

# REST, RESTORE & RISE

ONLINE COMMUNITY AND COACHING

Mondays 5-6:30pm PST  
January 13 - March 31, 2025

BREAK FREE FROM FEELING STUCK, EXHAUSTED,  
FRUSTRATED AND LOST SO YOU CAN ONCE AGAIN  
KNOW CLARITY, CONFIDENCE, EASE AND JOY.  
SO MUCH JOY!.

... AND ALL WITHIN A SAFE AND NURTURING  
COMMUNITY OF LIKE-MINDED WOMEN.



**Book a Discovery Call to learn more**

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Bottom line, we live in a society that celebrates the hustle. We are trained to drive, push, strive, please and achieve. We also live in a society that experiences epidemic levels of depression, anxiety, physical, mental, relational and financial distress. The correlation between the two is undeniable and documented.

But, there is another way. A kinder, softer and more generative way. One that offers abundance, health, joy, clarity, purpose, freedom and ease without the struggle. One where your energy is restored, your vision of your desires is clear and your capacity to give and love is expanded.

THIS IS THE REST, RESTORE & RISE WAY

Book a Discovery Call  
[info@jillrosecoaching.com](mailto:info@jillrosecoaching.com)

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## The WHY . . .

Maybe like me, you are a woman that has been a high achiever. You have worked your fingers to the bone to meet your goals, been a pillar at your work, made sure your family and community are cared for, have anticipated everyone's needs and wants and have been excellent at it all.

Yet, underneath the accolades and achievements, something's missing. There's a nagging feeling that there's got to be more. You've tried to ignore it. You've doubled down to work harder.

You show up for others even more. You may be ailing physically and chronically. Your relationships may be suffering. Your bank account is dwindling and your anxiety is intensifying.

No longer do vacations, massages, yoga classes, girls night's out, etc relieve this growing ache. That feeling of wanting more is getting louder.

Here's the thing: That voice is right - there is MORE and you are meant for it. I know because I have been there and I have worked with hundreds who have experienced the same transformation as I.

But unlike what we've been told, the transformation to MORE doesn't come from strenuous, arduous pushing and forcing. It actually comes from letting all that go. It comes from a place of ease.

Imagine laying down all the effort, exhaustion, guilt, striving, and people pleasing to finally know peace, abundance, connection and purpose. Doesn't that sound nice?

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## The WHY . . .

I developed REST, RESTORE & RISE because I too, constantly felt like I was pushing a boulder up a hill. After many years of struggle and frustration, I happened upon a different and kinder way and it changed my life. I then spent several years breaking down the formula to it and RRR is that formula. It's what I used to set myself free and lean on for the success of hundreds of women with whom I have worked. I have developed it into an accessible and adaptable program that eliminates the short term fixes and sets you up for all the joy, freedom, passion and ease you desire for life.

RRR is a gentle yet a proven and effective approach that is based on the foundation that:

1. You already possess everything you need to rise into the woman you are meant to be
2. A softer, sweeter and kinder approach will always be far more generative than a shame-based or harsh and critical practice and ALWAYS yields more sustaining results
3. You rising into YOU only benefits the world around and gives women and girls alike the permission to play bigger in their lives too
4. You are so dang worth it! And once you stop believing the limiting narratives and stories floating through and around you, you will know how truly brilliant you really are. And my friend, you really are.

# Rest, Restore & Rise

The What . . .

+ Community

The RRR Program is broken into 3 phases, each building upon the last. For this special container, we get to follow the natural rhythms of the seasons too. Rest and gather our nutrients in the cold winter of January, Restoring in the season of love in February and like the blooms across the gardens, March will see us Rise.

Expansion, transformation and healing can feel lonely and isolating because we tend to think we're the only ones going through it. In the RRR Community, you will find that not only are you not alone but that other women feel the very same Together, you can connect, share, witness, learn and inquire; supporting not just your own growth but that of the other brilliant, bold and brave women in this community too.

The Rest, Restore & Rise Community is a place to . . .

Support and be Supported  
Celebrate and be Celebrated  
Lift and be Lifted  
See and be Seen  
Include and Belong

A place where you don't have to show up as anyone other than who you are, right where you are.

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# Rest, Restore & Rise

**REST:** These first 4 weeks are the foundation of the program. By examining the historical, cultural and societal context of rest, you will understand your own relationship with it, and likely your resistance to it as well. You will learn that Rest expands far beyond a good night's sleep and is a full re-calibration of your nervous system. Further, you will learn that rest is a deeply personal and specific practice and best, you will learn your most authentic and thus most sustainable strategies.

