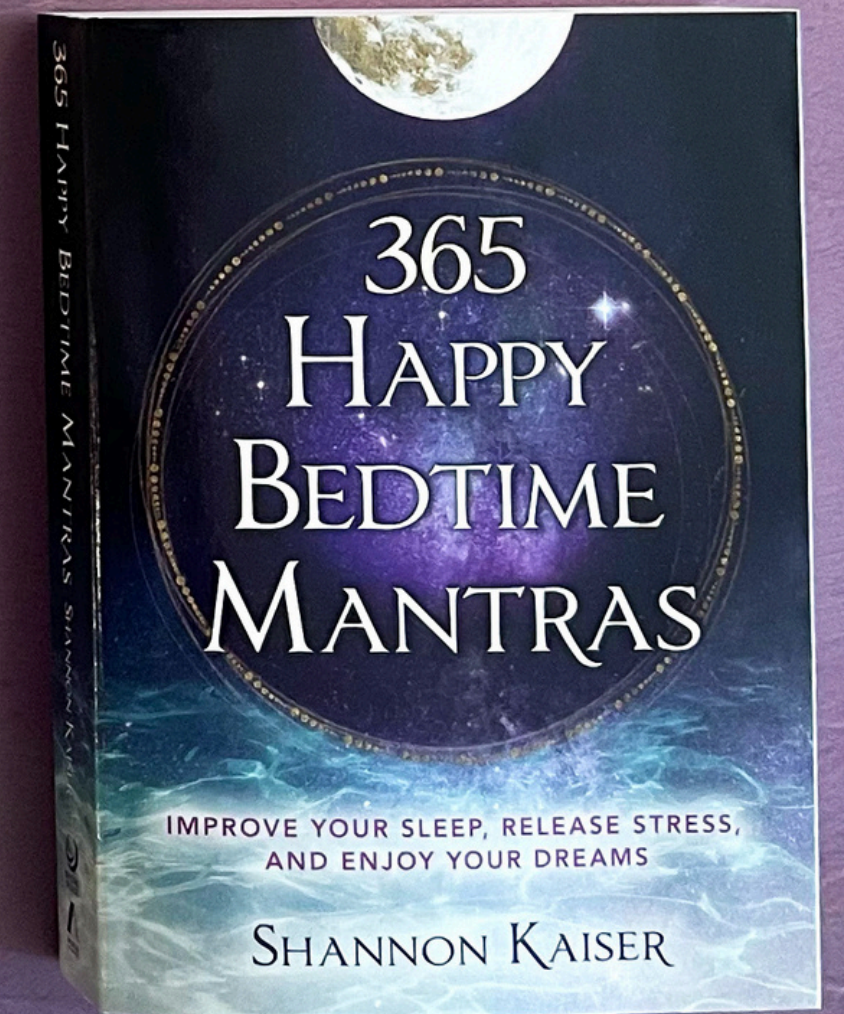
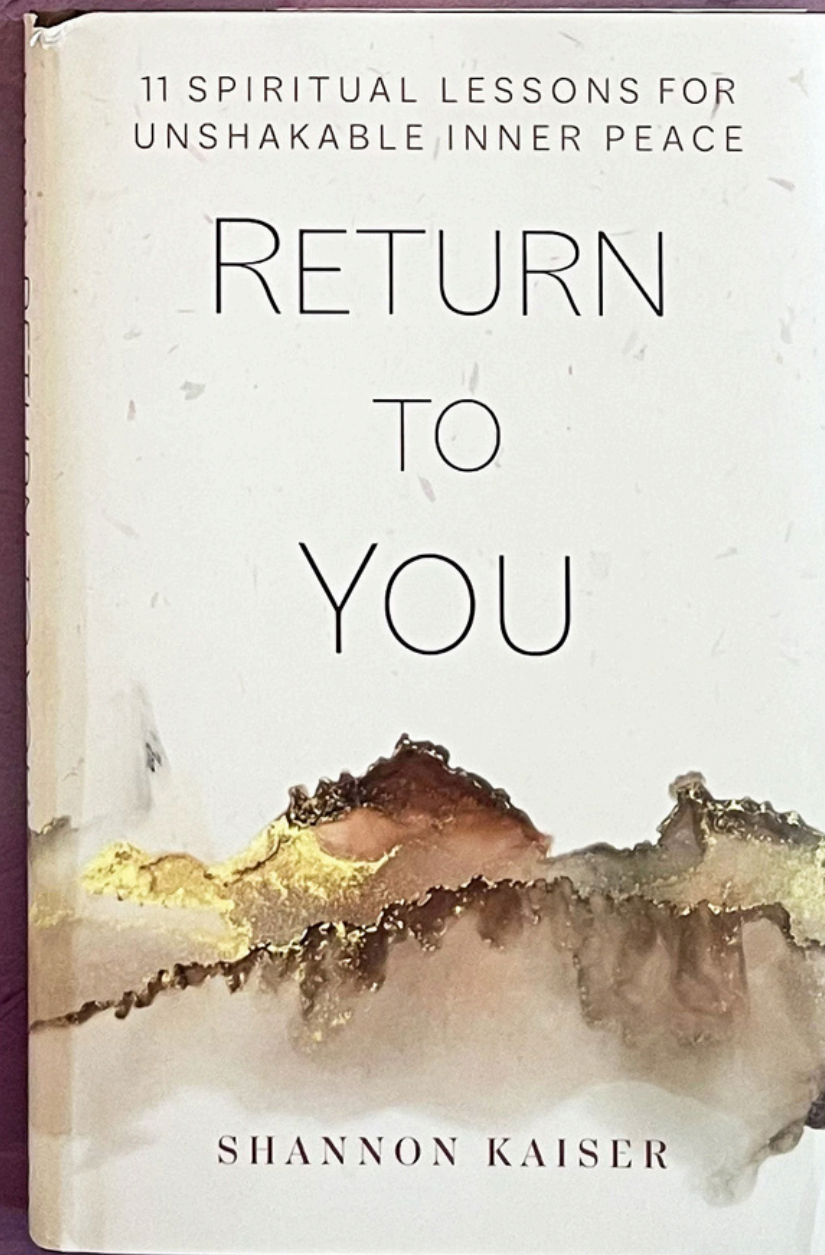
