

REAP & RISE OVERVIEW

The REAP & RISE Framework guides professional women from self-awareness to purposeful celebration, ensuring growth is intentional, sustainable, and joyful.

REFLECT — Where Am I Really?

ENVISION — Who Am I Becoming?

ANALYSE — What's In My Way?

PLAN — How To Make The Move

RESET — Rooting Before Rising

IMPLEMENT — Taking One Action At A Time

SUSTAIN — Building the Resilience Bank

ENJOY — How To Celebrate Every Moment