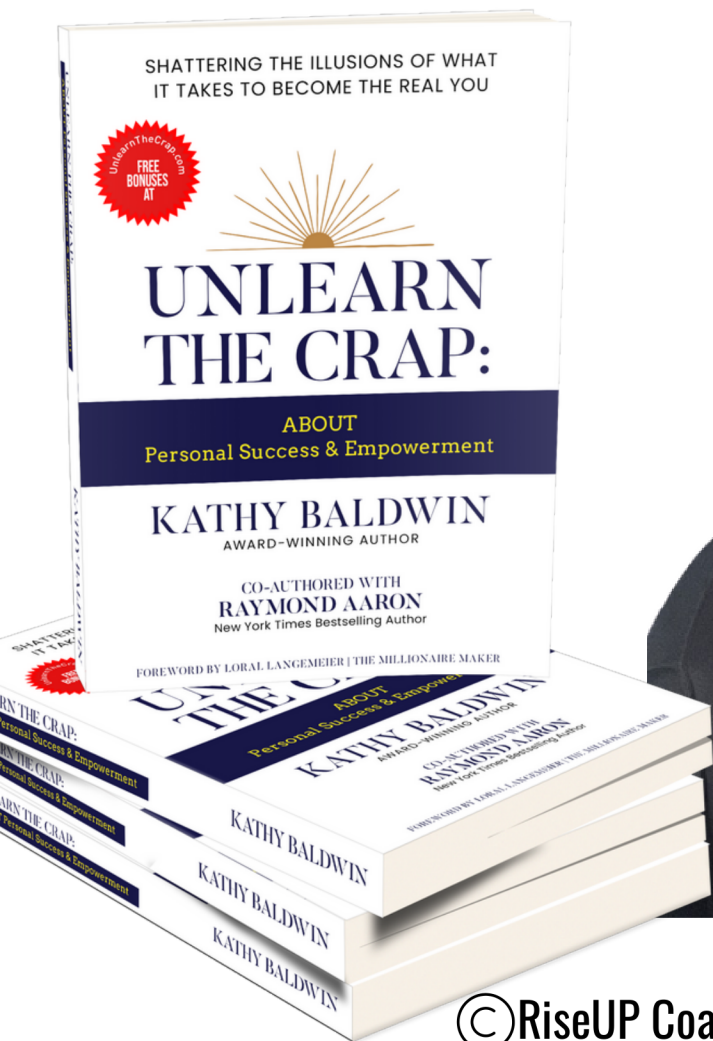




Unlearn the Crap

About Personal Success & Empowerment

Cheat Sheet



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Unlearn the Crap

About Personal Success & Empowerment

Disclaimers: Here is my best lawyer like summary. All products and services by RiseUP Coaching are for educational and informational purposes only. As stipulated by the law, we make no guarantees that you will achieve any specific results from our information because we do not know you. We also are not licensed professionals including but not limited to, in any capacity and all medical, legal, therapeutic or financial advice from this program is to be used at the discretion of the user. The level of success in attaining any stated strategies or results is dependent on many factors including your health, skill, knowledge, ability, dedication, goals, financial situation, family and relationships, love, time, just to name a couple. Because these factors vary between individuals, we cannot guarantee your success or any results in anyway. Failure, or quitting is always a possibility, and we understand that's just life, so proceed with whatever caution is appropriate for yourself. We trust that you are an adult and will make the best decisions possible with the knowledge you have at the time of your decision and even if you learn more at a later date, does not affect your decision for you, your family and your life made at this time. You and you alone are responsible for your decisions, choices and therefore responsible for your outcomes. You agree not to hold us liable for any such decisions or actions you have made at any time or under any circumstance and we agree not to take credit for any success you may create for yourself in the future.

Kathy Baldwin has chosen to specifically add this to the disclaimer. I am a regular human being, loaded with flaws and strengths. I am aware that I am strong, loud and passionate and that my energy may annoy people at some time. We all choose our perspectives and choices and if you choose to dislike me, that is your choice but know that your feelings, thoughts and actions are only about you. Nobody can make you feel or think anything. Only you have that power. Question everything that I say. Take what works and leave the rest. Your heart will know what is true for you. I am simply here to share my experience, my knowledge and my journey in the hopes that what I have endured can be of benefit to others and the world.

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Unlearn the Crap

About Personal Success & Empowerment

Kathy Baldwin Bio

Kathy Baldwin is the founder and lead coach of RiseUP Coaching, empowering professionals to unlock their potential and create meaningful change. An experienced life and business coach, Kathy wrote the book "Unlearn the Crap About Personal Success and Empowerment," sharing her methodology for growth and fulfillment.

After a life-long journey of personal transformation, Kathy created RiseUP Coaching to provide others with the tools and mindset shifts she discovered through her own healing. Blending science, universal laws, and an understanding of the mind-body connection, Kathy guides clients to tap into their inner wisdom and live their best lives.

