BECOME THE LEADER IN YOUR LIFE

AND She ROSE

Leadership for the Evolving Woman

DISCOVER. EMERGE. THRIVE

AND She ROSE

Leadership for the Evolving Woman

Intensive women's development course designed for women 25years +

DISCOVER

- Who you truly are
- What you desire
- What makes you unique
- How to achieve your goals

EMERGE

With your

- Authentic voice
- Knowledge of self
- Confidence, self love and the tools to create your vision

THRIVE

In your

- Life
- Relationships
- Business or chosen career

This journey is about more than just learning—it's about becoming.
By the end of And She Rose, you will have the knowledge, tools, and unwavering belief in yourself to step fully into your power and create the life you desire.

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And She Rose is a powerful two-day immersive intensive for women aged 25+ who are ready to meet themselves at the edge of who they've been and rise into who they are becoming.

Through embodied learning, woman-centred therapeutic practices, and deep self-inquiry, this experience supports profound personal integration, leadership from within, and a lived sense of feminine authority — all within a deeply held, in-person container.

Personal Outcomes

Throughout the And She Rose experience, you will move through tangible, embodied shifts in self-awareness, confidence, and personal power. This work invites you to explore the inner structures shaping your choices, relationships, and sense of self, while reconnecting you to your natural feminine rhythms. The result is lasting, integrated change you can feel and live.

ALIGN WITH YOUR CORE VALUES

Gain deep clarity on what truly matters to you and begin making decisions from a place of self-trust and authenticity.

REFINE COMMUNICATION AND LEARNING STYLES

Understand how you receive, process, and express information, supporting stronger relationships and clearer self-expression.

RECOGNIZE & TRANSFORM PERSONAL PATTERNS

Bring awareness to unconscious habits and cycles, and learn how to consciously transform what no longer serves you.

RECONNECT TO YOUR CYCLICAL NATURE

Develop a practical understanding of feminine rhythms and learn how to work with your energy rather than pushing against it.

REPATTERN SUBCONSCIOUS BELIEFS

Uncover the inner narratives driving your behaviour and rewire them into beliefs that support confidence, agency, and expansion.

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Personal Outcomes Continued

CREATE EMBODIED PERSONAL RITUALS

Establish meaningful practices that ground you, stabilise your nervous system, and anchor you in your own authority and power.

NAVIGATE PIVOTAL GROWTH POINTS

Learn to recognise moments of internal resistance and move through them with awareness, turning challenge into conscious expansion.

DEVELOP DEEP SELF-ACCEPTANCE

Cultivate an honest, compassionate relationship with yourself, integrating both your strengths and your edges without self-abandonment.

LEAD FROM SELF-AWARENESS AND INNER KNOWING

Strengthen your capacity to trust yourself, make informed decisions, and move through life with clarity and self-leadership.

LEAVE WITH PRACTICAL TOOLS AND STRATEGIES FOR REAL LIFE

Take away proven frameworks, practices, and approaches you can apply immediately to support clarity, emotional resilience, self-trust, and aligned decision-making.

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Inclusions

- 2-day intensive experience
- Exclusive coaching and therapy, condensing years of work into two days
- Guided practices and personal reflection time
- Tools and frameworks to step into your personal and feminine power
- All workbooks and learning resources
- Private support group access pre- and post-program
- Group follow-up session after the intensive
- Refreshments and light snacks provided during the 2-day intensive
- Connection with a supportive group of women in a transformative environment
- A Nurturing & Safe Space to express, grow, and rise

Details

When...

We are touring Australia throughout 2026.

Where....

- *Perth — 14–15 August*
- *Port Macquarie - August 21/22*
- *Sunshine Coast — 9–10 October*
- *Adelaide — 24–25 October*
- *Darwin — 13–14 November*
- *Melbourne — February 2027 (Dates TBC)*
- *Tasmania — February 2027 (Dates TBC)*

Who...

Due to the nature of the program the immersion is designed for women over the age of 25.

How...

Bookings can be made via the links provided in this flyer or by visiting joannelea.com.au and navigating to And She Rose (ASR).

What if...

You're keen but slightly hesitant, or maybe you have questions.

+Talk to us *by following links provided in the email to book a call*

+ Email Us on *reply to this email*

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Booking your ticket

When you book, you'll have two options: pay in full or secure your place with a holding deposit. If you choose the deposit, we'll then invoice you for the remaining balance, which is due four weeks before the immersion. Links in email to book.
Intensive cost *$1299 - Easy Pay Options at checkout 4 x monthly payments*
Secure your place *$299 upfront*

Ticket Options

If you need alternative payment options or a payment plan, please reach out to us at hello@joannelea.com.au and let us know your needs.
While we can't guarantee we can meet every request, we do our best to make our programs accessible to all women.

"Working with Jo is an awakening to the capability within to be masters of our yearned life. It was always there, and collectively we are inspired as we witness each woman's return to herself" x
Trust the Magic - Belle, ASR Graduate

JOANNE LEA
COACH, THERAPIST & CHANGE MAKER

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Frequently Asked Questions

WHAT DATES IS ASR INTENSIVE IMMERSION ?

Tour commences March 26 - See page 6 for details

HOW DO I SECURE MY SPOT IN THE IMMERSION ?

