

EMBODIMENT PRE-TRAINING CHECKLIST

PARTICIPATE IN THE DARING PROJECT FB GROUP

Jump in! This is a great way to witness how I coach and to be part of a powerful community. <https://www.facebook.com/groups/thedaringproject>

PROFESSIONAL TRAINING

Login to the Professional Training area and study the videos. I suggest the order below, and encourage you take your time with them, for full contemplation from both the personal and client perspectives.

<https://courses.saidadesilets.com>

1. Creative Orientation - Willow Davies
2. Jade Egg Essentials
3. Shameless Surrender from the Sensual Wisdom Series

RECOMMENDED READING LIST

There's a fair number of books here, so take your time, always imagining how the content of the book is relevant to sexual sovereignty, your work and your own personal growth. Also note, more books will be introduced as we move through the training. If reading isn't for you, audio books are a fabulous way to be able to take in new ideas.

1. BodyWise
2. Daring Greatly
3. Desire
4. Emergence of the Sensual Woman
5. Essentialism
6. Multipliers
7. Neurosculpting
8. The End Of Gender
9. The Hormone Cure
10. The New Feminine Brain: Developing Your Intuitive Genius
11. The Secret Pleasures of Menopause
12. Tribes
13. Vagina
14. We Are All Weird: The Myth Of Mass And The End Of Compliance
15. WomanCode
16. Women's Bodies, Women's Wisdom