



# Onward

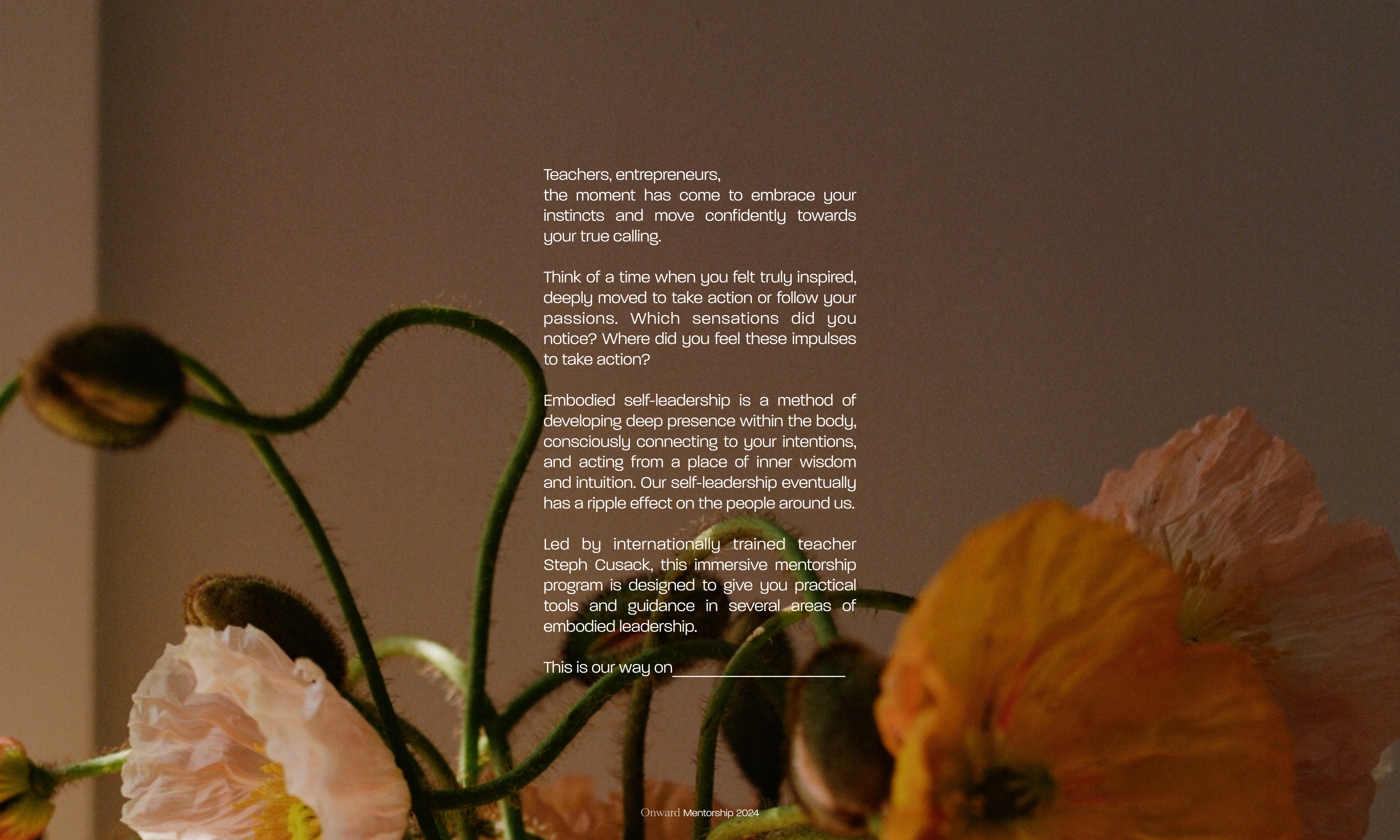
Mentorship 2024





A collective journey, embracing passion over perfection





Teachers, entrepreneurs,  
the moment has come to embrace your  
instincts and move confidently towards  
your true calling.

Think of a time when you felt truly inspired,  
deeply moved to take action or follow your  
passions. Which sensations did you  
notice? Where did you feel these impulses  
to take action?

