

· CASSIE MENDOZA-JONES ·

Aligned & UNSTOPPABLE

Coaching Circle
Program Prospectus

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welcome

I'm really happy you're here.

Welcome to the program prospectus for my **Aligned & Unstoppable Coaching Circle**.

This program is a deepening of everything inside my latest book, *Aligned & Unstoppable*.

Inside this ebook, you'll find all the information you need about working together in this program.

Take your time going through this information. *Feel into it*. You'll know if this program is right for you, because it'll feel like a whole body yes... like you can't turn away from it.

If you know you're ready to dive in, [you can reserve your spot here](#).

I'm here if you need me.

Love,

Cass x



”

HERE'S WHAT I KNOW

When you're working towards something really big, your mind (and all the stories that come with it) can get in the way. I know it can make you feel stuck, stagnant and so far from what you're calling in.

And I know the remedy: to reprogram your beliefs, change your mindset, your vibration and your thoughts, and call your energy and power back to you. And in this program, that's exactly what you'll be doing (and... more!).

*You're worthy...
and you're ready.*

I think I know why you're here

You're here because you're creating a deeply aligned life and business, and while you know you're on the right path... you want to deepen your impact, strengthen your purpose, expand your (bigger) vision, boost your abundance and uplevel your flow. And... you know you don't have to do it alone. (Right?)

I totally get you.

I've created the Aligned & Unstoppable Coaching Circle for all those reasons, and more.

At it's core, this coaching circle is here to help you reprogram your mind and align your energy so you can step into your power; your deepest, highest power.

The power that'll help you create, trust, flow, magnetise and move you forwards in your beautiful, abundant life and business.

By trusting yourself and what you're here to create, you can trust that you're gaining an even more aligned,



expansive version of your life; one that your future self is already so grateful for.

All of this inner work required to stay present and steady while leveling up, reminds me of one of my favourite lines in Marcus Aurelius' *Meditations*:

'Dig inside yourself. Inside there is a spring of goodness ready to gush at any moment, if you keep digging.'

(It's actually the opening lines in my book, *Aligned & Unstoppable*.)

If you keep digging, you'll find the inner peace that reminds you not to rush, the deep ease that reminds you of your own flow and magic, and the ecstatic joy that connects you to what you're doing, why you're doing it, and importantly, how you want to get to where you're going (or somewhere better).

If you dig inside yourself, you'll see that you've done this before... and you can do it again.

If you dig inside yourself, you'll tap into the most abundant, expansive, aligned and unstoppable version of yourself.

If you dig inside yourself, you'll remember to breathe on the way up.

And remember, there's always room at the top.

That's why I've created the Aligned & Unstoppable Coaching Circle.



*Are you ready
to level up?*
(Of course you are.)

WHY COACH WITH ME?

For nearly a decade, I've worked with thousands of healers, coaches, creatives and entrepreneurs through my coaching, programs, books, writing, workshops and talks.

I blend business alignment coaching with kinesiology and NLP (and some naturopathy on the side when needed!), helping my incredible clients build their businesses through building their self-confidence and their creativity, honing their unique voice, reprogramming their thoughts, clearing the path to (their own version of) success, amplifying their impact, and aligning their inner and outer world for greater expansion.

My lessons and insights have been featured in hundreds of publications (print and online) around the world. I've been interviewed on countless podcasts, and I've spoken at events and workshops around Australia for a variety of incredible companies.

I've combined all of this knowledge and experience (and more) in this program, to help you create your most aligned, thriving business (and life).



I will always meet you exactly where you are today, while also honouring your dreams, helping you to find the next best steps forward.

THE HEART OF THIS PROGRAM

The **Aligned & Unstoppable Coaching Circle** has its roots in 3 main components:

01 COACHING

The coaching you'll receive throughout the program will help you to navigate your next steps, build out a biz that lights you up, connect with your guidance and intuition, and deepen your trust and faith in your own path and innate abilities.



02 CLEARING

Through a variety of healing tools, NLP and kinesiology practices, you'll do deep clearing and healing to reprogram your mind, connect with your body and change your vibration, so you can align with true and expansive flow and momentum.



