

The Problem:

- Are you carrying more responsibility than ever, but feeling less regulated and more depleted?
- Do people see you as strong and capable, while you privately feel on edge, exhausted, or emotionally maxed out?
- Are you leading well on paper—but paying for it with your sleep, patience, or peace?
- Have you tried therapy, time off, or “better boundaries,” yet your nervous system still feels stuck in high alert?

If you answered yes to even one of these, you're not broken—and you're not alone.

Through Boundless™, you will...

- Learn how to lead without chronic over-functioning or emotional shutdown
- Develop real-time tools for emotional regulation under pressure
- Practice boundaries that are clear, calm, and respected
- Build leadership rhythms that support longevity—not burnout
- Be supported by a community of women who understand the weight you carry

What Boundless™ is not:

- A hype-driven mastermind
- A one-size-fits-all leadership program
- A space for bypassing hard conversations
- A place to “fix” yourself

Boundless™ is designed to support women at different stages of readiness.

Participants may choose:

- A 3-month experience, or
- A 6-month immersive experience, with the option to renew for continued support (up to 12 months)

This allows space to enter with intention—without overcommitting or rushing the process.

Curious and have questions?

Join Inside Boundless™ Interest Gathering, a monthly, no-pressure gathering where you'll:

- Learn more about Boundless™
- Ask your questions directly to Dr. Nika
- Discern your next step without urgency



Scan to learn more and sign up for an Inside Boundless™ Interest Meeting!