Embodied self-leadership is a method of  
developing deep presence within the body,  
consciously connecting to your intentions,  
and acting from a place of inner wisdom  
and intuition. Our self-leadership eventually  
has a ripple effect on the people around us.

Led by internationally trained teacher  
Steph Cusack, this immersive mentorship  
program is designed to give you practical  
tools and guidance in several areas of  
embodied leadership.

This is our way on \_\_\_\_\_





Onward

“It felt like coaching for life.  
I learned so much about energetic boundaries,  
how I could take my teachings to the next level,  
and not only teachings, but also how I can move as  
a person through difficult situations and  
learn from them.”

Naeomi



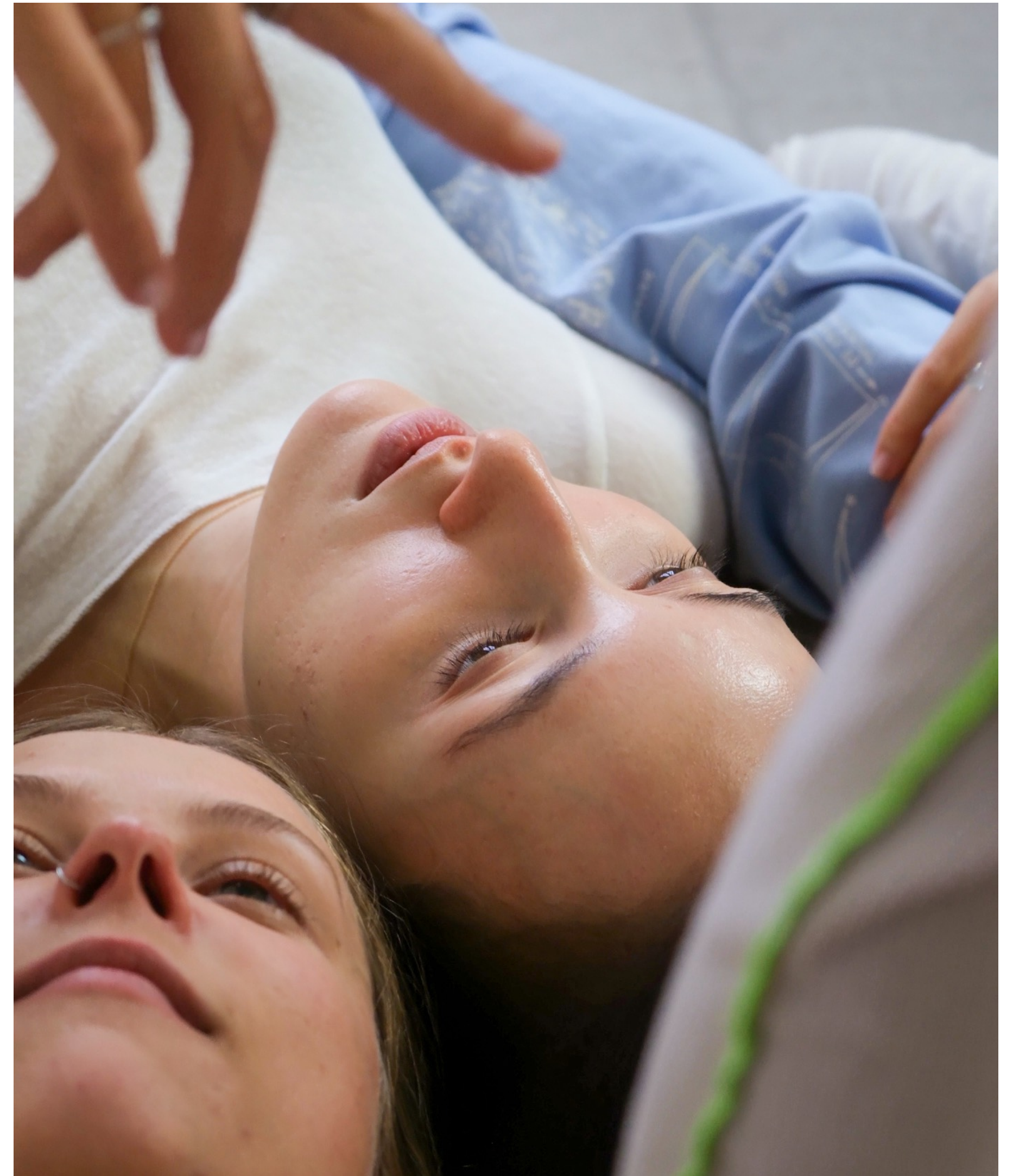
## *The Program*

Best known for nudging people out of their comfort zone and onto their true professional paths, the Onward Mentorship is designed for entrepreneurs in the well-being space, and those curious to move towards it.

Guiding you through five modules, the Mentorship provides you the opportunity to define your personal purpose, try frameworks for creativity, connect to your authentic speaking voice, and create the future pathways for professional next steps.