03 COMMUNITY

If you're here, you're building something beautiful, something necessary... and you don't have to do it alone. Our nurturing community will hold you up, hold you close, and hold your hand, as we all rise up... *together*. **Oh and this is intimate group coaching...** we'd all fit around a dining room table.



YOU'RE IN THE RIGHT PLACE IF...



You've already done beautiful work to get to where you are, and you know you want to aim even higher... you just need some mindset coaching and strategic support to get there.



You find your mind gets in the way of your growth; you feel like you're running on 'old programs' and you know if you cleared those away, everything could change.



You believe in the power of energy balancing, alignment work, and vibrational healing to create huge shifts and miracles... and you want to tap into this on a deeper level.

MY PROMISE TO YOU...



I will never give you prescriptive advice... but I will always guide you to connect with the next best steps for you.



After this program, you'll look at yourself and your biz in a completely new light. Your faith in your abilities? Restored and strengthened.



You'll find your own unique way of connecting with your flow, and when you do this, you'll know what it means to become aligned and unstoppable in the truest sense of the words.



THE PROGRAM'S PURPOSE

I created this program to help you change your beliefs about what's possible for you.

You'll connect deeply with your purpose and honour your gifts, so you can share your voice with the world in a way that feels good to you.

You'll feel more confident in how you show up to do the work that matters the most, and you'll remember that everything you need is already within you (while also leaning into a circle of deep and true support).

This program will support your highest vision, vibration and expansion, all while reminding you that you don't need to be perfect to be in alignment.

It'll support you in opening and deepening your capacity to receive and to uplevel, guiding you to discover how to tap into your own flow, clear away your own fears, and find a path forward that works for you, and you only.

At the core of the Aligned & Unstoppable philosophy is this truth: **our growth is not linear; it's cyclical, and always rising.**

We move through what we're deepening within ourselves, and then we rise. We move through another layer, we clear out the fears, we rise again.

We repeat this process as we spiral upwards on our path of true growth, alignment and expansion.

(And that's why I've called it a 'coaching circle' and not a mastermind, although it essentially is all the best parts of a mastermind.)

You are here to do your work—your incredible, beautiful, abundant work.

Through this program, you'll find, claim and own your unique gifts, swirl them through the Aligned & Unstoppable principles, and then share this (and so much more) with the world.

You'll build your business, your empire, your community, your base, your abundance and the inner (and then outer) world in which you want to thrive.

You are not here by accident.

You are here to do your work—your incredible, beautiful, abundant work. You are here to thrive, to share, to speak up, to be heard, to teach, to lead, and to show others a way forward if or when they feel stuck.

You know can build and grow something beautiful, right?

Do you know that? Deep down, and truly... do you believe me when I say that?

Because it's true. And you being here is the start of that self-belief poking through, like self-empowerment sunlight cutting through to light up your path ahead.

You're here, and now's the time, and we have so much beautiful work to do together.

YOU MIGHT ENROL TO:

This is just a snapshot of why you might choose to join this program. Are you feeling the nudge to start ticking any off the list? Then this program is for you.



ALIGN

Come into true alignment with what you're calling into your business and life. You're so worthy (and ready).



FOCUS

Focus on building your brand, getting clear on what you're offering, and owning (and honing) your voice and how you're being visible.



CREATE

Create a more positive, healthy and abundant mindset to help you show up in your life and biz in the way you know you can.



DEEPEN

Deepen your connection with yourself through what you're creating in your life and biz; allowing you to feel more on purpose than ever before.



FIND FREEDOM

Create (and receive) more financial and creative freedom in your life, (finally) allowing things to be easier, more supportive, and more expansive.



CONNECT

Start connecting with your personal power and intuition on a deeper level, to build a more aligned business, based on intuition (not just strategy).



BUILD

Build out a whole new process of working in your business; new offerings, a new energy, and a new way of doing business.

Working with Cassie has been one of the best investments I have made in my business.

I cannot recommend Cassie highly enough. To be honest she has played a very valuable part in helping me create the business that I have today. Before I started having business alignment and mentoring sessions with Cassie I was feeling lost and overwhelmed with how to go about achieving the business (and life!) that I wanted.

