



TRUTHTELLER

A Course for Boldly Claiming Your Story



WELCOME TO

Truthteller

INTRODUCTION

womenforONE
share • inspire • grow



Welcome to Truthteller:

A Course for Boldly Claiming Your Story



I'm Kelly McNelis Senegor, and I'm the founder of Women For One.

Along with my team, I created this class for women exactly like you, who have been through something big and come out on the other side, transformed and empowered to tell your story.

In the last few years, we've heard from more and more women who've found themselves trapped in a waiting room, where one door has closed and the other hasn't quite yet opened up for them.

Well, you don't have to wait any longer! In fact, you have the power to transform your life right now.

Everybody has a powerful truth to share—a truth that goes beyond their limiting beliefs about who they are. In order to create a life that is based on making decisions from a place of authenticity and power, you must be willing to process and release these limiting beliefs.

One of the most cathartic and healing ways you can do this is by sharing your story.

Your story matters. More importantly, you matter.

This course is just the beginning of what is sure to be an awesome exploration of your own personal truth and how it wants to come alive in the world.

IN THIS COURSE YOU WILL:

- + Learn how to claim your unique voice with confidence and ease
- + Identify the truth that lives within you—and that wants to be expressed
- + Own your truth and share it with friends and family, your community of fellow truthtellers, and the world at large
- + Join a global sisterhood of women who are transforming the world with their stories and truth-telling

In owning your story, you are giving yourself the gift of a blank slate and a more expansive and exciting life. All it takes is a simple yet profound shift in your perspective.

Maybe you want to share your story to attract your tribe and connect with others. Or maybe you want to explore writing as a way to heal and process old wounds, and to reclaim your power. Whatever your motivation, chances are you're just waiting for someone to give you that nudge to get started, and the permission to be real.

Permission granted.

"Life shrinks and grows in proportion to your courage."

Anaïs Nin

What You Can Expect to Get *from this course*

Stop for a moment and imagine how much richer your life would be if you felt free from the shame you've been carrying around with you for as long as you can remember.

What would it be like to embrace the many stories of your life—not as sources of embarrassment, guilt, and secrecy, but as the very dwelling place of your power?

What if your words actually helped others realize that they are not alone? What if your stories were the catalyst for bringing together a tribe of people dedicated to courageous authenticity?

If you're up for the challenge, you can have all of this, and more!

Like many of us, you've probably learned to hold back some of the thoughts, feelings, and parts of you that you fear would make others uncomfortable or that would cause them to judge you. This course will teach you to step into the empowerment that comes from gracefully owning your story—the comedy, the tragedy, the whole shebang—so that you can move into your life with greater confidence and ease.

In his 1975 book *The Courage to Create*, psychologist Rollo May wrote about the link between authenticity, courage, and creativity: “If you do not express your own original ideas, if you do not listen to your own being, you will have betrayed yourself....A chief characteristic of courage is that it requires a centeredness within our own being. That is why we must always base our commitment in the center of our being, or else no commitment will be ultimately authentic.”

Truthteller will allow you to come back to the center of your being so that you can rediscover your story and begin to view it in a brand-new light. When you do this, you will learn to “write like no one is watching.”



Additionally, you will dive into the depths of your life experiences to create compelling stories that are unhindered by doubts and judgment. You will also become connected with a global community of courageous truthtellers who will support you as you continue to explore your truth, identify the stories that want to come alive, and become a better writer in the process.

By the end of this course, you will have a bold, high-quality, publication-ready piece of writing—a work of genuine truthtelling that will be shared on the Women For One website, if you choose to submit it.

It is important to note that you need not consider yourself a writer in order to express your truth! In fact, **Truthteller** was especially created for people who simply wish to get to know themselves on a deeper level, and to express their truth with more boldness and conviction. Although you might want to use this course as a springboard for other writing projects, the purpose of **Truthteller** is to help you tap into your authentic voice and find solace in the gift of your story.

We live in a world where authenticity is quickly becoming a rare and valuable resource. But even as the pace of life becomes more hectic and mass media—manufactured fantasies and reality TV—generated stardom seem to fill the airwaves, we are discovering more than ever that people yearn for the truth, above all else.

All of us long to connect with people in a way that is simple, direct, truthful, and profound. Although we might be inundated by the white noise of social media and advertising, our Facebook newsfeeds continue to overflow with stories about real people and their most transformative experiences. TED talks and blog posts about truth and vulnerability continue to go viral and touch the hearts of audiences across the world.

All of this proves that the heroes and heroines of today aren't celebrities and world leaders. They are the everyday men and women—just like you—who are willing to embrace their truth and offer the world a window onto their particular slice of life.

