

# Who is Evolve90 for?



Evolve90 has been designed for women who are done with being fearful & anxious:

- over-explaining
- over-giving
- over functioning
- making themselves small
- & outsourcing certainty.

Are you ready to...

- Trust yourself without second-guessing or outsourcing reassurance
- Feel grounded rather than reactive
- Live and lead from inner authority, rooted in self-respect rather than inner apology

## What is Evolve90

A 90-day guided identity recalibration to deepen self-worth, strengthen self-trust, and express yourself from a grounded centre.

### Price Includes

- 3 monthly one to one Rapid Transformational Therapy® sessions - to reprogram your subconscious beliefs
- 12 on-demand teaching modules & nervous system somatic practices
- Guided PDF journals - focused reflection and integration
- Fortnightly group calls & private community space - ongoing support, integration



# EVOLVE90

Grounded  
Authentic  
Self Trusting

From Inner Apology to Inner  
Authority

"Absolutely life-altering... this was without a doubt, the most powerful healing work I have ever experienced."

- Dorothee (2025 cohort)

[evolveandexpand.co.uk](https://evolveandexpand.co.uk)

## A whole system approach to transformation

Evolve90 supports transformation at the subconscious, somatic, and conscious levels, rooted in community support, so change becomes embodied and lasting.



"Working with Laura has been completely transformative. It's changed how I see myself. I can say that this is one of the most beneficial things I have chosen for my own wellbeing." - Catherine (20205 cohort)

# Come home to yourself

## Included inside the program

The root of people-pleasing and self-doubt

Moving from inner critic → inner coach

Radical acceptance & emotional self-regulation

Choosing yourself without apology

Becoming self-led, rather than driven by patterns or pressure

### Self-Worth

- Release people-pleasing and self-doubt.
- Establish a stable inner foundation
- Regulate your nervous system.

### Self-Trust

- Show up for yourself consistently
- Build inner authority so you can make decisions and trust your intuition
- Increase your self-regulation

### Self-Expression

- Feel safe being seen
- Stop leaking energy and begin to choose and direct your time with intention.
- Connect with your body
- Begin to choose joy without guilt