Her guidance, support, knowledge and inspiring personality have been invaluable to me and I have appreciated having the support and wisdom from someone that has also started at the beginning and successfully worked her way to the top.

Without a doubt I can totally recommend working with her!

MELANIE HARRISON

Founder of Chickweed Apothecary

INSIDE THE PROGRAM

Here's what's inside...



Everything that I've included in the program works together so beautifully.

You'll find a great balance of strategy and tangible tips, tools and ideas to help you take action in a way that feels light, easy, fun and impactful... while also being guided to do deep clearing and positive mindset work, energetic upgrades, emotional release work, energy balancing and more.

The program is based on my book, *Aligned & Unstoppable*. It's a practical, tangible, spiritual, strategic and embodied deepening and rising up of everything I wrote about, and more.



Live Coaching Calls

We'll have 8 live calls across our four months together.

All calls will include elements of group coaching, alignment work, kinesiology energy balancing/healing, NLP techniques and strategy/mindset work plus time for your individual questions and integration. **There'll also be an additional intro call to kick us off.**

Live Call Schedule:

- Intro Call: Thurs 18 Feb 9:30am AEDT
- Call 1: Thurs 4 Mar 10am AEDT
- Call 2: Thurs 18 Mar 10am AEDT
- Call 3: Thurs 8 Apr 10am AEST (please note the change in time zone here, as NSW daylight savings ends 4 Apr)
- Call 4: Thurs 22 Apr 10am AEST
- Call 5: Thurs 6 May 10am AEST
- Call 6: Thurs 20 May 10am AEST
- Call 7: Thurs 3 June 10am AEST
- Call 8: Thurs 17 June 10am AEST

These calls will be run in a Zoom meeting room, meaning I can see your beautiful face! You can turn your video off at any point, of course. The beauty of running workshops and calls in this way is that we get real-time flow; you can hop onto audio/video to ask me questions, and connect with the other women in the group too.

These calls will only ever be available for replay for those of you in this intake, meaning you can feel free and safe to share, knowing only those in this group will be able to access the calls.

Working with Cassie really changed everything for me in my business.

Our sessions were always full of insight from both my own revelations but also with what Cassie came up with through her kinesiology methods.

I finished our coaching program with so much clarity and was able to decipher the difference between what it was that I actually wanted to do in my business, and what I thought I should be doing.

After finishing this program with Cassie, my business now serves me and I don't feel lost like I did when I first started working with her. Cassie is a true shining light.

KYLIE ANDERSON

Personal Trainer & Reiki Healer at Be Your Radiant Self

Business Alignment Masterclasses

These pre-recorded masterclasses are available for you (in our beautiful membership portal) to go through at your own pace. I'll provide a guided, structured route to navigate through it all, but you can also dive in where and when you please.

Coaching Call #1: Foundations & Flow

On this coaching call, we go through the foundations of your business, ensuring there's a clean and strategic map for your clients (and prospective clients) to flow through, in order to work with you.

You'll look at where things might be feeling out of whack or out of alignment in your biz, and create the space and strategy to help bring everything into alignment so you can create more ease in your business.

Coaching Call #2: Using Your Voice

On this coaching call, we focus on increasing your self-belief and self-confidence, to help you use your voice to build your business.

We look at how you can cultivate your authentic voice, to allow your work to resonate with your ideal clients. We look at the body of work you're wanting to build, and how you can start to do this within your business, every day.

We also cover stepping out as a leader, speaking up on social media, and elements of gaining PR and media coverage, to help build your reach.

This call will then lead into our third call, which is all about creating content to help support your bigger vision.



Business Alignment Masterclasses

Coaching Call #3: Creating Content

On this call we focus on content creation, whether it's a book you're writing (or wanting to write), digital resources you're creating (like eBooks, online programs, meditations), 1:1 offerings, in-person events/workshops, or something else.

We look at what to create for your business (always working in a way that serves and supports you), how to structure your programs, which software/platforms can support you, how to price your offerings, how to stay in your own lane with creating content, and how to build on the customer funnel/map that we'll cover in the first coaching call.

