



The Spiritual Glow Up™ Guest Facilitator Pack

A transformational wellbeing workshop for clarity, healing and personal growth with life, business and spiritual facilitator Anne Miles

**Transformational
experiences**

**Tailored
programs**

**All levels of
experience**

**Proprietary
methodology**

Perfect for:

- ✓ Retreat Centres
- ✓ Wellness Centres
- ✓ Yoga Studios
- ✓ Corporate Wellbeing
- ✓ Community Organisations

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Spiritual Glow Up™

A transformational wellbeing workshop for clarity, healing and personal growth



Workshop Overview

Everyone reaches moments in life where they feel stuck. Despite their best efforts, something seems to keep getting in the way of greater happiness, confidence, abundance or fulfilment.

Spiritual Glow Up™ is an immersive wellbeing workshop designed to help participants identify the hidden patterns, beliefs and energetic influences that may be limiting their personal growth.

Combining practical coaching principles with guided self-reflection, meditation and spiritual development practices, participants gain greater clarity about where they are today and practical tools to help create positive change.

Suitable for both those who are new to personal development and those already exploring their spiritual journey, the workshop can be adapted to suit the beliefs and experience of each group.

Participants leave feeling calmer, more connected and empowered with practical techniques they can continue using long after the workshop concludes.

Available Formats

Customised to your needs

Available as 2 hour, half or full day workshops or retreat experiences. Suitable for retreat centres, wellness centres, yoga studios, community organisations and corporate wellbeing programs.

Enquiries

Anne Miles, Facilitator & Teacher

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Spiritual Glow Up™

Signature Program

**The five-stage
Spiritual Glow Up
Method™**

The Spiritual Glow Up Method™ is Anne Miles' proprietary five-stage framework for guiding people from self-discovery to lasting personal transformation.

1

Reveal

Find the hidden
causes of
limitation

2

Release

Clear what no
longer serves

3

Restore

Heal and
rebalance

4

Realign

Create a new
direction

5

Radiate

Live your next
chapter

Workshop Outcomes

Participants will learn how to:

- Identify personal blocks and limiting patterns that may be influencing different areas of life.
- Develop greater self-awareness and emotional resilience.
- Release outdated beliefs, commitments and energetic patterns that no longer serve them.
- Learn practical techniques for creating greater balance, clarity and inner calm.
- Strengthen their intuition and confidence in their own inner guidance.
- Set meaningful goals aligned with their personal values and life direction.
- Develop a personalised action plan for ongoing personal growth.

Signature Elements

Depending on the workshop duration, sessions may include:

- Introduction to the Egyptian Pendulum as a personal self-awareness tool
- Identifying blocks and limitations using Anne's proprietary assessment framework
- Guided soul clearing processes
- Chakra balancing and energy alignment
- Identifying limiting beliefs, vows and soul contracts
- Guided meditations for emotional healing, spiritual guidance and Angelic Surgery™
- Practical life coaching tools and goal-setting exercises
- Individual reflection and group discussion activities

Every Spiritual Glow Up™ experience is tailored to the needs, interests and spiritual comfort level of each group.

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CONTACT ME

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OVERVIEW

- Personal growth and life coaching
- Confidence, resilience and mindset
- Stress management and emotional wellbeing
- Mindfulness and meditation
- Spiritual development and intuitive awareness (optional pathways)
- Energy management and self-care
- Purpose, meaning and conscious living
- Group facilitation and transformational workshops
- Conscious entrepreneurship and values-led business (optional retreat offering)
- Design and build for online self development programs

PROFESSIONAL PROFILE

- 20,000+ [LinkedIn](#) followers
- Founder, [The Art of Alchemy Spiritual School](#)
- [Published author](#)
- Speaker and workshop facilitator
- Social media: @alchemyanne

QUALIFICATIONS

- Certificate IV Advanced Life Coach
- Certificate IV Business Coach
- Executive Coach
- Power Coach - NLP Coach
- NLP Practitioner (twice qualified)
- EFT Practitioner
- Foundations Psychic Mediumship
- Other certifications on request

Anne Miles

Life, Business & Spiritual
Facilitator and Coach

ABOUT

Anne Miles is a facilitator, life coach and spiritual teacher with more than twenty years' experience designing and facilitating transformational coaching programs, workshops and wellness experiences. Combining qualifications in life coaching, business coaching, NLP and EFT with extensive coaching and group facilitation experience, Anne helps people overcome limiting beliefs, reconnect with purpose and create meaningful change.

Alongside her evidence-informed coaching practice, Anne is an experienced psychic medium and spiritual mentor, enabling her to facilitate both mainstream personal development programs and deeper spiritual retreats for guests seeking intuitive growth and self-discovery. Her approach is always practical, compassionate and tailored to the needs and beliefs of each participant.

Anne has facilitated and developed wellness groups, corporate development programs, educational content and transformational workshops, including her Glow Up: Spiritual Circle events, corporate wellness programs for groups of up to 150 participants, and presentations to audiences of more than 500 people. She is recognised for creating safe, inclusive spaces where participants feel supported to explore new perspectives, strengthen resilience and reconnect with their purpose.

With a background spanning coaching, education, leadership development and consciousness studies, Anne is able to tailor retreat experiences across personal wellbeing, emotional resilience, mindfulness, spiritual development, conscious leadership and purpose-driven living. She also brings specialist expertise in supporting entrepreneurs to build values-led, spiritually aligned businesses, providing an opportunity to develop retreat experiences for business owners seeking success that is both sustainable and meaningful.

Anne has created a unique spiritual process, the Spiritual Glow Up Method™, helping clients identify and release the emotional, behavioural and energetic patterns that may be limiting their personal growth.

Anne enjoys collaborating with retreat providers to design engaging guest experiences that complement existing retreat programs while creating opportunities to expand into new areas of wellbeing, personal growth and conscious leadership. Programs can be delivered as evidence-informed coaching workshops, spiritual development experiences, or a tailored combination of both depending on the needs and preferences of each retreat group.

Anne is passionate about helping people leave every experience feeling calmer, clearer, more connected and equipped with practical tools they can continue using long after the retreat concludes.

