

LEADING IN FEMININE FLOW

A workbook to
help you get in
alignment with
your monthly
cycles



A NOTE FROM TRISHA

Hey lovely,

I'm so happy to be talking to you about this topic as I think every woman should be educated on what it truly means to be a woman. We grow up with limited knowledge of our monthly cycle and can feel shame for having a period. I'm here to change the conversation so we can have the knowledge and wisdom to live in our feminine flow and use that to lead in a feminine way.

Have you ever had days when ideas are flowing, your to do list is being ticked off and you feel on top of the world. Yet there are days where you struggle to get motivated and struggle to articulate what you want to say. You can't understand why this happens and you wonder what is wrong with you?

On my own transformation journey, I learnt that as a woman we are cyclical beings which mean we go through seasons like nature each month. We flow through 4 different phases and each has an impact on our body and mind. Being a woman is not limited to periods and PMT.

Learning this shifted my perspective and here's my key takeaways

- When we doubt ourselves sometimes it has nothing to do with us as a person and everything to do with our hormones
- To be consistent as a woman is bloody difficult when we have different hormones affecting our bodies at different times of each month
- There are times when our body will alter and change from season to season (throw out the scales ladies!) so our shape, weight, mood, appetite and cravings will be different at different times of the month
- Whether you are an introvert, extrovert or ambivert, there will be times when you won't want to be visible or be sociable
- As women we go through the seasons like nature each and every month and that doesn't mean we are crazy or incompetent - it just means we are women. Hallelujah!

My hope is that you embrace this and find ways to bring more harmony to your mind and body by embracing (as much as you can) cyclical living

Trisha x

Trisha Barker
Feminine Leadership Coach
The Rising Femme

YOUR MONTHLY MAGICAL CYCLE



Here is an overview of the 4 different seasons we experience during one month, when we can expect them and some common ways we might feel during these seasons. As women we are all unique, so whilst this is a guide the only way we can truly harness the power of our cycle is to recognise our own unique flow.

Living in a world designed for the male body clock (24 hr clock, Mon - Fri) we are following a calendar rather than living with the internal timings of our bodies. I truly believe because of this we are experiencing higher levels of menstrual-related issues, stress and burnout. It's time to change this.

NOTE - day 1 of your cycle is when you start to bleed. If you are not bleeding or don't have a regular cycle, I suggest syncing with the moon. When there is a new moon, use that as your day 1. as this is when the moon retreats and hides away, so she is a great reminder as another cyclical being like us.

WINTER 1- 6

Time for:
Replenishment, Rest,
Surrender, Hibernation

Magic of this phase:
Clarity on decisions, full of
wisdom, perfect for vision,
strategy + planning



SPRING 7-13

Time for:
Sowing seeds, hope +
inspiration, new rising energy

Magic of this phase:
Bringing ideas to life, excited
about future + possibility, time
to start taking action on plans
and projects



Time for:
Retreating, reflection,
reviewing, refining, de-clutter

Magic of this phase:
Uninhibited + wise, powerful +
authentic work, time to
negotiate fiercely,



Time for:
Celebration, Rising +
Outward Blooming

Magic of this phase:
Time to birth ideas, taking
action, perfect time for
connection, reviews +
feedback, presentations

AUTUMN 22-28

SUMMER 14-21

SHADOW + SELF CARE



Just as we expect in the seasons in nature, there are things that we love and there are things that we find challenging about that season (the shadow part). Having this awareness can help you to look out for these and it's great to have that self awareness if they happen to you.

Self care is at the heart of being a feminine leader, so knowing what self care looks like in each phase of your cycle is so important, so I share some ideas with you but you get decide what self care works for you

WINTER 1- 6

Shadow:
Hermit, Lonely, Defeated

Self care in this phase:
No to socials, rest or slow down, cancel plans, limit social media, eat warm nourishing foods



Shadow:
Impatient, Blunt, Self doubt

Self care in this phase:
Don't make big life decisions, watch negative self talk, early nights, protect boundaries, comfort food

AUTUMN 22-28

SPRING 7-13

Shadow:
Self doubt, too many ideas, overwhelm, over commit

Self care in this phase:
don't fill diary too much, self belief affirmations, be social, don't overdo it



Shadow:
Forget self care, say yes to everything, controlling

Self care in this phase:
Eat right food for fuel, enjoy energy but don't burn self out burning candle at both ends