After years of pushing through trauma, stress, and burying her own needs, Kathy hit rock bottom both physically and mentally. Despite initially turning to traditional medicine, she found it did not provide the solutions she needed to heal and transform.

Kathy then embarked on her own self-guided healing process, drawing on the decades of knowledge she had accumulated from her studies. She began piecing together a step-by-step approach to become the best version of herself, using innovative methodologies grounded in science and universal laws.

Through deep self-reflection and a commitment to listen to her own inner wisdom, Kathy was able to unlock the answers that had always been within. This personal breakthrough inspired her life's mission - to empower others to tap into their own potential and create lasting change.

Kathy is largely self-taught, driven by her own curiosity and desire to heal. She began learning in her early 20's and studied under over 100 mentors, coaches, doctors, biologists, neuroscientists, and quantum physicists over the course of 35+ years. Kathy's mentors and coaches exposed her to a wide range of healing modalities, personal growth practices, and scientific principles. She voraciously absorbed everything she could about human potential, the mind-body connection, energy healing, and holistic health.

Some of the key concepts and frameworks Kathy studied include neuroplasticity, epigenetics, mindfulness, Emotional Freedom Technique (EFT), mindfulness, meditation, hypnotherapy, neuro-linguistic programming (NLP), and the laws of attraction. Kathy is also a certified Body & Emotion Code energy healer. Kathy synthesized insights from neuroscience, biology, psychology, philosophy, and quantum physics to inform her understanding of personal transformation. She continuously refined her knowledge, evolving her perspectives and approach over decades of learning.

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Unlearn the Crap

About Personal Success & Empowerment

Kathy Baldwin Bio

Kathy takes a unique approach to coaching that blends multiple disciplines. She utilizes innovative methodologies based on neuroscience, biology, quantum physics, and energy healing. Her programs are custom-designed for each client based on their goals and needs.

At the core of Kathy's coaching is her commitment to empowering her clients and helping them unleash their potential. She is dedicated to guiding clients aged 45-55 who are at pivotal crossroads in life. Kathy is deeply invested in each person's growth and self-discovery.

By developing a mind-body connection and tapping into universal laws, Kathy unlocks hidden potential within her clients, leading to profound transformations. Her blend of modalities, custom programs, and dedication makes her an incredibly effective coach.

Kathy is deeply committed to her mission of empowering individuals to tap into their inner wisdom and unlock their potential. She offers a range of coaching options to suit different needs, including one-on-one coaching, self-directed online courses with direct access to Kathy, and live weekly coaching calls through her membership site. Her unique methodology blends multiple disciplines to create a holistic approach that links body and mind to enable lasting change.

Kathy continues to share her knowledge and experience through RiseUP Coaching to guide professionals through life's pivotal crossroads, so they can avoid needing to "breakdown in order to breakthrough". Through her coaching programs, book "Unlearn the Crap", and dedication to her clients, Kathy aims to ensure nobody else has to endure the struggles she did on her own journey.



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Unlearn the Crap

About Personal Success & Empowerment

Crap We Need to Unlearn



We do not need to conform.
We are unique that is needed as part of the system.



We are powerless and need to be taken care of by experts,
governments or businesses that they have the answers to our problems.



Get a good education, get a good job, work hard, retire and enjoy life.



Unlearn the Crap

About Personal Success & Empowerment

Truth About Personal Success & Empowerment



We were born with everything we need
we just need to learn how to access it.



Cooperation, collaboration not competition is our natural
state. We were never meant to go alone and isolated.