We also look at how to plan out what you're creating, how to move through resistance (I don't believe in writer's block!), how to manage your time across several projects, how to focus your energy and hone your craft, and more.

Coaching Call #4: Self-Worth & Selling

In a nutshell, on this call we talk all things self-worth and selling. The thing is, if you want to create a thriving biz, you have to know your worth; you have to feel confident charging for your work, time, and expertise, and you have to enjoy telling people about your work (yes, it's all possible!).

You have to stop comparing your business to everyone else's. You have to know your work is enough. You have to know you are enough.

On this call, you'll start to allow yourself to receive more (clients, money, love), ensuring you feel worthy to set your prices, receive money, and hold abundance. We also look at some of the practical steps you can take to increase your financial abundance, in terms of leveraging your time, and setting up smooth systems to receive money.

Business Alignment Masterclasses

Coaching Call #5: Abundance & Alignment

Aligned business is my jam, so this coaching call is all about how to find, create and cultivate alignment and abundance in your business, and life; because when you are in alignment, you make space for abundance.

This is about aligning yourself to your ideal clients and opportunities, setting goals in alignment with your values and vision, and learning how to honour what alignment means to you. We also build on the last call to ensure you feel really worthy of stepping up, being seen, and receiving.

Plus, we discuss how to stay in your flow so that things continue to move towards you, helping you to build your business based on your intuition.

Coaching Call #6: Mindset & Mood

During this call, we look at how to cultivate a resilient mindset as you work towards your dreams and goals. We spend the time going through how to more easily navigate the ebbs and flows of entrepreneurship (and life!), leaving you feeling supported and ready to do your best work, from a space of alignment, self-belief and confidence.

We also energetically clear away negative beliefs and common misconceptions about being in business, so you can feel free to concentrate on building your biz, creativity, productivity, self-belief and more.

Plus, I take you through some ways you can energetically realign your body, mind and spirit, to help you really ground and anchor into what you're calling into your business and life, allowing you to fully receive.

Working through this program has deepened my trust in myself.

I jumped at the opportunity to coach with Cassie because I've felt isolated building my business on my own and, from following Cassie's work for years, I knew that her wisdom, presence, and energy would support me in taking confident, aligned action towards my dream.

Working through this program has deepened my trust in myself, my connection with the work that lights me up, and helped me launch a business that I absolutely love, that brings me joy and allows me to serve my clients to the best of my ability.

If you have a deep yearning to walk your own path in business and build something that feels 100% true to you, definitely check out this program!

NATALIE KLADNITSKI

Psychologist, Coach & Mentor

Nat did a similar version of this program... with the digital resources you'll receive, and live group coaching calls.

Your digital bonuses



You'll also receive access to these pre-recorded workshops:

- Getting off the Entrepreneurial Rollercoaster
- How to Love What You Create
- How to be Fully Booked & Fully Creative
- Creating Boundaries & Brain Holidays for an Abundant Biz
- How to Thrive in a Multi-Passionate Creative Life & Biz
- Anchor into Your Power
- Know Your Worth
- Trust Your Path

These workshops contain deep healings and energetic clearings, strategy and mindset work, kinesiology practices and alignment exercises and tools for you to use on your uplevelling journey.

Plus inside our gorgeous membership portal, you'll find meditations and workbooks to help you feel even more balanced, aligned and clear on your path up and ahead.

Working with Cassie has been imperative to my success.

I have been following Cassie for a number of years and adore her books. When the opportunity came up to coach with her, I knew that the timing was right to not only work with Cassie, but to also up level my own business and to step into my own power.

Working with Cassie has been imperative to my success as it enabled me to not only consolidate my thoughts and desires for my business, but it provided accountability to make sure I took the relevant action as a result.

Cassie tells us to trust that we'll get there or somewhere better all in good time. I have no doubt that this program has enabled me to fast track my success in a way that feels energetically right for me.

MELINDA BENSTEAD
Health & Wellbeing Coach

*Mel also did a similar version
of this program.*



1:1 Coaching

Depending on which tier you choose (there are 2 options), you'll also receive:

- 1 x 30min private coaching call (in tier 1), to kick off the program

Or...