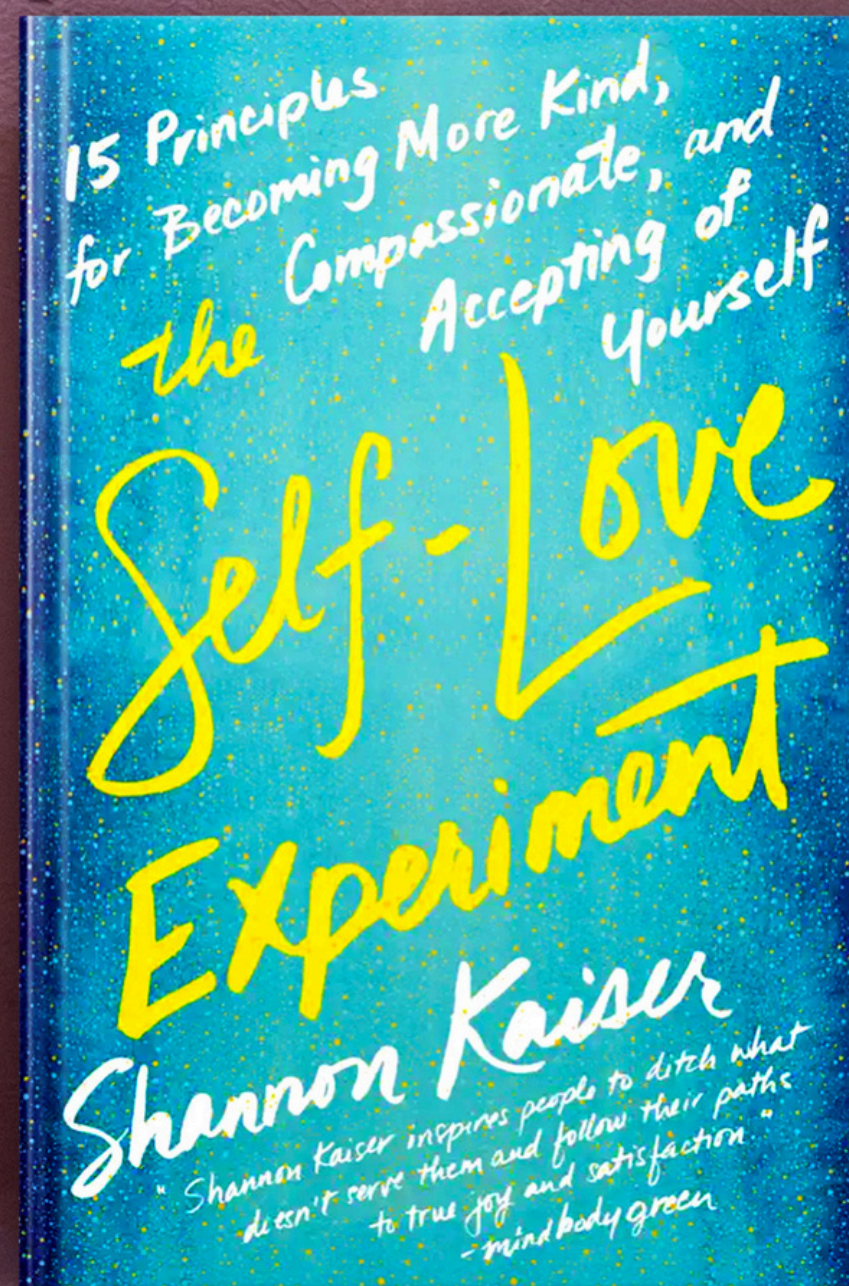
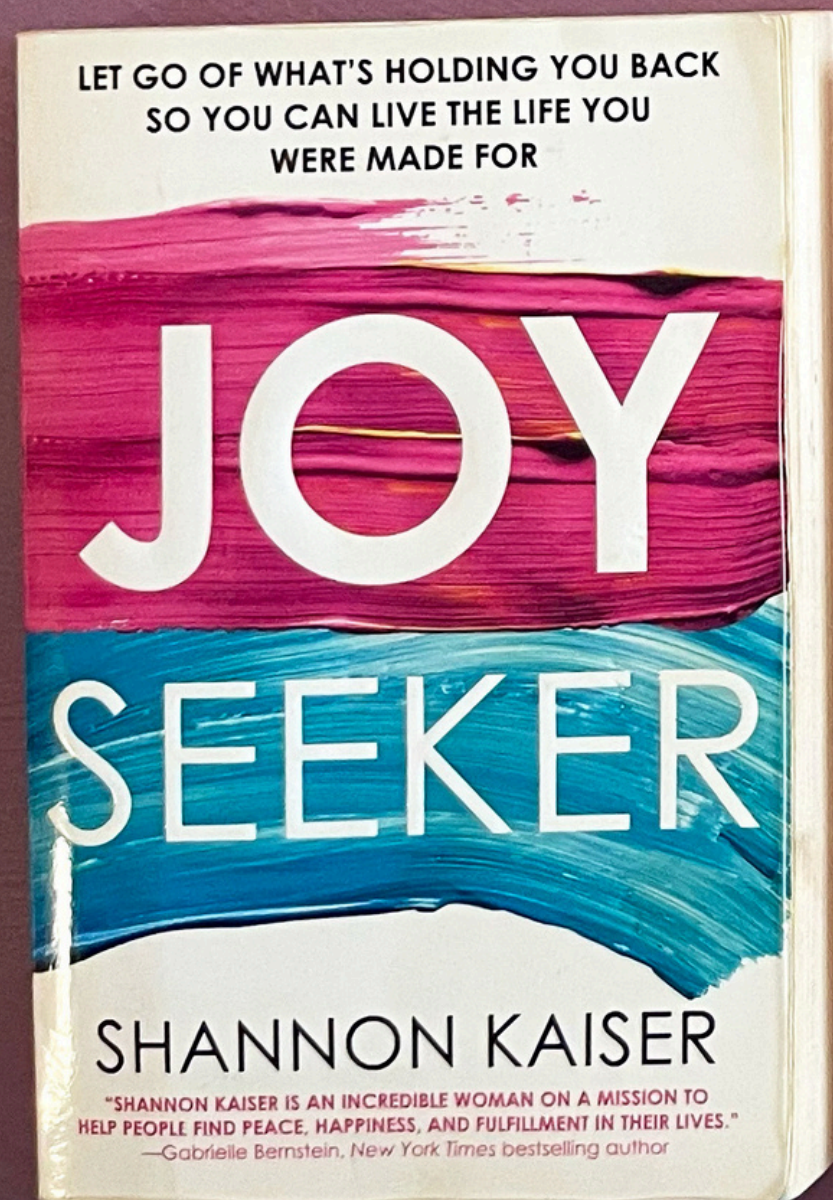