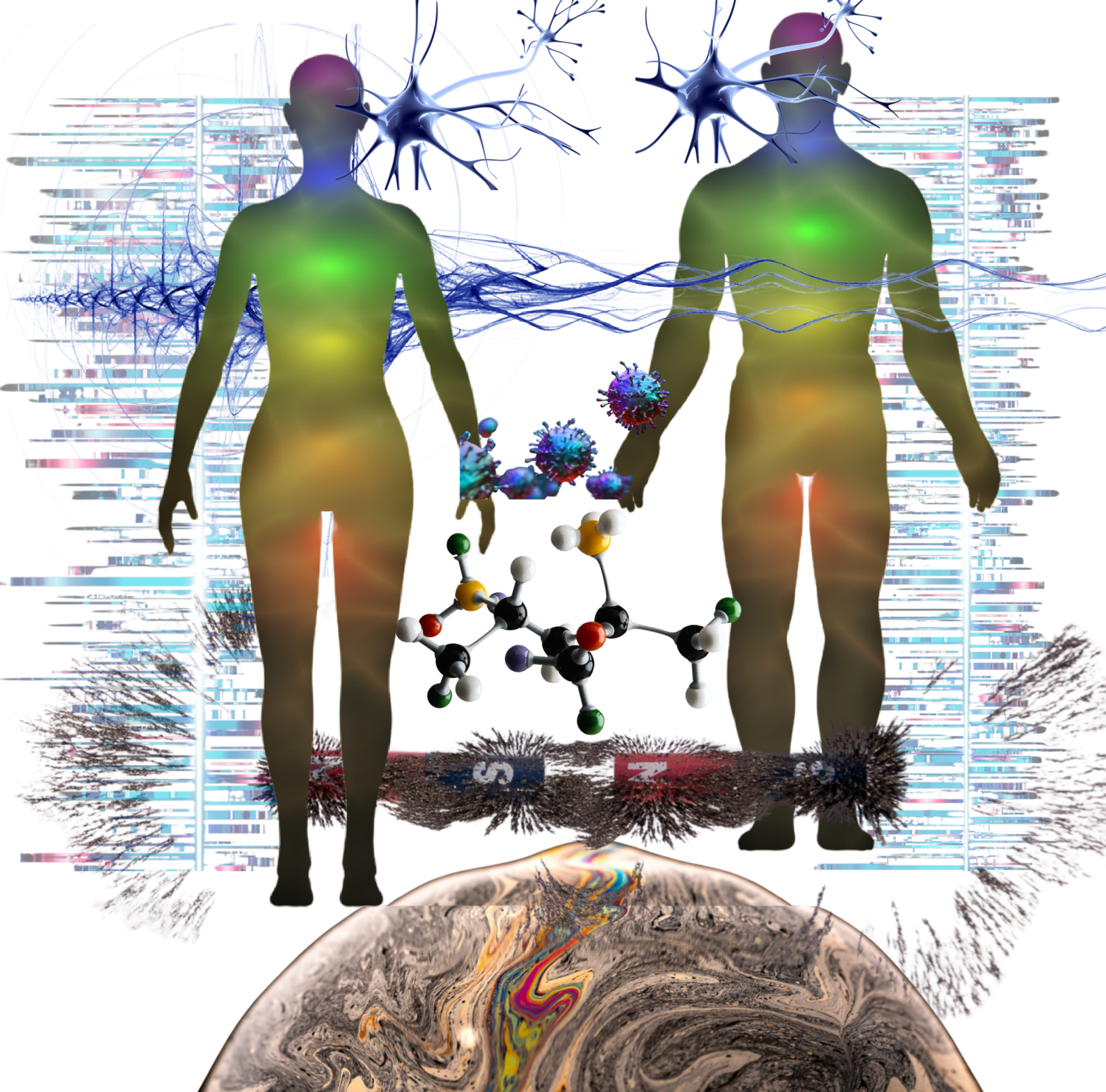
Our dreams and goals are our GPS from our inner self,
guiding us to our purpose and greatest self.



Unlearn the Crap

About Personal Success & Empowerment

We are electromagnetic, biochemical
interconnected, innerrelated complex systems





Unlearn the Crap

About Personal Success & Empowerment

Truth About Personal Success & Empowerment

<p>Law of Oneness</p> <p>We are all parts of the whole and connected. Everything affects everything. Everything matters</p>	<p>Law of Energy</p> <p>Energy cannot be created or destroyed, only transmuted or transferred.</p>	<p>Law of Relativity</p> <p>Everything can only be experienced based on relativity. We create our reality by our perspective. Change thoughts, change reality.</p>
<p>Law of Attraction</p> <p>Like attracts like, anything vibrating on the same frequency is immediately connected. We can choose what we attract by choosing our emotion</p>	<p>Law of Vibration</p> <p>Everything vibrates at a frequency level. Your actions, thoughts and feelings must align with your results.</p>	<p>Law of Correspondence</p> <p>What happens inside of us is a direct correlation to what is on the outside. To know what our thoughts, beliefs are look to results.</p>
<p>Law of Cause&Effect</p> <p>Every action has an equal reaction. We can alter our effects by altering our cause.</p>	<p>Law of Rhythm</p> <p>Everything is in constant motion and circular. Nothing stays the same. Everything is either expanding or contracting.</p>	<p>Law of Compensation</p> <p>We will be equally compensated for our actions, energy and contributions. No action will be left uncompensated</p>
<p>Law of Polarity</p> <p>Everything is 2 sided. We can choose which side we give our consciousness to or change our focus to the opposite side.</p>	<p>Law of Action</p> <p>Inspired action with strong emotions creates. Forced action repels.</p>	<p>Law of Gestation/Gender</p> <p>Everything requires a positive or negative, feminine or masculine in order to be created. There is time between every intention and creation.</p>



Unlearn the Crap

About Personal Success & Empowerment

How to Contact Us or Discuss Working Together

Calendar link for
30 minute clarity call

<https://my.soultr.ee/widget/bookings/gziiemblxruijuppyu0-d6ca5d65-87ff-406b-8bc8-2c46771354dc>



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