



## Rocking the Crone 23rd October 2024

Hello!

Many thanks for joining me in this ANLP webinar. It's always a pleasure for me to occupy myself with projects and courses around the theme of mindful ageing for women, or any work to do with NLP and mindfulness. So, you are very welcome.

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Over the years, I've worked with multiple clients and services, and at several points found myself working in specialised ways with women in crisis and/or in transition. I do work cross-gender and culture, while I also know that there are differences to be recognised amongst our common soul of humanity. These differences can feel acute when you reach critical points in life, including when you feel you are 'ageing'.

*Rocking the Crone* was built as a programme during the pandemic and reached tens of thousands of women globally. As an NLP Master and Mindfulness practitioner/student, I quite naturally blended these two complementary and powerful approaches. And we need to find our power, don't we, as we age. I have now created more programmes, *Loving the Crone*, *Dancing to the Rhythm of the Crone*, and *Feisty Old Crones*. You can find my Crone courses on the [Insight Timer App](#), and on the [Guided by Keziah App](#), or you can if you wish obtain my recordings through direct purchase, just drop me an e mail.

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Some free resources you might like are:

[Three Little Words](#) A brief and cheeky little session on easy language change

[The Space Between](#) Deep relaxation for rest and sleep.

[Rocking the Crone: The Woman in the Mirror](#) Affirmations to strengthen the soul

And if perchance you might like to study NLP with me, you can find details of my next courses on my [ANLP page](#).

So let's have some fun, support and learnings together, I am so pleased to be alongside you, warmest,

Jan

Dr Jan Russell

