



REGENERATIVE TRAINING & EDUCATION

# Root to Rise Circle Facilitation Training

A one-of-a kind transformational training and certified facilitator program for women who are ready to follow their heart's calling.

One Year to Inner Mastery, Group Coaching  
and Feminine Leadership



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www.eleftheria.center

# Do you care about people, our beautiful earth and the changing times we are living through?

If you have found your way here, reading this - I know you're being called into **supporting people to navigate** this uncertain world.

People need a safe harbour, a space to restore, to feel seen, heard, held and inspired. Our world needs **conscious conversations** and **reconnection**.  
You can be part of the **Solution**.

You can become the *change agent, holistic healer*, heart-centred facilitator in the business world.

We are women who were born to do this work. We are deep *listeners, highly sensitive, coaches, team leaders, counselors, inner peace* activators, heart whisperers, *nurturers, and community builders*.

## Why the Root to Rise<sup>©</sup>Circle Facilitation?

The investment in any self-development or educational program is a commitment to yourself, a physical seal of believing in your own boundless potential.

The Root to Rise Facilitator Training Program is not just a course—it's a heroine's journey, one-year journey of blossoming into your true self. Here, you'll *master inner growth, facilitation skills, and the graceful art of feminine leadership*. By committing to this program, you're weaving a tapestry of your dreams, your future, and the **purposeful impact you are destined to make**. Embrace this enchanting path, say yes to your inner call, and step into the radiant, fulfilled life you are meant to live.

This one-year program is thoughtfully designed to **seamlessly integrate into your life** with ease, grace, and flow. Root to Rise aims to **uplift, inspire, connect, ignite joy, and motivate you** to live your true purpose, without adding stress to your world.

Inspired by the wisdom of nature, the program mirrors the natural rhythms of the seasons. We will deep dive into learning, then pause to rest and integrate, and cycle through this process with each new module. This cyclical approach ensures a **holistic and thorough completion** of the curriculum over the course of the year.

Journey with us the Sacred Feminine Way—enhancing the inner world, whilst gifting you the skillset to offer heart-centred service to the outer world.

# YOUR ROUTE TO RISE

If you can relate or aspire to one of these descriptions, then this program is a resonant fit for you.



ESTABLISHED  
FEMPRENEUR

*You love working one on one, but you would like to expand your reach to coaching in a group.*

*Although this sounds attractive to you, you're **unsure** about how to **facilitate group dynamics, design a group experience with transformative results and balance individual needs** in the group context.*



EMERGING  
FACILITATOR

*You love working with people, but feel unfulfilled in your current work environment.*

*You know you have so much more to offer, but you're **unsure where to start, when or how** to take the leap, **overwhelmed** at everything new you have to learn about **setting up** a coaching business.*



EXPANDING  
TEAM LEADER

*You love leading teams with your natural talents. You know there is more you can bring to the table in terms of **change management and company culture**. You're unsure how to lead the **navigation** of current world uncertainty, how to create **psychological safety** and add value to **mental health** at work.*

## Wellness Coach

*Weaved this training into her offerings as she started a group coaching program and confidently leads trauma informed guided meditations with deep impact.*

## Project manager

*Started building a side circle community, offering weekend workshops and retreats, whilst transitioning from her corporate job into her own soul-fire business.*

## Team Leader Used

*these concept at work to create a team buildt on trust, enhanced performance, and brought magic into the space which rippled into families lives, outside of work.*

# What is unique about the Root to Rise<sup>©</sup> Circle Facilitation?

Facilitation is a skill that requires artistry. It is crucial to have a well-defined strategy and the necessary skills to overcome the obstacles faced in group coaching to **achieve facilitation which creates an impact.**

Root to Rise Facilitation utilises the Catalyst Facilitation Method, which was founded to add value to the modern training world. To transfer the skills of facilitating group experiences, which leave people **inspired, empowered and transformed.**

## WHAT IS THE ADDITIONAL BENEFIT OF THIS TRAINING?

- **Foundational Psychology** - practical understanding and application, so you don't need a degree;
- **Holistic Leader** - healing personal trauma, so that you don't facilitate from the wounded healer archetype;
- **Healthy Boundaries** - personally and professionally, so you know how to stop people pleasing;
- **Visibility** - getting comfortable to be seen and advocate for yourself, so you don't get stuck in imposter syndrome;
- Co-creating **psychological safety** in groups, so that you co-create trust;
- **Effectively** managing **disruptive behaviour** and personalities;
- Deep hearted **listening** - effective giving and receiving feedback;
- Utilizing **Transformation maps** for change management, so that you can lead transformation with depth;
- **Embodied coaching** - to create sustained change;
- Space holding for highly sensitives: Leading with the **soft power of the feminine.**
- Circle group **guidelines**, facilitator **ethics**, and professional **conduct.**