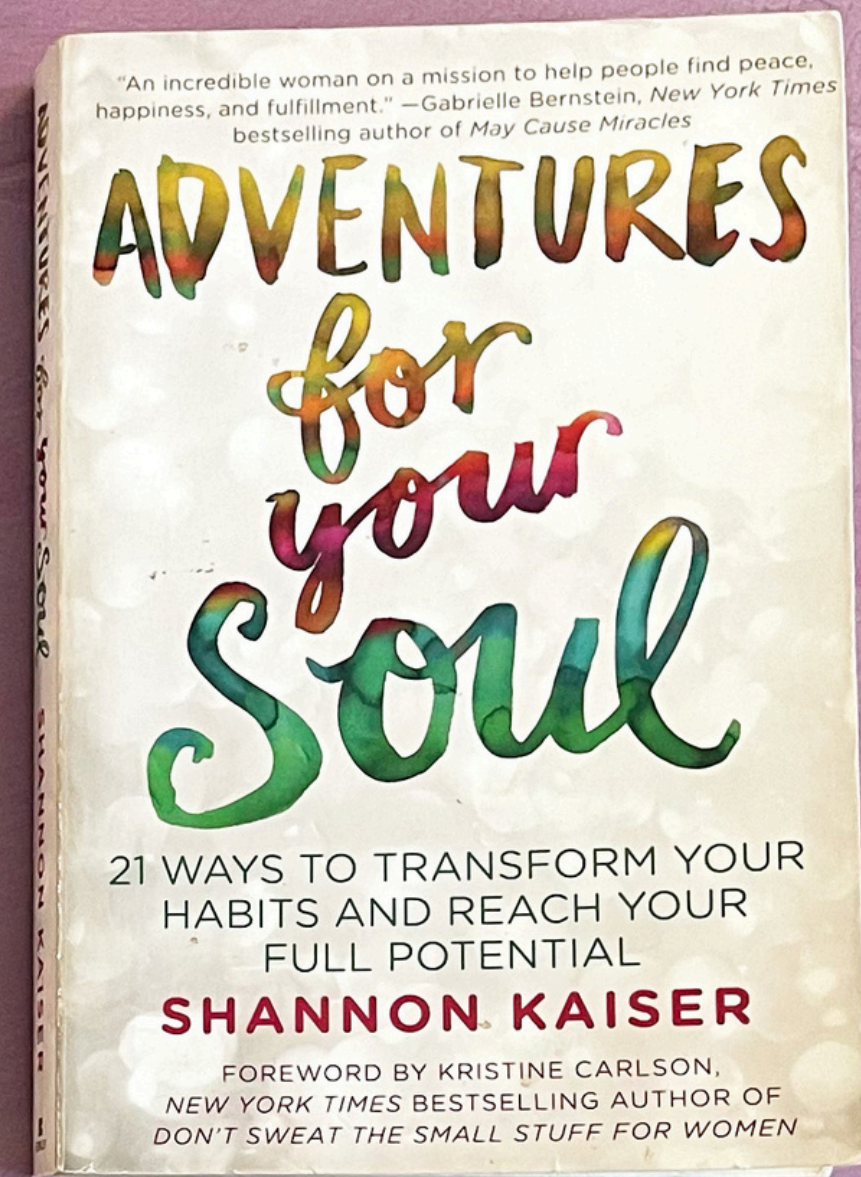
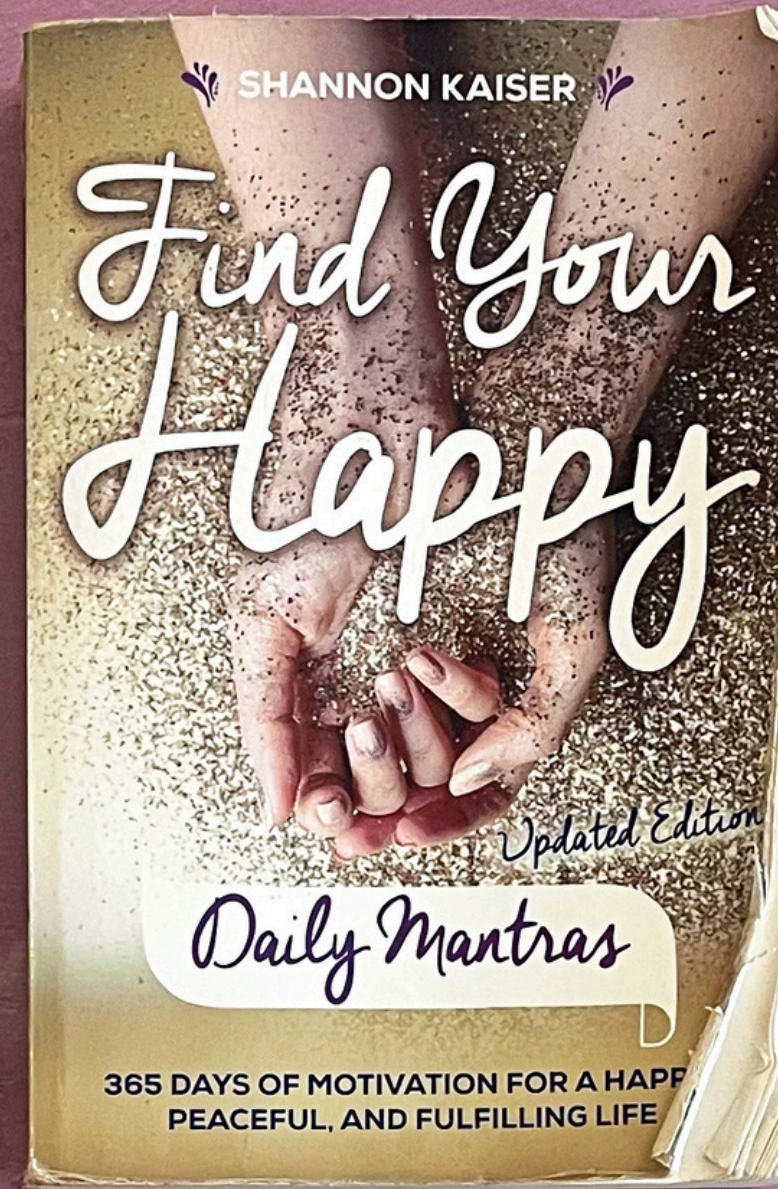
Fear may be loud, but freedom is wiser. I create spaces where truth, expression, and expansion are safe.

