

SOMATIC *Flourish*

You're doing the right things...
So why does nothing seem to work anymore?

You eat well.

You try to move your body.

You care about your health.

And yet:

- Your energy feels unpredictable or depleted
- Your weight won't shift, no matter how hard you try
- Your body feels tense, inflamed, or resistant
- Perimenopause symptoms feel overwhelming or out of proportion
- Motivation feels harder to access than it used to

You may even be telling yourself:

"This must just be how it is now."

"Everyone is stressed – I should be able to cope."

But here's what no one has explained to you:

Your body is not broken: It's responding intelligently to what it has been carrying for too long.



STRESS DOESN'T ALWAYS LOOK LIKE PANIC OR BURNOUT

For many midlife women, stress looks like:

- constantly being “on”
- holding responsibility for others
- pushing through tiredness
- ignoring your body’s signals
- living at a pace your nervous system can’t recover from

Because this way of living has been normalised, many women don’t even realise they’re under chronic pressure – until their body starts to resist.

And when the body keeps the score, being told to eat less, exercise more, try harder doesn’t help... it often makes things worse.

SOMATIC FLOURISH IS DIFFERENT

Somatic Flourish is a premium 1:1 neuro-coaching process for midlife women whose health, energy, or weight is no longer responding to force, discipline, or willpower.

This is not a weight-loss program. Health guidance, nourishment, and movement are included – but only **to support the body’s healing capacity**, not override it.

The real work happens at the level where change actually becomes possible:

- the nervous system
- stored stress and body memory
- subconscious beliefs, values, and self-perception
- physiological load and energetic drain

This is where resistance lives – and where it must be addressed.

THE CORE PHILOSOPHY

Your body is constantly giving you feedback.

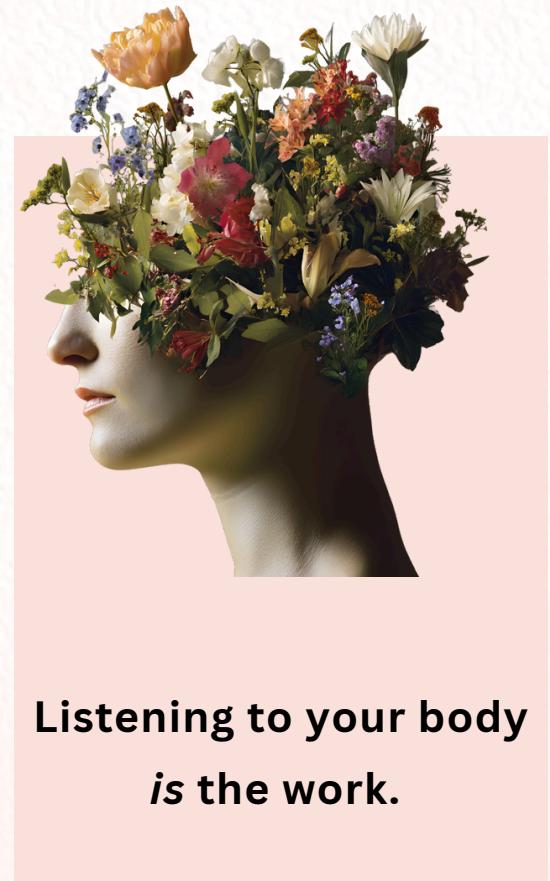
**Symptoms are not the problem –
they are the signal.**

When stress, emotional load, pressure, and unresolved experiences accumulate over time, the nervous system adapts for survival – not for fat loss, digestion, energy, or ease.

This is why:

- motivation disappears
- follow-through becomes inconsistent
- habits don't stick
- your body seems to work against you

Somatic Flourish helps you understand why your body has been resisting – and teaches you how to work with it instead.



**Listening to your body
is the work.**

THIS IS FOR YOU IF...

- You are a capable, high-functioning woman who feels exhausted underneath it all
- You've normalised stress and self-override for years
- You feel disconnected from your body or intuition
- You intellectually know what to do – but can't sustain it
- You sense that something deeper is going on, even if you can't name it
- You are not lazy
- You are not unmotivated
- Your nervous system is not in alignment with the demands placed on it

THE SOMATIC FLOURISH FRAMEWORK

1 Repair

Reduce load. Create safety. Stabilise the system.

We identify:

- sources of chronic stress and overwhelm (both conscious and unconscious)
- energetic drains and self-override patterns
- beliefs, values, and internal pressure, keeping your nervous system on high alert

We support the body by:

- stabilising nourishment, hydration, sleep, and gentle movement
- reducing physiological stress from inflammatory foods, chemicals, and toxins where appropriate

This phase is not about doing more – it's about stopping what is draining you.

2 Restore

Process what the body has been holding.

Using MLNP (Multi Level Neuro Processing) and somatic neuro-coaching, we work directly with:

- stored stress and unresolved emotional load
- frustration, resentment, and internal resistance
- subconscious patterns that block follow-through

This is where space, clarity, and relief begin to return.

3 Reignite

Vitality, direction, and self-trust come back online.

When the nervous system is regulated and the body has energy again:

- zest for life returns naturally
- emotional aliveness increases
- desires and goals become clearer
- boundaries strengthen
- action comes from alignment, not pressure

This is where life starts feeling meaningful again - because your body is finally on board.

WHAT'S INCLUDED

This is a high-touch, deeply personalised 1:1 process:

- 5 × private 1:1 neuro-coaching sessions
(Somatic + MLNP-informed)
- 2 × Ecometric assessments
to track nervous system regulation and capacity shifts
- 4 short teaching videos
to support understanding and integration
- Somatic Flourish Guided Journal
- Healing Recipe Book
to support digestion, inflammation reduction, and restoration

THE OUTCOME

By the end of Somatic Flourish, women don't just feel better – they understand themselves differently.

The most common shift is this:

“I finally understand why my body was resisting.”

From that understanding comes:

- self-trust instead of self-blame
- cooperation instead of control
- sustainable change instead of cycles of effort and collapse

When you learn to listen to your body's feedback, it no longer needs to shout.

MEET YOUR *Coach*

After more than **28 years working in the wellness industry**, I began to notice something that didn't make sense.

Some women were doing everything right – eating well, moving their bodies, following the plans – and yet their bodies would not respond. No weight shift. No sustained energy. No sense of ease.

There was also a moment when this became personal for me. I started gaining weight without changing my routine. I knew exactly what to do – I'd been teaching it for 28 years – yet my body wasn't responding. Alongside that came low energy, brain fog, disrupted sleep, and a sense of disconnection from myself.

That's when a different question emerged:

What if we've been too hard on ourselves – and not curious enough about what our bodies are holding?

That question changed everything about how I work.

I began studying the links between **chronic stress, the nervous system, hormones, midlife physiology**, and how the body stores what hasn't been processed – often described as "*the body keeps the score.*"

What became clear was this:

When the nervous system doesn't feel safe, the body resists change.

LET'S TALK ABOUT HOW I CAN HELP YOU!

dalene@womenwhoflourish.co.za www.womenwhoflourish.co.za

[Click Here to book a free 20 minute discovery call](#)

