



SARAH MOODIE

WILD Liberation

BREAK FREE AND REIGNITE YOUR SPIRIT

High functioning is *not healed*.

Wild Liberation™ is a **12-week** trauma-informed, soul-led experience for the high-functioning woman ready to finally heal from emotional manipulation, self doubt, and trauma cycles. This isn't therapy. This isn't mindset work. This is body-based, boundary-deep, identity-level transformation. You'll stop second-guessing yourself and start living in your truth, embodied, and sovereign.

THE FOUR MOVEMENTS

- 01

Realize
The truth lands: **it was never you.** You finally see the pattern for what it was, and the fog begins to lift.
- 02

Regulate
Trauma lives in the body, not the mindset. We restore your nervous system first, because you can't reclaim anything from a system stuck in survival. **This is where you learn it's safe to slow.**
- 03

Reclaim
Trauma didn't take your power. It disconnected you from it. Here you take back your voice and your boundaries from the root. **This is where your "no" becomes holy and your "yes" becomes clear.**
- 04

Rise
You become the woman who leads herself. Not from control, but from conviction. Not from hustle, but from embodied self trust. **You become your own safe space.**

WHAT'S INCLUDED

- Weekly Group Coaching Calls (or 1:1 VIP option)
- 12 weeks of curriculum: modules, tools & practices
- Wild Healing Tools Library: regulation, movement & expression
- Private community space for connection and witnessing
- Human Design workshops, including your personal blueprint and self-study tutorials
- Trauma Education & Emotional Processing Toolkit
- Lifetime access to all materials, community + updates

INVESTMENT

One-Time Payment **\$3,000 — save \$500**

Payment Plan **5 × \$600 — paid monthly**

VIP Add-On + **\$1,000**

2 private calls · limited to 5 spots per cohort

BONUSES

- Sexual Manipulation Healing Course & Workbook
- Human Design Workbook: Healing by Design
- Human Design Report
- Private Podcast Access
- Red Flags Relationship Map

You Are the Wild Wolf

This isn't about fixing you. It's about reclaiming the sacred power that trauma tried to silence. **You're not lost. You're being called home.**

Are you ready to rise?

BOOK A DISCOVERY CONVERSATION

REGULATE · RECLAIM · RISE