- 4 x 60min private coaching calls (in tier 2), essentially 1 session per month

These 1:1 coaching calls will provide extra time for us to go deep, help you set goals and intentions for the program and beyond, get clear on your purpose and direction, and do some strategy, mindset, energetic alignment and block clearing work too (of course, we have more time to do this in tier 2, with monthly 1:1 calls booked).

I'll be guiding us through the coaching and clearing calls as a collective, but you'll have many opportunities throughout the calls to speak up, share (via the chat box and via video), ask questions, interact with our community, and seek guidance, support, strategy and coaching.

You'll find more information about the two enrolment options on page 27.

Our community space

We will gather as a group in WhatsApp.

The beauty of connecting in this way is simple: it feels so much easier than Facebook! I don't know about you, but I'm actually rarely on Fb anymore.

In WhatsApp, we can connect and chat via text, photos, video recordings and voice notes.

I leant towards WhatsApp because the nature of it means it is easy to dip in and out of as you please, need and wish, and it feels very conversational and light.

Plus, the conversation is saved so you can reference it way after our program finishes. (In Voxer, for instance, the chat gets deleted after a certain period of time, if you don't have the paid version.)

When you show up as your full, whole and aligned self, you'll see that your work matters.

You'll dig deep, clear away your old stories and fears, and step more powerfully onto your unique and incredible path... showing others what's possible at the same time.

You'll not only become more deeply aligned and truly unstoppable, but you'll start living your truth on a deeper level, trusting that everything you're creating has purpose, that your inner growth is forever spiralling *upwards* and that you're so capable of building something beautiful.

You'll begin to truly trust in your power, your purpose and your path; in your innate strength and capabilities; and that when you get to *there* (to the next step, the next level, the next iteration), you'll be able to manage it as beautifully as you managed the last upgrade and uplevelling.



I would absolutely *love* to work with you in this program.

Working with Cassie has been imperative to my success.

Coaching with Cassie was a game changer for myself, both personally and for my business.

I was overlooking the most basic of aspects of my business, and Cassie's knowledge, experience and mentoring helped me get back on track. This opened up amazing new opportunities on so many levels.

I can't recommend working with Cassie enough; you will not regret signing up for this program.

ALANA TUKUNIU

Therapist and owner of Maulu Spa

And yep, Lana did a similar version of this program too!

Enrolment Options

There are two options to choose from, the only difference being in how much 1:1 coaching you choose.

The introductory energetic clearing call will be our very first group coaching call. It's where we'll all get to know each other, set goals and intentions for the program, and start doing some preliminary energy balancing, mindset work, block clearing and implementation.

01 TIER 1: *ALIGNED*

- 1 x 30min 1:1 coaching call
- 1 x intro energetic clearing call
- 8 x fortnightly group coaching calls
- Comprehensive library of alignment masterclasses, resources and bonuses
- Support between live calls
- **PRICE: \$457/month for 5 months**

[BOOK YOUR SPOT](#)

02 TIER 2: *UNSTOPPABLE*

- 4 x 60min 1:1 coaching calls
- 1 x intro energetic clearing call
- 8 x fortnightly group coaching calls
- Comprehensive library of alignment masterclasses, resources and bonuses
- Support between live calls
- **PRICE: \$697/month for 5 months**

[BOOK YOUR SPOT](#)

Want to chat with me before booking in? [Book a 15min call here.](#)

Pricing is in AUD and includes GST for Aussies. Please enrol mindfully as I don't offer refunds for change of mind. My full terms & conditions can be found [here](#).

FAQ

When can I book my 1:1 call/s with you?

If you opt for tier 1, which includes a 30min call with me, I suggest booking this within the first few weeks of the program so that I can get to you know you and your biz/work/goals more deeply.

If you opt for tier 2, which includes four 1:1 calls with me, these can be booked anytime from the start of the program, up until the end of the program. I suggest booking in one session per month and pre-booking all sessions in advance.