Catalyst facilitation is a unique method which utilizes **the hero and heroine's journey as a structural guideline** in facilitating the group process. The method is further enriched by drawing on the ancient healing **tradition of the circle**, its **power of storytelling** and the skill of **catalytic questioning** which ignites change in the direction of regenerative living.

By understanding the unique wounds of the feminine, facilitators can guide profound healing processes. This insight is essential for **sustainability work**, as the root cause of many issues lies in our disconnection from **the body, the feminine and the Earth.**




Through the successful completion of this Facilitator Training Program participants are able to exhibit:


### FACILITATION COMPETENCIES

- 
- Knowledge about **group dynamics**,
  - Knowledge about best **practices of engagement, facilitator ethics** and professional **conduct**;
  - A comprehensive understanding of the **map of transformation**;
  - Understanding and implementation of the **Catalyst Facilitation Method**;
  - Practical facilitation skills such as **active listening, feedback, conflict resolution**;
  - Knowledge on **trauma informed facilitation** skillset.

### PERSONAL MASTERY

- 
- A clear sense of **self evaluation**;
  - An integrated approach to **receiving and giving feedback**,
  - Master-group with **accountability allies**;
  - Healing **imposter syndrome, perfectionism, procrastination** and **worthiness** blocks;
  - Personal **self-care practices, rituals** and ceremonies to keep **work-life balance**.

### CONTENT DESIGN & DELIVERY

- 
- The capacity to build **psychological safety** for group process work;
  - **Experiential** circle/workshop **design and facilitation**;
  - A **holistic** approach to create **impactful learning, connection** and **transfer of skillsets**;
  - Designing and leading **guided meditation, mindfulness** and basic nervous system **regulation exercises**;
  - Insights into fempreneurship: business costs, legality, contracts, affiliate partners, passive income, tech set-up and strategic partnerships.



# What is included in the program?

Training videos, audio, exercise templates, rituals, practical experience and live call support.

This one-year program is thoughtfully designed to seamlessly integrate into your life with ease, grace, and flow. It is a hybrid course incorporating both online and in person training.



33  
TRAINING  
VIDEOS

You also have audio versions, if you prefer to learn that way.



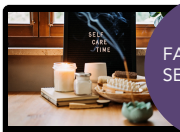
18  
EXERCISE  
PROCESSES

- Toolkit for self practice and use in your facilitation.
- Includes audio support.



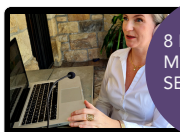
CURRICULUM  
FORMATS

- Formats and printables for a two hour circle facilitation;
- 1 day Core Values Workshop Manual & Handbook,
- 3 day Women's Wellness Retreat Manual and handouts.



FACILITATOR  
SELF-CARE

- Personal development.
- Access to Women's Circles,
- Masterclass support, and
- Life-time access to Root to Rise content upgrades.



8 PRIVATE  
MENTORING  
SESSIONS

- Personal guidance as you start facilitating sessions & retreats,
- Support for debriefing your circle,
- Navigating personal challenges, and
- Developing your personal skillset.

## BONUS



1 PRIVATE  
MENTORING  
SESSION

One 60 min mentoring session with Sonja Klopčič, AEIOU Mentor



CERTIFIED  
ROOT TO RISE  
FACILITATOR

- Lead with confidence and facilitate with ease.
- Upon completing the Root to Rise Facilitator Program modules and assessment, you will receive certification to add to your credibility bank.

# HOW THE PROGRAM WORKS

August 2024  
Module 1: Foundation

October 2024  
Module 2: Practitioner

February 2025  
Module 3: Facilitation

July 2025  
Module 4: The Practice.

We dive into the inner work before we can lead others.

## **The foundation**

Creating the container - communication and conflict resolution skillset. Healthy Boundaries for personal & professional environment. 6 week online program with weekly calls.

## **The practitioner**

Regenerative Resilience - emotional regulation, women's health and wellbeing. She who stands courageous 6 week online program, with weekly live calls.

Learn facilitation tools and implement practice both online and in person.