Each module offers a holistic approach to learning, including a deep-dive workshop and real-life practice tasks for embodied leadership. Community circles open up space for questions and learning from one another's experiences. Plus, access to the Onward Library of meditation and movement supports your personal practice along the way.

Graduates describe it as the antidote to imposter syndrome. "It felt like coaching for life".







## *Your Mentor*

Steph Cusack is an experienced teacher, retreat host and well-being consultant, helping people to live more fully, feel more deeply and think more creatively every day.

Originally from Sydney, Australia, Steph grew up with holistic modalities like meridian yoga and shiatsu, learning from a young age how mind-body practices are a natural doorway to a life of balance, ease and joy.

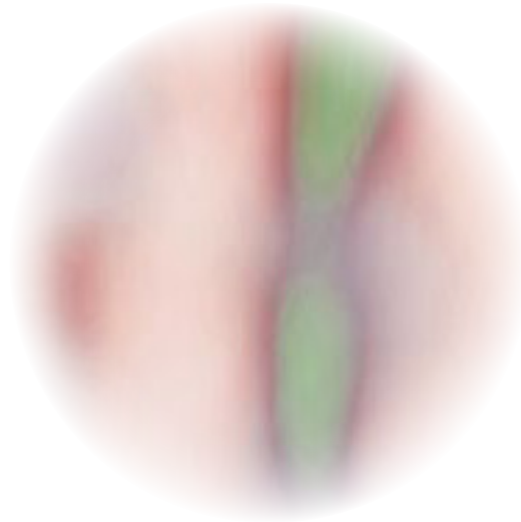
With almost a decade experience of hosting well-being retreats, creating mindfulness programs for companies and individuals, plus a business background in corporate marketing and events, Steph knows how to create unforgettable moments for her students and clients.

And beside almost 1000 hours of international certification, including meditation, yoga, anatomy and (soon) pilates training from the most respected schools of New York and Sydney, Steph believes it is not what we know but how we share it with the world.

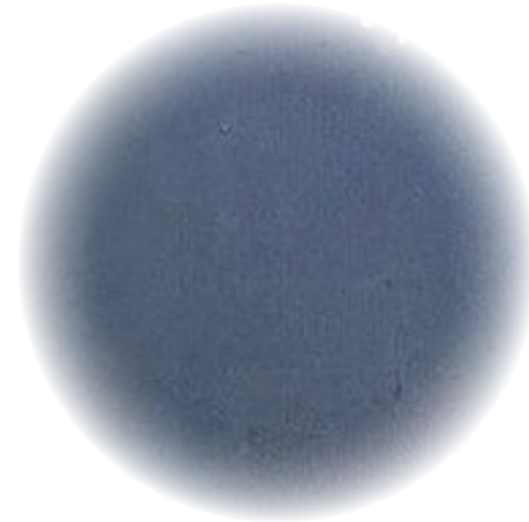
She designed the Onward Mentorship to pass on her industry knowledge, so that fellow teachers and entrepreneurs may benefit and flourish in their own ways.