The Structure of the Course

Truthteller is made up of five modules (as well as an **Integration Week** worksheet between Modules 3 and 4) and recordings of calls from the class when it was being taught live. You can find all modules here: <http://womenforone.com/truthteller-course-homepage>

Each module contains a 15–20-minute audio that dives into the themes you'll be exploring for the week, as well as a “workbook” that includes a variety of written materials, short free-writing exercises, and Homeplay.

HERE'S HOW ALL THE PIECES OF THE COURSE *fit together:*

MODULE 1 THE POWER OF TRUTHTELLING

Truthtelling is a powerful part of a woman's life. Sharing first-person accounts of our experiences can help us create connection, community, and healing.

In this module you will learn:

- + The difference between storytelling and truthtelling, and how making this distinction will transform you
- + Which of your stories have impacted every aspect of your life
- + How evocative stories that engage all our senses connect us to the core and truth of our experiences

MODULE 2 EXPANSIVE VS. LIMITING STORIES

Stories have enormous power over our lives. Limiting stories ultimately disempower us and keep us playing small. In contrast, expansive stories help us cultivate a deep sense of empowerment and joy.

In this module you will learn:

- + The importance of moving beyond the limiting thoughts and beliefs that keep you trapped in the pursuit of perfectionism
- + How your ability to truth-tell is inhibited when you internalize judgments or find yourself judging others
- + How expansive stories help you access your genius and true brilliance

HERE'S HOW ALL THE PIECES OF THE COURSE

fit together: (continued)

MODULE 3 IDENTIFY THE MONSTERS IN YOUR CLOSET

We generally do everything in our power to keep our secrets hidden, as they tend to be the biggest source of our shame. By diving into the darkness and facing up to the aspects of yourself that you tend to avoid, you'll learn how your shame and secrets hold the key to your most expansive stories.

In this module you will learn:

- + How shame stops you from showing up in the world as your authentic self
- + How to face up to the stories you've kept hidden away and explore your fears while exercising radical self-compassion
- + Most importantly, how to understand and own your truth before sharing it with others

THE POWER PAUSE: INTEGRATION IS THE KEY

We will take a break from our deep soul searching and go within to offer ourselves the utmost love, compassion, and self-care. This is especially important in the process of truth-telling, which can be taxing on our bodies, our hearts, and our spirits.

So take a power pause for as long as you need to (two weeks is ideal) and offer yourself as much self-care and love as you can.



MODULE 4

CLAIM YOUR VOICE & SHARE YOUR TRUTH

Recognizing and learning to take pride in who you really are is a crucial part of owning your identity and writing your story. By exploring the undiscovered facets of your truthtelling voice, you will come into a greater appreciation of who you are and how your unique perspective can help you create the most powerful story possible.

In this module you will learn:

- + How to access your raw authenticity and vulnerability, which will enable you to claim your voice in a more powerful way
- + How to share your truth with both your most supportive friends and the people who routinely criticize you, as well as the world at large
- + How to identify and harness your unique truthtelling voice

MODULE 5

EMBRACE IT ALL





In the final week of the course, you will complete a work of truth-telling that you began during the first module. You will be able to see how powerful your life can be when you truly embrace the light, the darkness, and the messiness that make up your world.

In this module you will learn:

- + How to take the story you've written forward into the next chapter of your life in a powerful way
- + How to create your own "Truth-teller Manifesto" and commit to living it
- + How to revel in the transformative power of opening up to your new tribe, a group of women from all walks of life who have come together to fiercely share their truths



Each workbook in the module will contain the following sections:

-  → Written lectures that will help you navigate the module's themes and content
-  → Soul Digs: Free-writing exercises you'll find between written lectures, where you will respond to a variety of short writing prompts
-  → Feminine Wisdom: A non-writing activity that will help you to connect with your body, your intuition, and the environment around you in a more meaningful way throughout this journey
-  → Homeplay: A series of written assignments at the end of each module that will help you dive into the module's themes and fortify your truth-telling muscle along the way

You'll also have access to a secret online community on Facebook. Reserved exclusively for Truth-teller students, this is a space where you'll be able to connect, engage, periodically be inspired, and grow into the writer that deep down you know you are. Women For One staff will be on the page to answer your questions and offer tips, questions for inquiry, and other food for thought. Be sure to check your email for an invitation to the Facebook group. If you don't have a Facebook account, we encourage you to create one specifically for the purpose of this course.

The Facebook page is completely private, and nobody except the course participants will be able to view the content that is shared.

