



Executive Summary

EMBARK ON A JOURNEY OF
RADICAL SELF-ACCEPTANCE

AWARENESS TO ENLIGHTENMENT

A 16-Week Journey of Radical Transformation for High-Performing Racialized Women

Awareness to Enlightenment is an individualized coaching program designed to help racialized women executives align with their purpose and transform their lives. Embark on a powerful journey of radical self-acceptance. Discover the invaluable, evidence-based tools and strategies you need to generate intentional, impactful, tangible paradigm shifts in your professional and personal life.

GOOD FOR YOU, GOOD FOR THE UNIVERSE

At the end of the course you'll have:

1. A roadmap designed to evolve as you grow, full of concrete tools and strategies to help you achieve your vision.
2. The option to continue with 1:1 support and/or small group learning.
3. Plus, 10% of your tuition goes toward funding a scholarship program for racialized women in financial need.

Ready to experience a radical shift?

Let's connect.

Book a call: <https://urbanconsciousness.janeapp.com/>

Or email: connect@urbanconsciousness.com

Continuing education and/or benefits reimbursement(s) may be available with your organization. Get in touch to learn more.



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WHAT IF YOU COULD USE THE
WORKPLACE AS YOUR
PLAYGROUND FOR DEEP
HEALING?

YOU'RE NOT ALONE

Today's racialized women leaders face unprecedented demands. Organizations are prioritizing change efforts to address mental health, diversity, equity, and inclusion, and yet, racialized women in executive roles continue to struggle with stress, burnout, anxiety, boundary-setting, imposter syndrome, and more. You grind through the week counting down until Friday, then barely have time to recharge before Sunday arrives, complete with a fresh new migraine as you look ahead to another overwhelming week. You long for work that speaks to your soul, but instead you're stuck on a hamster wheel. You're not alone.

A DIFFERENT WAY TO WORK

What if you could use the workplace as your playground for deep healing? What if you had the tools to turn every conflict, conversation, and project into an opportunity to rewire your brain, decode your emotions, and strengthen your ability to connect and collaborate? What if work could leave you feeling recharged instead of depleted, so that you could be fully present for the things in life that truly matter? And what if, through your own transformation, you could facilitate a deep cultural shift within your organization, to help others do the same? You've come to the right place.

THE TRANSFORMATIONAL JOURNEY

In this course, you'll learn evidence-based, highly-effective psychological, emotional, and spiritual strategies to uncover your unique gifts, tune in to your inner wisdom, and break free from the outdated patterns and unhealed past traumas that are preventing you from thriving in the present. Together, we'll work through the integrated curriculum, to create real, tangible, lasting change. You'll learn to balance your intellect with your intuition, allowing you to move forward more consciously and bring your personal and professional vision to life.

OVER 20 YEARS OF WISDOM

Rhoda Lalog built her corporate career as an HR professional in the high-pressure worlds of telecom and banking, before making a transformative shift to pursue her true soul work in spiritual psychotherapy and coaching racialized female leaders.

In a series of domestic and international roles, Rhoda gained specialized expertise in consulting, risk management, and diversity, equity and inclusion (DE&I), sharpening her business leadership skills as a mentor and coach.

Her lifelong fascination with human behaviour led her to a diploma in Early Childhood Education, a degree in Sociology & Communications, and a post graduate in Spiritual Psychotherapy. She is currently licensed as a Registered Psychotherapist, Qualifying and is recognized by the College of Registered Psychotherapists of Ontario, Canada. Rhoda founded Urban Consciousness in 2018 and has been helping empower underrepresented leaders through private practice ever since.

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