*The Modules*



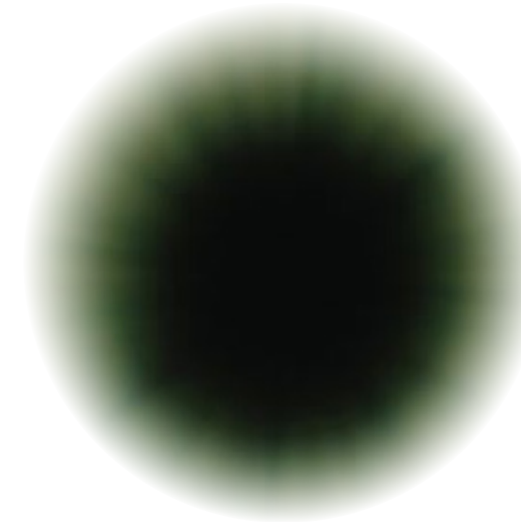
Self-exploration



Communication



Creativity



Holding Space

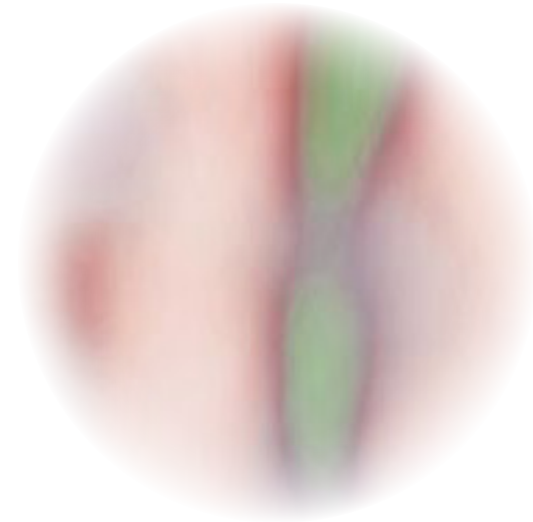


Professional Paths



# *Module 1*

## Self-exploration



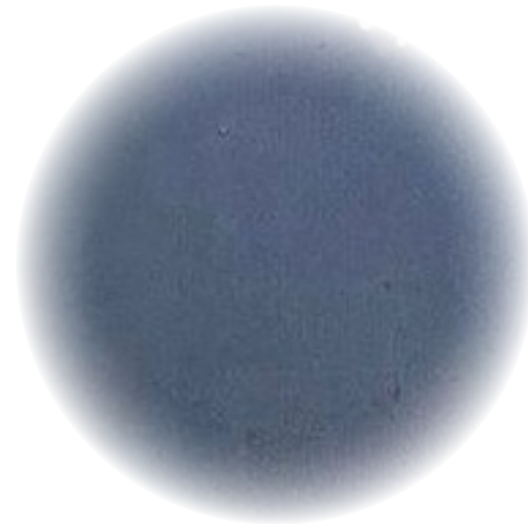
What we'll cover: How to define your purpose in the well-being space and develop a personal teaching/guidance style that feels real and authentic for you

Best for: Laying (or redefining) solid foundations for your path



## *Module 2*

# Communication



What we'll cover: How to connect with your true speaking voice, clearly express yourself, and confidently share knowledge with individuals or groups

Best for: Developing confidence and clarity from within



# *Module 3*

## Creativity



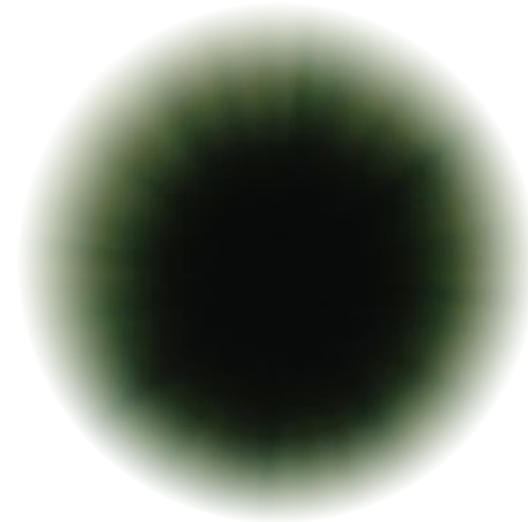
What we'll cover: How to use frameworks to access creativity, explore poetic layers of your craft, and share the deeper meaning of your message in workshops, 1:1 sessions or programs

Best for: Understanding the creative process and effective storytelling



# *Module 4*

## Holding Space



What we'll cover: How to create and hold spaces that feel warm and inclusive, catering to diverse audiences and levels of experience. For movement teachers: how to respectfully and confidently offer hands-on guidance.