## **The Facilitation Method**

Root to Rise Facilitation program. Four month online program with 4 creative assignments. Supported by 8 live calls and community connection practices.

## **The Practice**

Facilitate your own Summer Root to Rise circles. 4 day intensive practice. Assessment of facilitation skills and completion of program.

**This program is open and limited to 8 trailblazing women who will be part of the founding members. This is an international cohort.**

# Testimonials



Eleftheria is an exceptional facilitator trainer. Her program offers a comprehensive and well-rounded understanding of the responsibilities and ethical considerations inherent in the role. Eleftheria also delves deeply into the fundamentals of group dynamics and stages of development, ensuring a thorough grasp of these and other critical concepts.

Her meticulous attention to detail ensures that her students such as myself feel well-prepared, and confident as we step into our roles as facilitators, especially in the group coaching environment. I think above all, she has ingrained in me a sense of ethical responsibility which has helped me to stand above my peers and provide a truly professional service that holds me in high regard with my clients.

I have utilised the facilitation program in my retreats, online group classes and programs. This valuable training has assisted me to expand my business and contributed to increased income.

**- BRIGITTA BOUWER, CAPE TOWN, CEO & FOUNDER OF YOGA MOTIVE (PTY) LTD**

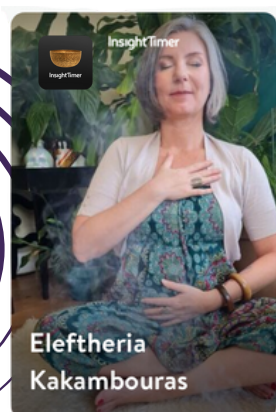
I have had many mentors along my path. One is really special - Eleftheria, who specializes in heart work. Eleftheria helps women to love, live & lead from their feminine core, so that together we can build a more compassionate, thriving world for all. She leads by example. She brought me back to life with her coaching. But not just to any life. A life I was born to live. This was the difference.

I have so much to give -- a purpose that I cannot let go to waste. She offered many techniques which I can now practice every time my imposter syndrome kicks in and which I can pass on to my daughter as a recipe for life.

My breakthrough experience was living and leading with authenticity, wholeheartedly. This has enabled me to lift the glass ceiling in my career, centered in my divine self, even more determined to build a more compassionate, thriving world for all. I feel my light shines stronger because of her teaching. She has taught me that worthiness does not have prerequisites.



**- ŠPELA AJDIŠEK – SLOVENIA, LAWYER, SIEMENS.**



by Eleftheria Kakambouras

Rated  
4.8 ★

Type  
Guided

Activity  
Meditation

Suitable for  
Experienced

Plays  
14k



**Leila Rose Cuison**

9 months ago in PORTLAND, OR, USA

★ 4.8

**Lineage Clearing**



★★★★★

She has a beautiful, engaging and calming voice, combined with a visualization that enchants the body mind and spirit to conquer limiting beliefs in a magical and fantastic way. Listening to this over and over again truly brings empowerment and shifts my reality into one capable of breaking toxic intergenerational patterns



# This training equips you to embody

## **Change Agency**

*Wielding the gift of being a catalyst; asking the tough questions with compassion.*

## **Trauma Informed**

Effectively dealing with triggers during emotional processes.

## **Confidence**

*Deal with disruptors, distractors, disengaged behaviour, pathological personalities in groups.*

## **Empowerment**

Staying grounded as a facilitator in the midst of holding space for transformation.

## **Support**

Supporting participants through the process of transformation in the context of a group environment.

## **Ethics**

Authentic, effective and ethical group coaching ethics.

Within 6 months, you will have all the tools you need to lead:

Applicable to both the private and corporate environment.



TWO HOUR  
CIRCLE

- Team-building or Personal Development circles;
- Soft-skill transfer circles
- Engaging exercises, audio guided and mindfulness meditations to use.



ONE DAY  
WORKSHOP

- Facilitator workshop manual with impactful content on identifying identifying Core Values and strengths.
- A holistic approach to create impactful learning, connection and soft-skill transfer.



3 DAY RETREAT

- Three day mental and emotional wellness experience retreat
- Facilitator manual, guided meditation audios to use, and transformative materials to distribute.