Truth Over Performance

06

I choose honest expression over curated perfection.

Healing isn't about looking good, it's about being real. I'd rather be transparent than polished.



SHANNON'S BEST-SELLING PUBLISHED BOOKS

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What People Say

**When people I respect recognize the energy and impact
of my work, it's not validation, it's alignment.**

I'm honored to share what they've said.

KIND WORDS



“A breath of fresh air. I am so thankful for Shannon and how she shows up in the world and the work that she's creates.”

— Jenna Kutchner, Host #1 marketing business podcast Goal Digger



“Shannon Kaiser is an incredible woman on a mission to help people find peace, happiness, and fulfillment in their lives. Her desire to serve others shines through all of her work.”

— Gabrielle Bernstein, #1 New York Times Best Selling Author



"Shannon Is A Beautiful Example Of What Is Possible When You Free Yourself From Self-Criticism, Blame And Guilt, And Choose Love Instead"

Mel Wells
Bestselling Author of The Goddess Revolution



"Shannon Kaiser Is Truly Amazing. She Has Figured Out The Truth About Living A Happy, Joyful, Peaceful And Fulfilling Life, And She Is A Master At Sharing That Truth With Others. I Love Her, Her Books, Her Work, And Her Commitment To Service. If You Are Thinking About Working With Her, Say YES!"