Best for: Ensuring people feel seen and secure in your presence



# *Module 5*

## Professional Paths



What we'll cover: How to develop your business in the well-being space and progress along different professional paths

Best for: Understanding the industry, ethics, negotiations, networking, collaborations



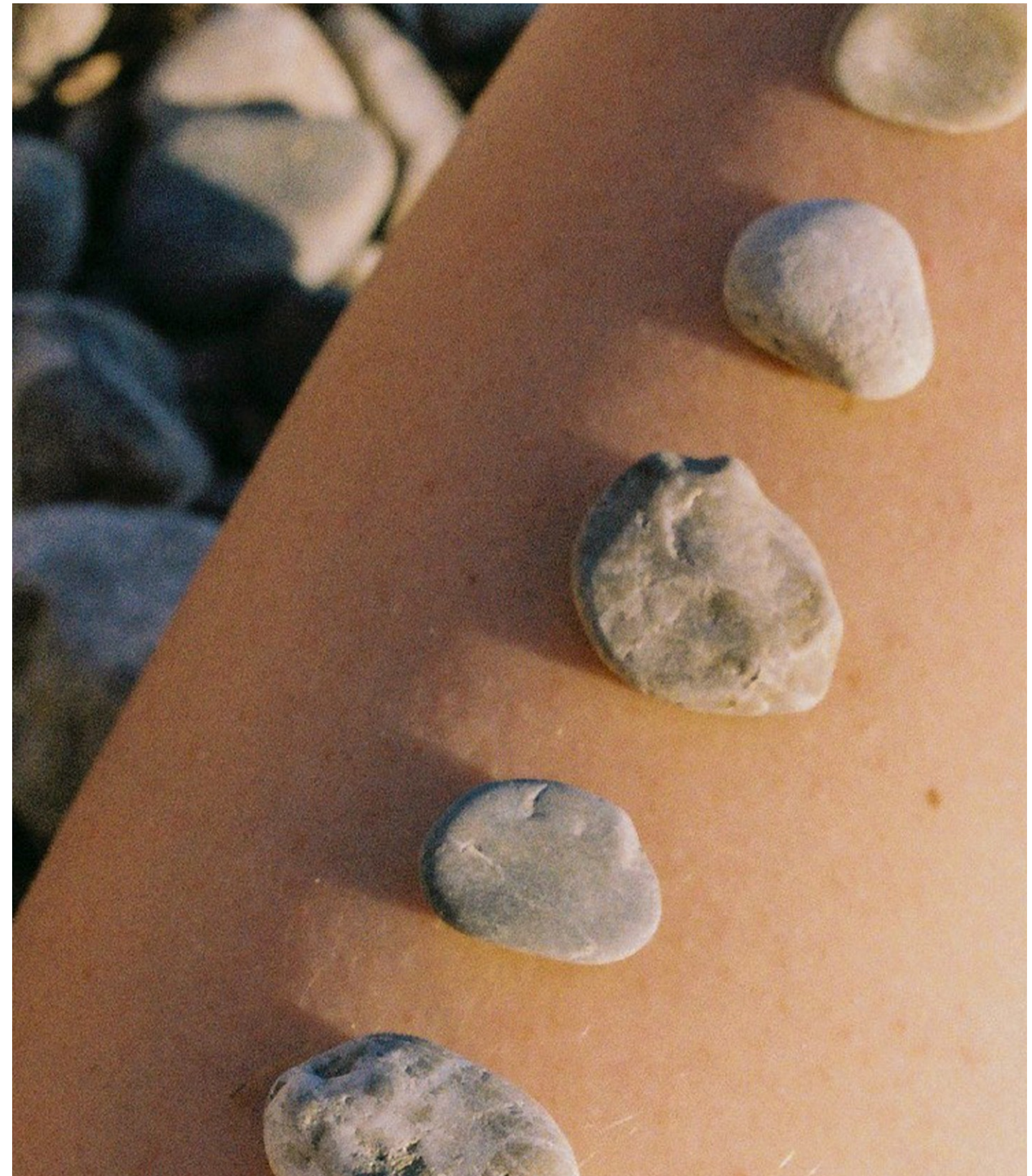
## *The Key Dates*

Friday 22 March  
Mentorship Welcome Circle  
+ Module 1: Self-Exploration

Saturday 23 March  
Module 2: Communication  
+ Module 3: Creativity

Sunday 24 March  
Module 4: Holding Space  
+ Module 5: Professional Path

Friday 26 April  
Mentorship Closing Circle





# The Calendar

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	18.03 Access to Onward Library opens				22.03 Welcome Circle & Module 1 workshop 2-5pm	23.03 Module 2 workshop 9-12pm  Module 3 workshop 1-4pm	24.03 Module 4 workshop 9-12pm  Module 5 workshop 1-4pm
Week 2			Online yoga class 8-9am  Module 1 Community circle 9-10am		29.03 Module 1 Embodied leadership tasks due		
Week 3			Online yoga class 8-9am  Module 2 Community circle 9-10am		05.04 Module 2 Embodied leadership tasks due		
Week 4			Online yoga class 8-9am  Module 3 Community circle 9-10am		12.04 Module 3 Embodied leadership tasks due		
Week 5			Online yoga class 8-9am  Module 4 Community circle 9-10am		19.04 Module 4 Embodied leadership tasks due		
Week 6			Online yoga class 8-9am  Module 5 Community circle 9-10am		26.04 Module 5 Embodied leadership tasks due  Closing Circle 3-5pm		28.04 Access to Onward Library closes



## *Investment I*

Want the full experience? Develop your confidence in all areas with the six-week immersive mentorship, including:

- Five deep-dive workshops with a support network of fellow teachers and entrepreneurs
- Mentorship digital workbook for self-study including over 100 pages of material including five learning modules and embodied leadership tasks
- Five weeks of embodied leadership tasks and personalised feedback
- One 1:1 Mentorship session with Steph in-person or online
- Access to welcome circle, closing circle and all community circles for live Q&A
- Access to five live online yoga practices with Steph
- Access to Steph's network of teachers within Europe to connect for future professional paths
- Six weeks access to the Onward Library of recorded meditation and movement practices

Total 50 hours (33 contact, 17 self-study)