Don't forget to take advantage of following special bonuses available on the course homepage:

- + A guided audio meditation that will ground you in your creative process
- + A series of writing supplements that include storytelling and grammar tips
- + Women For One Truth-teller Christine Hassler's audio CD, *Meditation Rx: Guided Meditations to Treat Your Mind and Heart*
- + An exclusive audio about the power of storytelling with author Barnet Bain
- + Cara Bradley's *Vigorous Vinyasa Flow* video & *10 Tips to Show Up and Shine Everyday* PDF
- + A 50% discount code for Women For One's online shop, <http://womenforone.com/shop> (Use promotion code **BOLDLYSHARE**)

Optimizing Your Experience *of the course*

Here is some advice for making your experience of Truthteller as fabulous as possible:

+ Don't wait until after the course to do the work.

Luckily, the materials you'll receive will be yours for life, but take advantage of the course in real time in to get the most out of it. Each module builds progressively on the material from the week before, so keeping the material fresh in your mind will be integral to your progress, as well as your inspiration.

+ Complete the assignments to the best of your ability.

You'll work on a variety of writing exercises, from the short free-writes you'll find in your Soul Digs to the more extended reflections you'll participate in during the Homeplay. While the amount of time you spend on the assignments will vary, I try taking between two and five hours per week to listen to the audio, read through the module, and complete the Soul Digs and Homeplay assignments. But truly, you can take as long as you need to work on each module and put as much time as you have into it . And then, you can come back to the course and do it all over again! How cool is that? It's the gift that keeps on giving.

Try to devote as much time as you can to the coursework, but please don't stress if you can't complete every single assignment. This course is meant to challenge you to step outside your comfort zone, but it's also meant to be fun and accessible, no matter where you are in your life.

The exercises throughout the course will culminate in the 750–1,000-word piece of truthtelling that you will build on and refine during Modules 4 and 5. Then, if you wish, your work will be published on Women For One's website, which currently reaches more than 600,000 people across the world.

+ Save all your work in one place.

You may choose to print out your Soul Digs and Homeplay assignments, or you may prefer to save your work digitally. Whatever the case, it will be important to refer to your writing from previous modules throughout the course, for easy and convenient reference.

+ Create intentional space and time around this work.

We all feel inspired and refreshed at different times of the day. Maybe you have a special armchair where you like to read, meditate, or sit and think to yourself. Whatever the case, be sure to carve out the mental and physical space that will allow you to get the most out of this class.

+ Know that resistance and confusion are par for the course.

If you find yourself coming up against a brick wall in your creative process or doubting the direction that your story is taking, please don't worry. You are exactly where you need to be! The main thing confusion signals is that we have come face to face with the unknown. Contrary to how it might feel, this is good news! New neural pathways and creative solutions arise from confusion, as long as we remain open and continue to ask questions of ourselves. A scrambled brain might not feel amazing, but when we say "yes" to the sensation, we gain awareness about something we didn't previously know. We rewire our brains and bodies so that we are better able to respond with enthusiasm and curiosity rather than dread.

+ Use the Facebook group and other forms of community support.

The work we are doing in this course is for those who want results and are willing to do whatever they can to get them. But even the most courageous warriors know that the best way to keep fighting the good fight (in this case, in the name of truth, authenticity, and everything that makes us magically unique) is to ensure that we have reinforcements in the form of a supportive community. If you'd like an accountability buddy to check in with throughout the course, feel free to mention your interest on our Facebook page. If you are feeling stuck or simply want to spill your heart out and share your experiences, feel free to connect with the Facebook group, which will be moderated by Women For One staff.

You are not in this alone.

Connect with loved ones and trusted advisors in your life. It's always a good idea to reach out for support and to engage in fundamental self-care, as you are embarking on a deep and powerful journey.

If you ever have technical questions or need to get in touch with someone from the Women For One team, hit us up! We are here to guide and support you every step of the way, and we are just an email away, at truthteller@womenforone.com.

The background of the entire image is a soft-focus photograph of purple flowers, likely lavender, with green foliage. A rectangular border composed of small, alternating yellow and blue dots frames the central text area.

READY TO BECOME A TRUTHTELLER?

Step up—your life is waiting for you to make it happen.

LET'S DO THIS TOGETHER.

Dive into your truth and make the world a better place.

Before answering the questions in this worksheet, listen to our Truthteller grounding meditation [HERE](#).

1. Why am I excited about taking this course?

2. What are some of my fears?

3. What do I most want to get out of the Truthteller experience?

4. What intentions would I like to set for myself during this course?