

Beyond The Inner Battle

2 Keys to Inner Freedom

Stop managing the battle. Start moving beyond it.

An interactive workshop for women hosted by

Mariah Michele Acree

Founder & Facilitator of the Inner Freedom Shift

The racing thoughts that won't quiet down. The self-judgment that shows up no matter how much healing you've done. The endless internal back-and-forth over decisions that shouldn't be this hard.
If this sounds familiar, you're not alone, and you're not wrong.

A different approach is available, and that's exactly what this workshop points to.

Workshop Description: Beyond The Inner Battle: 2 Keys to Inner Freedom is a thoughtfully crafted workshop for women who are sensitive, deeply feeling, and already on a healing or spiritual path, women who've done inner work but still find themselves caught in an ongoing inner battle of overthinking, self-judgment, and inner conflict.

This workshop offers a perspective-shifting look at why the inner battle persists even after effort and inner work. It doesn't stay at the level of ideas: through storytelling, inquiry, and a guided contemplative exercise, the teaching is designed to land on a felt level, not just be heard and interpreted as more information. Attendees then receive two awareness-based practices to begin applying immediately. The workshop opens with a brief mention of my one-to-one program, The Inner Freedom Shift, and closes with a fuller invitation for those who feel called to go deeper, though this isn't the focus of the workshop itself.

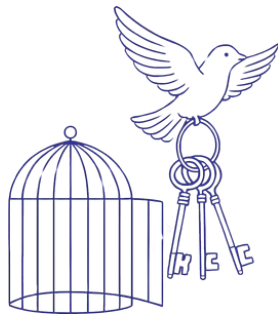
Please Note: This workshop is educational and exploratory, offered through an awareness-based, coaching, and spiritual lens by Mariah Michele Acree, a certified non-clinical spiritual counselor. It is not therapy, clinical treatment, or a substitute for mental health or medical care, and Mariah is not a therapist. Participants are encouraged to take what resonates, leave what doesn't, and use their own discernment. Anyone experiencing a mental health challenge or crisis should reach out to a licensed professional for support.

In-Person Workshop Run Time: Approximately 75 to 90 minutes

Online Workshop Run Time: Approximately 60 to 75 minutes

What I Provide: Everything needed to deliver a complete experience for your community. I handle it all, from content to promotion materials, including:

- Full facilitation of the workshop, including all content and guided practices
- A workshop reference for attendees
- The Zoom room, if hosted online, so no physical venue is needed
- Ready to use promotional materials: flyers, social media graphics and captions, an email blast blurb, and any other assets to make spreading the word as easy as possible on your end
- Suggested schedule for promotion
- A listing on my own website
- Online registration platform, if needed. (Use of the venue's registration platforms is preferred.)



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The only thing I ask of you is to share these materials with your community and invite your network to attend.

What I Ask From You:

- **Promotion:** sharing the materials I provide with your audience and inviting your network to join.
- **If in-person:** a space with seating for attendees, in addition to promotion.
- **If online:** no venue or seating needed, just promotion.

In return, your community receives a valuable, complete experience at no cost to you to put on, and you receive a portion of registration proceeds (see pricing below).

Workshop Pricing & Collaboration: I believe the best collaborations are mutually beneficial ones, and I approach every venue collaboration with that in mind. I specifically seek collaboration with venues that share a passion for uplifting, inspiring, and benefiting the community. Pricing and revenue arrangements are flexible and designed to work for both parties, whether the workshop is hosted in person or online. Registration pricing typically ranges from \$20 to \$45, depending on what feels most accessible and appropriate for your community. Common revenue arrangements include a 70/30, 60/40 or 50/50 split of registration proceeds. **My goal is to land on an optimal arrangement for your venue and community, specifically so that hosting this workshop feels like a win for everyone involved.**

If you're interested in bringing Beyond The Inner Battle: 2 Keys to Inner Freedom to your community, I'd love to connect by phone or Zoom to explore what a collaboration could look like for you specifically. Thank you for considering Beyond The Inner Battle: 2 Keys to Inner Freedom as an option for your community!

What attendees walk away with:

- A transformative perspective that answers the question "Why am I still caught in this inner battle?"...one that gets to the root of overthinking, self-judgment, and inner conflict, and can transform how they approach it
- Clarity on 2 false beliefs that may be quietly keeping them stuck without realizing it
- 2 keys (awareness-based practices) that are applied immediately and experientially in the workshop, and can then be continuously applied, to begin shifting beyond the inner battle and into inner freedom

About Mariah Michele Acree: Mariah Michele Acree is an Intuitive, Spiritual Coach, Creative, and the Founder and Facilitator of The Inner Freedom Shift. She received her certification in Spiritual Counseling (non-clinical) from Delphi University of Spiritual Studies and has offered intuitive readings for over a decade. Her offerings are the result of a lifelong journey. It has included spontaneous spiritual experiences, deep psychological exploration, healing across many modalities, and decades of immersive study spanning spiritual traditions, religions, philosophies, and anthropology. At the center of it all were two pursuits eventually recognized as one: the search for peace and the search for Truth, not as an idea but as a direct, felt experience. Forgiveness in its deepest, most radical sense and practice is what opened the door, leading to a direct experience of the peace and Truth she had been seeking, not as permanent attainment, but as lived confirmation of what is possible. It remains the heart of The Inner Freedom Shift: work centered on the conscious recognition of one's true presence, accessed through willingness, honesty, awareness, inquiry, and forgiveness. Mariah knows the particular suffering of a mind at war with itself. She also knows the way through. The journey continues to unfold, and so does Mariah's expression of it, through The Inner Freedom Shift program, her workshops, and creative endeavors, including writing, music, acting, and art.

Learn more at www.mariamichele.com.