



VIRTUAL RETREAT

SAFE TO BE SEEN

WORKBOOK

MEET YOUR MENTOR



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Siddiqi is a trailblazer in Photography, an Emmy Award winner, Amazon best selling author and an Icon Award recipient from the Womens Economic Forum. She specialises in supporting change makers to stand up, stand out and flourish with their gifts and intuition.



MY PROMISE TO YOU

*Visibility will become
your gift to the world!*

RETREAT SCHEDULE

Welcome & Introduction

SECTION 01

DISCOVER WHAT YOU NEED FOR SAFETY

SECTION 02

TALKING TO YOUR IDEAL AUDIENCE

SECTION 03

DISSOLVE YOUR INTERNAL RESISTANCE

QUESTIONS & ANSWERS SESSION W/ SIDDIQI

RETREAT SCHEDULE

10:45 am – 11:00 am PST

Zoom room open – come early and mingle!

11:00 am – 11:45 am PST

Welcome & Introduction

11:45 am – 1:00 pm PST

SECTION 01

DISCOVER WHAT YOU NEED FOR SAFETY

1:00 pm – 1:15 pm PST

Break

1:15 pm – 2:15 pm PST

SECTION 02

TALKING TO YOUR IDEAL AUDIENCE

2:15 pm – 2:20 pm PST

Break *NOTE: Doors are locking for section 3!

2:20 pm – 3:20 pm PST

SECTION 03

DISSOLVE YOUR INTERNAL RESISTANCE

3:20 pm – 3:30 pm PST

Break

3:30 pm – 4:00 pm PST

QUESTIONS & ANSWERS SESSION W/SIDDIQI & WRAP UP

SECTION 1

**DISCOVER WHAT YOU
NEED FOR SAFETY**

RETREAT WORKBOOK

WHAT DOES SAFETY MEAN TO YOU?

HOW do you know when you ARE safe?

WHO do you feel safe with?

WHY do you feel safe?

WHAT do you do when you feel safe?

WHAT IS NOT FEELING SAFE COSTING YOU?

HOW do you know when you aren't safe?

WHO do you not feel safe with?

WHY do you not feel safe?

WHAT do you do when you don't feel safe?

SECTION 2

TALKING TO YOUR IDEAL AUDIENCE

RETREAT WORKBOOK

HOW TO GET CONGRUENT & MAKE CONNECTIONS WITH CLARITY

ROLES

- **Business Owner**
- **Ideal Audience Avatar**
- **Active Observer**

The Business Owner -

From this experience, you will get the information you need in order to define who is your ideal prospect - so that you aren't speaking into a void - you will have a conversation with your Ideal Audience Avatar.

The Ideal Audience Avatar -

You will answer the questions, using your intuition, your subconscious, to say what comes first to your mind so the Business Owner gains insight. There are no wrong answers. You do not have to understand or believe in this experience for it to work!

The Active Observer -

You will listen quietly, noticing what's not being spoken and taking notes to share later with the Business Owner. You will use your gut instincts/intuition to tap into the subconscious reality that the business owner is blind to. Things that aren't being spoken, you will give voice.

For example Sensations, you're experiencing, Facial expressions you see, Voice changes you hear, Energetic dynamics you feel, or any other intuitive data you pick up.

INSTRUCTIONS

ROLES - the characters

PARTS - the questions

ROUNDS - the full exercise (parts 1-3)

- 1) You will be sent to a breakout room with two other people (3 people total).
- 2) This exercise will be repeated 3 times so that each person has the opportunity to perform each role.
- 3) When it's your turn to be the Business Owner, you may choose to record the conversation on your phone. (We will not be recording this conversation.)
- 4) Use your intuition to choose which questions to ask. (You don't have to use every question, trust that whatever you choose is in the highest and best interest of all those involved.)
- 5) You will have 15 minutes total for each round, use about 5 minutes for each part 1, 2, & 3. You will be reminded when it is time to switch to the next round.
- 6) Take a moment as a group to get congruent with yourselves, connect, and center. Focus your energy and attention on the business owner... and then begin the exercise.

PART 1

QUESTIONS FOR IDEAL AUDIENCE AVATAR TO ASK THE BUSINESS OWNER:

Can you share for 30 seconds what you do and who you serve?

Why do you care about me?

What do you know in your heart you are here to provide for me?

What permission are you here to grant me?

What other side of you and your skills do you need to make visible so that you can fully serve me?

What must be true about me for you to be excited to work with me?

As the Business Owner, is there anything else you want to tell me?

PART 2

QUESTIONS FOR BUSINESS OWNER TO ASK IDEAL AUDIENCE AVATAR:

Why do you believe I'm uniquely qualified to help you?

What's missing in my communication with you?

In what ways am I not serving you by being invisible?

What's the pain in your heart that I'm meant to serve?

What do you long for more than anything?

What touches your heart?

What do I stand for in my work that most intrigues you?

PART 3

QUESTIONS FOR BUSINESS OWNER TO ASK ACTIVE OBSERVER:

Why do you believe I'm uniquely qualified to help you?

What's missing in my communication with you?

In what ways am I not serving you by being invisible?

What's the pain in your heart that I'm meant to serve?

What do you long for more than anything?

What touches your heart?

What do I stand for in my work that most intrigues you?

A person with short dark hair, wearing a dark long-sleeved shirt and dark pants, is sitting on a bicycle. They are looking directly at the camera with a neutral expression. The background is a room with a light-colored brick wall and a window with a white frame. The entire image has a reddish-orange tint.

SECTION 3

DISSOLVE YOUR INTERNAL RESISTANCE

RETREAT WORKBOOK

DISSOLVING RESISTANCE

State the internal resistance as a problem
(What are your thoughts, feelings about the problem?)

What's your intention? (the highest outcome or choice)

DISSOLVING RESISTANCE

What came up for you as a result of this exercise?

What's your biggest take-away from this process?

FINAL THOUGHTS

If you were to pinpoint your biggest "Ah-Ha" moment from the retreat, what would it be?

What was effective and what do you want more of?

Our Deepest Fear

By Marianne Williamson

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond
measure.

It is our light, not our darkness, that most frighten us.

We ask ourselves, who am I to be brilliant, gorgeous,
talented, and fabulous?

Actually, who are we not to be?

Your playing small doesn't serve the world.

There is nothing enlightened about shrinking so that
other people won't feel insecure around you.

We are all meant to shine as children do.

It's not just in some of us; it's in everyone.

And when we let our own light shine, we unconsciously
give other people permission to do the same.

As we are liberated from our own fear, our presence
automatically liberates others.