Jack Canfield
Coauthor of the #1 New York Times bestselling Chicken Soup for the Soul® series and The Success Principles™, and a featured teacher in The Secret.



"Shannon Is So Wise. She Breaks Feeling Good, Down Into Easy Steps."

Jenny McCarthy
Actress, Model, Television Host

“

This is not just coaching, it's deep, high-touch mentorship devoted to your emotional healing, self-trust, and empowered growth, so you can show up in your life with wholeness, clarity, and unapologetic self-love.

I offer a powerful blend of intuition, embodiment, and soul-aligned strategy to guide your rise.

Clarity Creates Safety.

Let's get the fine print out of the way so we can focus on the bliss that awaits. Every powerful container is built on clear agreements. The following outlines the structure that supports the depth of this work.



Mentorship Clarity & Commitments

Container Structure

Each mentorship container includes a defined number of sessions within the agreed term. Cadence may be adjusted to meet the season you're in. Once those sessions are complete, the active engagement concludes. Continued work is available through renewal.

The Standard of Engagement

This mentorship is collaborative. Results are shaped by your willingness to show up honestly, take ownership, and implement what we uncover together.

Between-Session Support

Between sessions, brief email check-ins are welcome for clarification or integration support. This mentorship is not structured as on-demand coaching. Deeper processing is reserved for scheduled sessions.

Confidentiality & Psychological Safety

All sessions are confidential. This container is designed to support psychological safety, direct reflection, and courageous recalibration.

Evolution & Renewal Options

At the end of your container, we will evaluate the next phase of your work. Many clients choose to continue into deeper integration, expanded leadership, or legacy-level refinement. In fact, 94% of mentorship engagements evolve into renewal — reflecting the depth and structural impact of this work.



Mentorship Agreement with Shannon Kaiser LLC

Please take your time to review the following terms thoughtfully. They help ensure clarity and mutual understanding, so you feel supported and confident every step of the way. I look forward to partnering with you on your transformational path!

SCOPE OF SERVICES

The Services offered through Shannon Kaiser LLC are designed to support personal growth, mindset shifts, emotional empowerment, creative expansion, and aligned action in the Coachee's life and work. Your active engagement and openness to the coaching process will maximize your results.

These services do not include and are not a substitute for licensed therapy or psychological treatment, legal, financial, tax, or medical advice, nor crisis counseling or emergency services.

- While intuitive and energetic guidance may be integrated into sessions, the Coach does not diagnose, prescribe, or treat any mental health or physical health conditions.
- The Coachee agrees to seek appropriate professional help from licensed providers for issues that fall outside the Coach's scope of practice.
- While business guidance may be included in sessions, Shannon Kaiser LLC makes no guarantee of specific outcomes, such as securing media coverage, monetization results, paid speaking engagements, or literary representation.

COACHING CREDENTIALS & SCOPE OF PRACTICE

Shannon Kaiser is a trained MindBodyGreen Health & Wellness Coach and a trauma-informed life coach whose work is grounded in lived experience, integrative personal development, and holistic well-being principles. Her approach incorporates emotional support, mindset work, intuitive guidance, and soul-centered empowerment. While Shannon has received formal training in wellness coaching, she is not a licensed or board-certified therapist, psychologist, psychiatrist, medical provider, or mental health clinician, and does not offer diagnosis, treatment, or medical advice.

SAFE & SUPPORTIVE COACHING ENVIRONMENT

Shannon Kaiser LLC is committed to creating a safe, compassionate, and nurturing space for every Coachee. This coaching container is built on mutual respect, trust, and confidentiality, where you are encouraged to explore, grow, and transform at your own pace without judgment.

Shannon Kaiser LLC is committed to maintaining the highest standards of confidentiality. All personal, emotional, professional, and financial information shared by the Coachee during the course of the coaching relationship—whether in writing, during sessions, or via digital communication—shall be treated as strictly confidential.