*In other words, run a circle, 1 day workshop, or 3 day retreat and see return on your investment.*

8 participants

€44 = € 352

10 participants

€279 = € 2790

8 participants

€650 = € 5200



# INVESTMENT

## Billed Once

€ **4750**

1 YEAR PROGRAM  
PAY IN FULL  
BILLED 1 X

## Monthly Payments

1 YEAR PROGRAM  
MONTHLY PAYMENTS  
BILLED 10 X

€ **395**

€ 800 deposit is required to secure your space.

# Testimonials



Thank you again for the amazing circle session on Saturday. All the women in the group shared their experience and it was just astounding. My mind is just so blown that women who'd just met could form such a powerful connection.

Since the session, I have felt so present - something that has always been a challenge for me living in my head. The only words I can put to it is - I feel an openness and softness that I cannot say I've felt before. I'm so grateful to you - we all are.

Even the connection between Co-founders seems to have grown. Business ideas seem to just be tumbling in and just last night, they seemed to talk about things exactly as I was thinking about them. For women who work together, I will definitely be recommending this experience. The impact has just been phenomenal.

**- LANA WESSELS – SOUTH-AFRICA , CO-FOUNDER PAIGE TURNER (PTY) LTD**

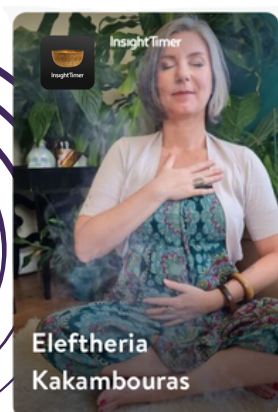
Eleftheria is a walking example of someone who lives out their 'reason for being'. She has discovered her purpose, her 'Ikigai', and she is using her gift to make the world a better place, by helping one woman at a time (re)discover their own sovereign truth.

Although equipped with an honours degree in psychology, Eleftheria possesses wisdom beyond what can be gained from studying a textbook and the work she is doing through her online programmes and masterclasses, as well as the physical retreats she offers, (which I consider myself fortunate and blessed to have attended), is both profoundly beautiful and a very much needed beacon of light.

I resonate deeply with Eleftheria's passion for nature, truth and integrity and I am blessed to be able to call her a mentor, and feminine wisdom coach. She is my go to person when I feel stuck and need insight and clarity on just about any situation. She brings me back to myself and reminds me to trust in my own innate wisdom and intuition. It has been essential in my business.



**- MARISSA SMUTS - SOUTH-AFRICA, LIFE AQUATIC SWIM SCHOOL**



by Eleftheria Kakambouras

Rated  
4.8★

Type  
Guided

Activity  
Meditation

Suitable for  
Experienced

Plays  
14k



Sarah

★★★★★ 11 February 2024

Wow, that was an unexpected powerful journey, many blessing to you 🙏



Mary

★★★★★ 26 February 2024

Thank you for that beautiful, peaceful, loving and stimulating journey inward! There is something very uplifting and effective with this meditation, and I will be listening to it many times, especially as I heal from major surgery. Thank you and Namaste. 🙏🧘🏻‍♀️💖🧘🏻‍♀️

# Facilitator Trainer

Eleftheria Kakambouras is a registered counsellor, transformation coach, and facilitator trainer specializing in relational intelligence. Born in South Africa and now residing in Slovenia, Eleftheria is an alumna of the Cherie Blair Foundation Mentorship Program. She serves as an AEIOU coach, mentor, and facilitator, actively engaged in the AEIOU Breakthrough Programme for Female Leaders and the AEIOU Executive Programme, where she empowers leaders to navigate the VUCA world with heart, courage, and a regenerative mindset.

With two decades of experience in personal, professional, and spiritual development, Eleftheria combines her background in psychology to create a certified program that is a tapestry of her tried-and-tested processes. Refined over years of facilitation, these methods offer the keys to success, sharing what truly resonates and what doesn't.

Recognizing gaps in traditional coaching and facilitator training, this program is designed to bridge those spaces, addressing the urgent need for compassionate, heart-centered leadership. Eleftheria believes that educating women is the key to transforming communities, as women are natural leaders, storytellers, and circle keepers. They hold the catalytic essence for law-changing campaigns, peaceful resolutions, and conservation activism.

Facilitation as a leadership style is essential for a thriving future, and Eleftheria believes women are destined to lead this beautiful evolution. The world is yearning for your unique gifts—now more than ever. She looks forward to sharing the empowerment, fulfillment, and compassion that flows from facilitation with you.



**Ready to step into the new role  
required for future work?**



Book A Discovery Call to see if this  
program is for you.



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