SUMMER 14-21

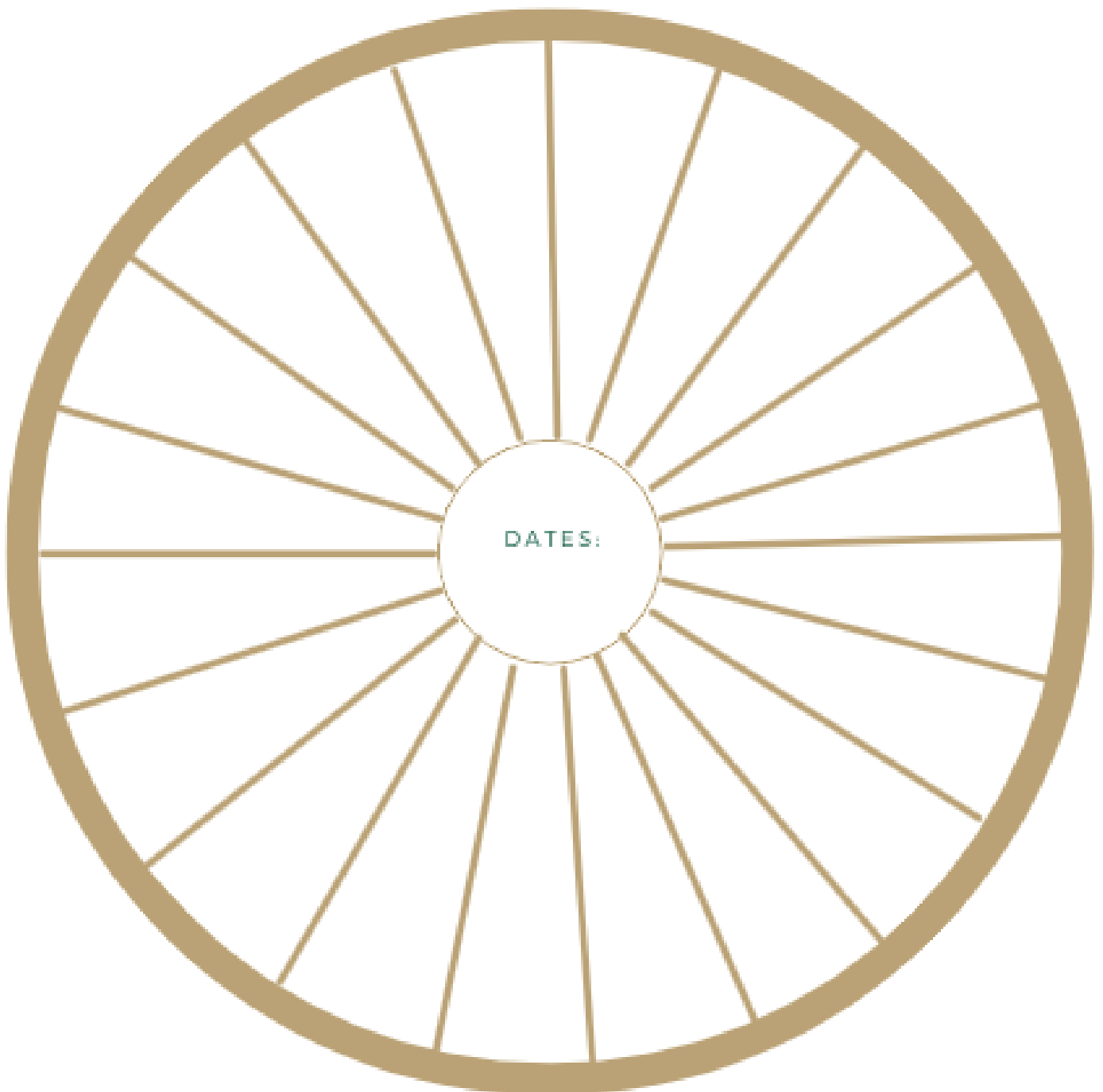
TRACKING YOUR CYCLE



The first thing I recommend is tracking your cycle.

Start to write down the day of your cycle and every day make a note of your mood, your productivity levels, any changes to your body, your self talk, your energy or any information that you feel is relevant.

You may see similarities on a particular day each month. and once you have tracked your cycle for a couple of months you may have a little more understanding of yourself and your own patterns each month. Remember day 1 of your cycle is the first day of your bleed



HARNESS THE POWER



Once you start to track your own unique cycle you will be able to identify hot spots and places of power! We are all unique so get to know you, listen to your body and tune in and let go of the need to be consistent.

You can harness the different energies in Spring + Summer (masculine do + give energy) and Autumn and Winter (feminine (be + receive energy) so you can be in your natural flow as intended.

Each season has magic so embrace all the seasons, especially the ones you currently find challenging. Stop expecting yourself to be singing and dancing all the time and know when to push hard and when to slow down.

So here's a checklist to remind you how to harness the power of your monthly cycle!

- Use your different energy and moods for different tasks.
- Look at when you plan meetings, events and social get togethers
- Schedule extra self care for when you need it
- Use your time wisely when you are in good energy
- Be careful not to burn out when you are in your energetic time
- Don't be so hard on yourself.
- Create a toolbox of tools, rituals and techniques for each season
- Learn to flow with your cycle and not fight against it
- Be part of the conversation to share this wisdom and educate women about their cycles in your work and life