1:1 calls can take place on Wednesdays and Thursdays, between the hours of 9am-2pm AEDT/AEST (Sydney time). I may be able to alter this availability at times, but it's best to email me and check first.

How long will I get access to the materials for?

You'll maintain lifetime access to the recordings of the 9 live calls, however you'll only receive access to the other digital resources until 31 July 2021. This is set up in this way because essentially, it's a membership-based coaching program.

You'll be able to download some of the materials, like the workbooks and meditations.

Do I need to have read your book, *Aligned & Unstoppable* to do this program?

Reading the book is not a prerequisite to this coaching program at all, but I will often refer to it throughout the program, because it was the spark that started this coaching program. You don't need to have read it to gain incredible insight and momentum from the program though. (But you might love it! ;)



FAQ

I've already done your other courses/programs so some of the digital resources aren't new to me... will I still benefit from this?

Absolutely! In full transparency, the way I've priced this program means that all of the digital resources are essentially free. I know that sounds crazy, but what you're investing in are the live coaching and clearing calls, and my guidance and continued coaching in our community space.

I did it this way so that it's easy and simple for past clients to join the program, without feeling like they're paying for masterclasses they already have. (Not fun!)

What is your refund policy?

I don't offer refunds for change of mind, so please enrol mindfully. Nothing in this policy though, affects the rights you may have as a consumer under the Australian Consumer Law. You can check out my sales terms and conditions [here](#).

Can I talk to you a bit more before booking in?

I would love to chat with you!

You can either email me at cassie@cassiemendozajones.com or book a 15min chat [here](#).

Payment information

All pricing is in AUD and includes GST for Aussies.

Your payment will be processed via PayPal through a secure system in Ontraport.

testimonials



ELLE LYNN

Creative Director, JuJu Creative Hub

Working with Cassie was magical! **After every session I felt lighter; like the road ahead had suddenly been cleared for me.** I was continually amazed at how on-point Cassie's energetic readings were.

Some major shifts happened as a result of working together. I now feel like I've cleared a lot of negative energy around my business, and have crafted a business that supports me. There's more ease, flow and spaciousness to be creative in my business.



TRACEY SPENCER

Life Coach & Author

Alignment sessions with Cass are totally my business' secret weapon! I love my business alignment sessions with Cassie.

Whenever I am feeling I need a tune-up in my business or my life, she's my go-to gal. I love how Cass brings a sweet mix of practical and grounded business tools, but she also helps me re-connect with my own inner voice and power when I'm feeling scattery or doubting myself when reaching for the next level or goal in my business. I instantly feel a weight lift off my shoulders after our sessions and can then get straight back in my creative flow!

I feel always so calm and clear about my purpose after my sessions with Cassie.

I started working with Cassie when I needed some guidance after maternity leave; I felt very disconnected from my yoga tribe and didn't know how to make enough money working so little. Booking a session with Cass gave me the anchor that I needed. I loved all of the sessions we had!

I feel that she combines the practical, energetic and spiritual aspects of having a business so well, it's really the right thing for me as often I feel advice that's out there for entrepreneurs is either 100% spiritual, but not very practical or realistic, or only practical, ignoring the deeper spiritual side that's definitely part of this work.

I now feel so much clearer about what I offer, have more trust in the ebb and flow of my work and feel like I can enjoy each moment of it, also the slow ones. The shifts I've experienced are both energetic and mental changes, that have a ripple effect in my work.

ELIZA COOLSMA

Owner of The Natural Yogi



JOIN THE PROGRAM

If you're feeling ready... you'll know it. Your heart will feel open, your energy a bit buzzy... your mind already thinking about being *in* the program. Feeling it? Follow it... choose your option from below and dive in. I can't wait to get started together!

[RESERVE YOUR PLACE](#)

· CASSIE MENDOZA-JONES ·



*Thank you so much for taking the time
to read through the program prospectus.*

If you feel the **Aligned & Unstoppable Coaching Circle** is for you, I'd absolutely love to welcome you into the program, and I can't wait to do this beautiful work together.

And if it's not for you, that's so perfectly okay. I wish you so much love and flow for whatever you create next.

So much love,

Cassie x

THANK YOU