Follow the links connected to this flyer to go to directly to ASR booking space. Alternatively you can head to joannelea.com or call Jo on 0415 246 508

DO YOU HAVE PAYMENT PLANS ?

Yes, For women in financially challenging situations, we review these on a case by case basis. While we can't guarantee we can meet every request, we do our best to make our programs accessible to all women.

DO I NEED TO HAVE TO HAVE PREVIOUS EXPERIENCE ?

No, not at all. We will meet you where your at in your self discovery journey.

ARE THERE ANY HIDDEN COSTS ?

No, once you have completed your booking and onboarding process there are no extra costs in relation to the immersion .

IS THERE EMOTIONAL SUPPORT FOR ME IN ASR ?

Yes, a qualified therapist & coach will be participating for the duration of each session. Please keep in mind this is a group delivery. Should you need extra support outside the ASR container please make a time to advise and discuss your needs with our team.

CAN I BOOK WITH A FRIEND ?

Absolutely, it can be good to have someone to share the experience and growth with that is also traveling the same path. Both of you will need to complete the induction process individually.

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Frequently Asked Questions

WHAT IS YOUR CANCELATION POLICY ?

If you need to cancel 42 days or more before commencing program for any reason you will have the option to move to a new program date or convert your booking into a credit for any services offered by Joanne Lea. Anything outside this time is rendered non refundable.
OUR FULL REFUND POLICY IS PROVIDED AS PART OF YOUR INDUCTION KIT AND LOCATED ON THE NEXT PAGE.

WHAT IF THE IMMERSION DOES NOT GO AHEAD ?

In the unlikely event that the program/immersion is cancelled due to weather or natural disaster, or other unforeseen circumstances you will be offered a full refund or option to move to another program.

WHAT IF I HAVE OTHER QUESTIONS ?

Please don't hesitate to contact us, we are here to help and assist in your process.

The ASR Team look forward to supporting you in your journey to yourself x

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JOANNE LEA
COACH, THERAPIST & CHANGE MAKER

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Terms & Conditions

Please read these Terms & Conditions carefully before submitting your booking form and payment.

Joanne Lea – Coaching & Therapy reserves the right to update these Terms & Conditions at any time. Any changes will take effect immediately once published. It is your responsibility to ensure you are aware of the current Terms & Conditions.

By submitting your booking form and paying either a deposit or the full amount, you acknowledge and agree to these Terms & Conditions. If you do not accept them, please do not proceed with your booking.

Bookings & Payments

All bookings and payments are subject to the following:

- *Full details of the And She Rose Immersion are outlined on the relevant booking and information pages at joannelea.com.au*
- *Joanne Lea – Coaching & Therapy reserves the right to make changes to immersion content, structure, or delivery at any time*
- *All prices are listed in Australian Dollars (AUD), unless otherwise stated*
- *Your place is not confirmed until your deposit or full payment has been received*
- *A confirmation email will be sent once your booking and payment have been processed. If you do not receive confirmation within 7 days, please contact us at hello@joannelea.com.au*
- *Joanne Lea – Coaching & Therapy is not responsible for payments that are not received, declined, or rejected by your financial institution*

Travel & Accommodation Responsibility

Participants are responsible for organising their own travel and accommodation unless otherwise explicitly included in the immersion offering. Joanne Lea – Coaching & Therapy accepts no responsibility or liability for any third-party arrangements or associated costs, including but not limited to:

- *Accommodation bookings*
- *Travel arrangements*
- *External service providers or venues*

Liability & Participation

By participating in the And She Rose Immersion, you acknowledge and accept full responsibility for your physical, emotional, and psychological wellbeing.

This work can be deeply transformative and may involve emotional intensity. By attending, you agree that:

- *You participate at your own risk*
- *You take full responsibility for your personal process and integration*
- *Joanne Lea – Coaching & Therapy holds no liability for any outcomes experienced during or after the immersion*

To the fullest extent permitted by law, Joanne Lea – Coaching & Therapy will not be liable for any damages arising from participation in the immersion or use of any related materials.

Cancellation & Refund Policy

We understand that plans can change. The following terms apply:

If you cancel your booking:

- *Cancellations made more than 6 weeks prior to the immersion start date:*
  - *Your deposit will be refunded minus a 10% administration fee*
- *Cancellations made within 6 weeks of the immersion start date:*
  - *No refunds will be issued*

Transfers:

- *You may transfer your booking to another person (subject to approval)*
- *A 5% administration fee applies to all immersion transfers*

Changes to Immersion Content:

- *Immersion content and structure may evolve. No refunds will be issued for these changes*

If the immersion is cancelled by the provider:

- *A full refund (100%) of all monies paid will be issued*
- *Joanne Lea – Coaching & Therapy is not responsible for any third-party costs (including travel or accommodation)*

Partial Cancellation:

- *In the unlikely event of early termination due to facilitator illness or unforeseen circumstances, a partial refund may be issued at the discretion of Joanne Lea – Coaching & Therapy, proportional to the remaining immersion duration*

Contact

For any questions regarding your booking or these Terms & Conditions, please contact:
hello@joannelea.com.au

JOANNE LEA

COACH, THERAPIST & CHANGE MAKER

Reclaiming ancient knowledge for the modern womyn

joannelea.com.au