Limited places available

Investment: 895€





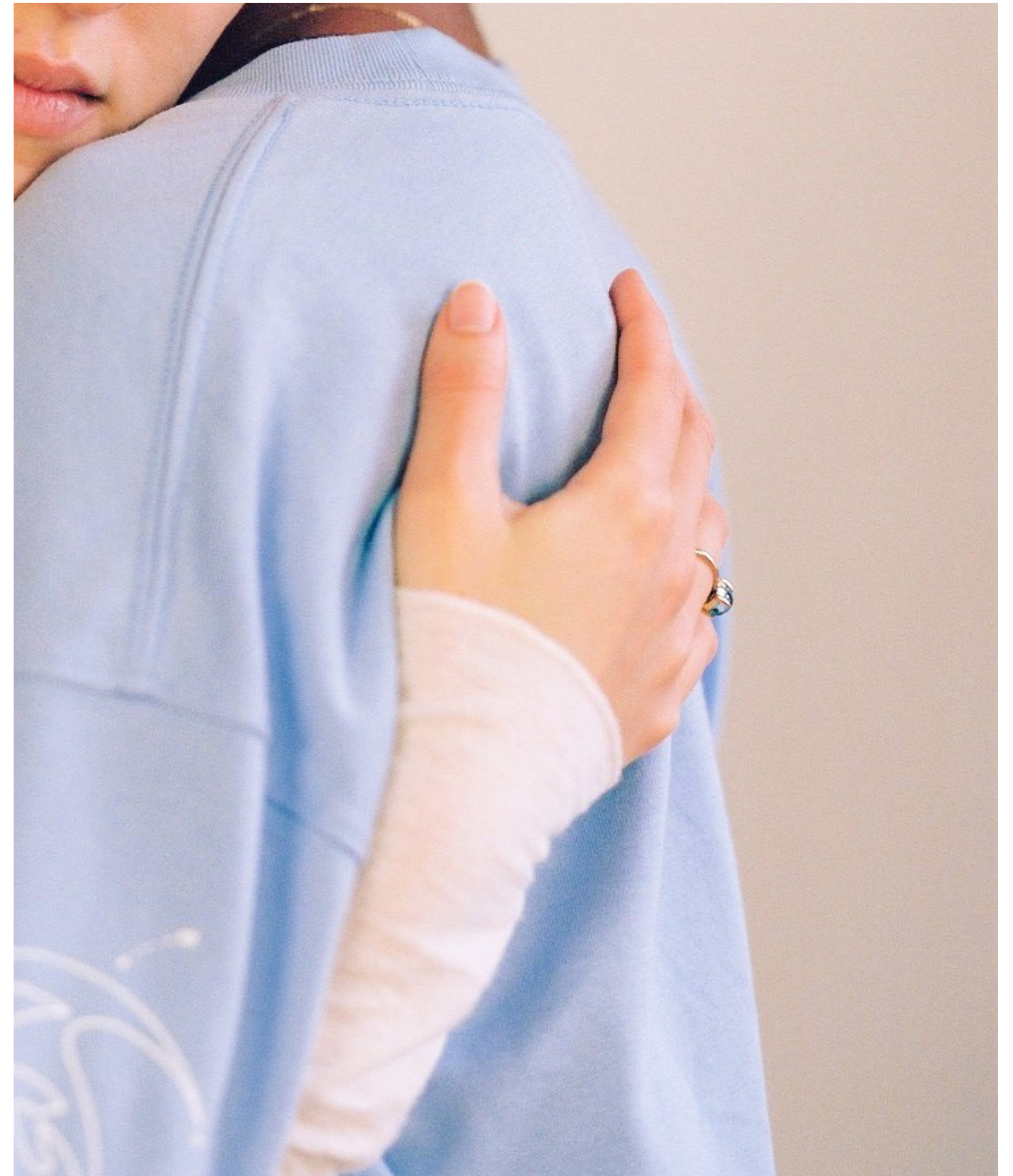
## *Investment II*

Want the freedom of choice? Develop your skills in specific areas with one or more of the individual modules, including:

- One deep-dive workshop with a support network of fellow teachers and entrepreneurs
- Mentorship digital workbook for self-study including over 20 pages of material including one learning module and embodied leadership tasks
- One week of embodied leadership tasks and personalised feedback
- Access to welcome circle, closing circle and one module-specific community circle for live Q&A
- Access to one live online yoga practice with Steph
- Access to Steph's network of teachers within Europe to connect for future professional paths
- One week access to the Onward Library of recorded meditation and movement practices

Total 10 hours (7 contact, 3 self-study)  
Limited places available

Investment: 195€ per module







Onward

“The Mentorship was really learning to trust myself, my very own personal way of being, it was about sharing and practicing, connecting with each other and witnessing our way of unfolding”

Annika



## *The Fine Print*

The Onward Mentorship is designed for movement instructors, meditation teachers, holistic bodyworkers and conscious creatives, to name a few. All mind-body modalities and entrepreneurial backgrounds are welcome. No teaching or space-holding experience necessary. Newcomers, hop on in. Those with experience, we'll be diving deeper.

Contact hours include time spent together learning. The welcome circle and all of the module deep-dive workshops will be held in-person in Berlin. Weekly community circles, live classes with Steph on Wednesdays and the closing circle will be offered online.

All self-study hours, including embodied leadership tasks, can be completed in your own time. These tasks will also include real-life practice hours in your field of current/potential expertise, as well as specific skill development exercises to help you integrate feel more confident and empowered in your authentic way.

And remember, this is a collective journey, embracing passion over perfection...