Payment Terms

SESSION USAGE & SCHEDULING

The mentorship is intentionally structured with two sessions per month to create sustainable momentum and meaningful progress. Because growth happens through consistent engagement, sessions are intended to be used within the contracted mentorship period and do not accumulate or roll over beyond the program end date. Clients are responsible for scheduling sessions within the program term. Unused sessions are forfeited and are not refundable.

Sessions may be rescheduled with at least 24 hours' notice. Missed sessions or cancellations made with less than 24 hours' notice may be forfeited at Mentor's discretion.

The mentorship term begins on the date of the Client's first scheduled session, not the date of payment. Clients may postpone their program start date for up to three (3) months from the date of payment

Once the first session has occurred, the mentorship term officially begins and remains active for the contracted program length.

PAYMENT SCHEDULE

At checkout, you may select a payment option to either pay in full or pay in installments. Because of the nature of coaching, mentoring and service based, you are responsible for payment in full for the purchase, regardless of use, dislike, or any other claim to cancel or discontinue payments.

REFUNDS & CANCELLATION POLICY

- Due to the intimate, energetic, and time-sensitive nature of this coaching relationship and mentorship container, enrollment in any program is final and non-cancellable once payment has been made or a payment plan has been initiated.
- The Coachee understands that they are making a commitment to their personal growth, and withdrawal from the program does not release them from financial responsibility for the full program fee.
- No refunds or cancellations will be granted due to change of mind, scheduling conflicts, life changes, or lack of participation.
- This policy ensures fairness, energetic integrity, and respect for the Coach's time and availability, while maintaining a clear commitment from the Coachee.
- In rare cases, if the Coach determines that a referral to outside support is ethically necessary and the coaching relationship is discontinued early, a partial refund or cancellation of future payments may be considered on a pro-rata basis, as outlined in the Scope of Services section.

Payment Terms

PAYMENT PLANS TERMS

- By enrolling, you agree to pay the full program fee, either in full or via an approved payment plan.
- Payment plans are for convenience only and do not function as pay-per-session or cancellable options.
- You are responsible for the full amount, regardless of attendance, completion, or personal circumstances.
- No refunds will be issued for missed sessions or early withdrawal.

PAYMENT PLAN DETAILS

There is a 7% markup for 3-month payment plans, and a 14% markup for 6-month payment plans. The reason for this markup is when payments are extended over time, it increases our financial risk and administrative overhead. There's a longer period during which we must manage and track payments, and this extended timeframe inherently carries a higher risk of payment defaults or delays. These factors represent an increased liability for our company.

FAILED AND LATE PAYMENTS

If you choose a payment plan and fail to make a payment, we reserve the right to pursue collection for any unresolved balance after a reasonable grace period (45 days). All outstanding payments owed under this Agreement may be sent to collections.



NO GUARANTEE OF RESULTS

While the Coach is committed to providing high-quality support and guidance, the Client understands that results are not guaranteed. Success depends on the Client's own effort, commitment, and follow-through. The Coach makes no representations or warranties regarding specific outcomes, including but not limited to financial gain, emotional breakthroughs, relationship improvements, or any other personal or professional results.



Step Into the Mentorship That Changes Everything

NEXT STEPS TO JOIN

01

Pick Your Package

Choose the mentoring package that feels most aligned with your goals and needs.

02

Read Terms and Conditions

Please review the terms and conditions carefully to ensure you understand the commitment and policies.

[SEE FULL TERMS & CONDITIONS](#)

03

Email Shannon

Send an email to Shannon at Coach@playwiththeworld.com with the program and payment option you're choosing, either full payment or a payment plan. After acceptance, you'll receive a payment link to complete your enrollment. And we can get started right away.



THANK YOU.

THIS IS YOUR INVITATION TO STEP INTO A ONE-OF-A-KIND PARTNERSHIP WITH A WORLD-RENOWNED MENTOR WHO BLENDS EMOTIONAL HEALING, INTUITIVE GUIDANCE, AND SOMATIC EMBODIMENT. TOGETHER, WE'LL BREAK THE PATTERNS THAT KEEP YOU STUCK, RECONNECT YOU TO YOUR INNER TRUTH, AND HELP YOU RISE IN YOUR WORTH, POWER, AND WHOLENESS, FROM THE INSIDE OUT.

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