## *How to Book*

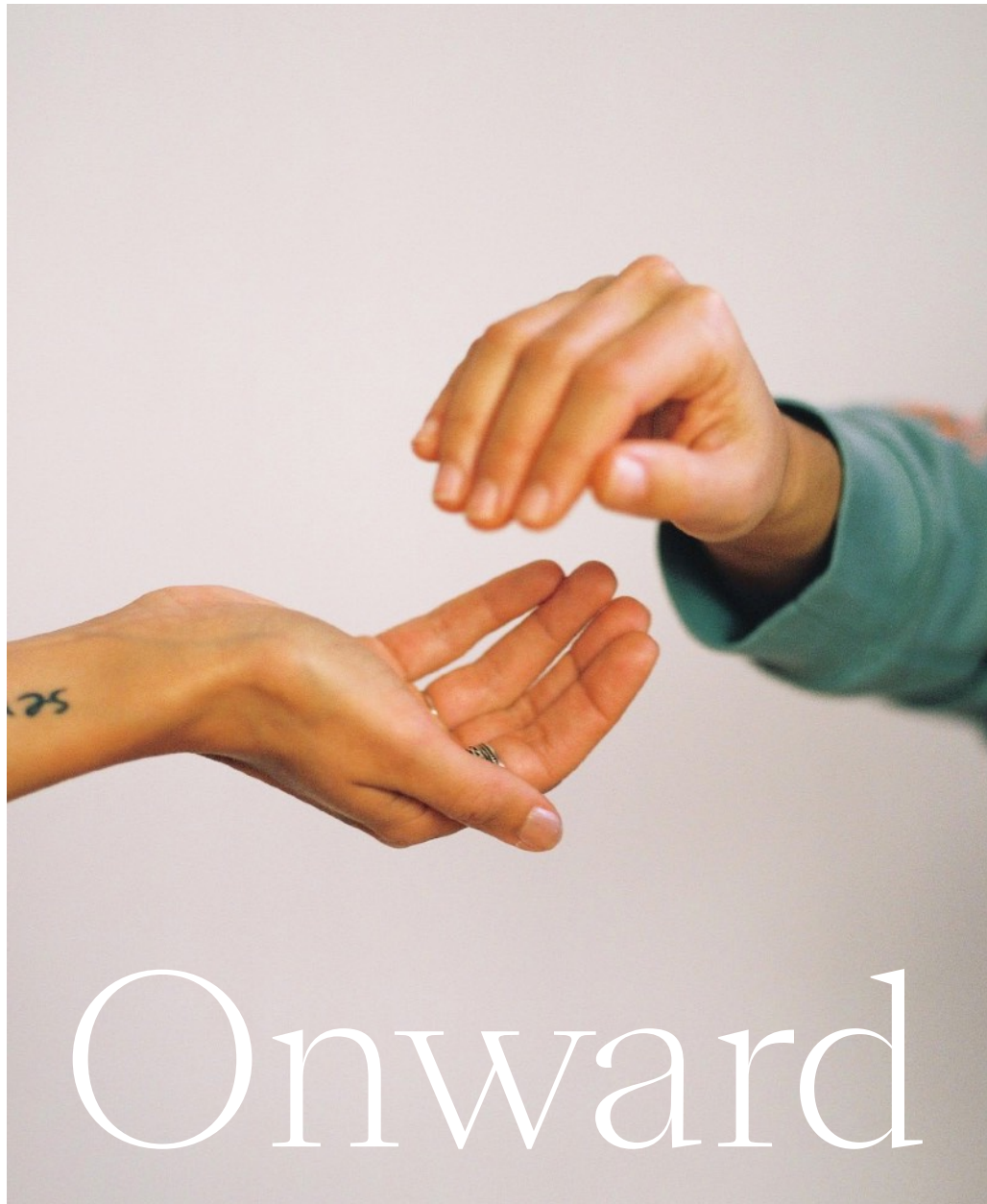
To reserve your place in the Onward Mentorship program, please email your name and preferred booking option (Full Mentorship Program or Individual Modules - including specific module names) to [hello@stephcusackyyoga.com](mailto:hello@stephcusackyyoga.com), to receive payment details.

Booking closes 15 March.  
Program starts 22 March.

Have a question? Need a flexible payment plan? Please drop me an email.

I look forward to guiding you,  
Steph





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