**RESTORE:** Building upon what you've learned about Rest, This phase will teach you how to restore your energies and fill your tank once again with practices and strategies that can be integrated into your daily world without adding more to an already full plate. These are practices that you will carry with you long after the 12 weeks of this program and will enable you to move less reactively, and more thoughtfully to circumstances, decisions and directions that are in alignment with your highest self. You will come to know the power of a kinder approach as you find yourself melting into it and because of it, gain more clarity about past patterns of behaviors and stories that have kept you small.

**RISE:** The last 4 weeks are where the fruits of our labor will emerge. Rise is the third phase and where the rubber meets the road. This is where you will apply all you've learned and put it into practice. You will likely notice opportunities and synchronicities arise as you begin to summon your new skills and knowledge. You will begin to trust yourself to take and discern aligned actions because you've built that trust within and know it's the necessary and strongest foundation to live authentically, powerfully, creatively and oh so lovingly.

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## Here's how it works . . .

For 3 months, beginning in January, we will gather weekly for 1.5 hrs online via Zoom (if you can't make it live, recordings will be provided).

Using the Rest, Restore & Rise curriculum as the framework, we'll spend the first portion of each week working through the material, and imagining and practicing it in our own worlds. The second part will be devoted to a special blend of inspiration, conversation, communion, sharing and inspired practices such as thoughtful and intentional movement, meditation and, breathwork practices designed to build connection, clarity and joy.

And for the time between gatherings, you will have access to a dedicated WhatsApp group to maintain connection and ask or share with the group.

Additionally, optional homework and worksheets will be provided so that you can apply it in your real world.

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## Program Details:

- 12 x 90 minute sessions
- Mondays 5-6:30pm Pacific
- January 13 - March 31, 2025
- Gathering Via Zoom, recordings will be provided
- PDF worksheets and occasional homework provided
- Private RRR WhatsApp group to stay connected in between gatherings

## Investment:

\$999

Or

\$333 monthly for 3 months

(Jan, Feb, March 2025)

Early Bird Special

15% off until January 5, 2025



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It's been several years now since I developed and implemented the Rest, Restore & Rise methodology into my own life and then into that of my life coaching clients. The transformation has been tangible, joyful and so dang fulfilling because it actually works and works well beyond the 12 weeks of this container. These are tools and strategies that you can carry with you throughout the rest of your life.

Here's what some of my clients have to say . . .

“Our time together has changed my life. I have worked with a handful of therapists and nothing has had this kind of life-changing impact . . .  
I am forever grateful”

“Thank you feels inadequate but it's what I most want to say. Thank you for your guidance . . . you helped me see a path I didn't know was there”

“Jill Rose is not only a skilled coach and facilitator, she is a master at connection. Connection with oneself, connection with others, connection with her. She beautifully guides women on a journey that is incredibly personal even though it is in a group setting. She holds space for each person allowing for vulnerability and reflection in a way that feels safe and empowering”

“I found myself exhausted in the middle of my life. I wasn’t unhappy, just so tired. I’d done everything I was supposed to do: raised my children, did my work, cared for my parents. Everything was changing. There were children to launch, death and losses to grieve, a body in transition. I knew it was a time of opportunity, but for what? And how could I do anything when I had no energy? Enter Jill Rose. Nurturer. Question asker. Firestarter! With love and compassion and so much joy, she helped me see the things that were making me tired, and showed me ways to change them. And together, we looked gently, but intensely, at all the things—the ambition, the dreams, the desires—I’d set aside when I was busy taking care of others. Through lively question-asking and dialogue, exercises to put me in touch with my innermost self, a big toolbox and plenty of encouragement, I found what I needed—and what I wanted—to start this next thrilling chapter of my life with passion, integrity, and focus. I am exactly where I need to be, where I WANT to be, and feel profound gratitude for the ways in which Jill coached me.”

“Self-care and self-love have been preached to me numerous times before, but it took Jill’s tenderness practice for me to start to see a change in myself. Her techniques for recognizing and managing intrusive thoughts have kept me in alignment, and I’ve found myself being able to implement them outside of sessions. I really like who I am becoming because of Jill and her tools”

“Through Jill’s expert coaching, challenging prompts, and candid wisdom, she offers resistance to the conditioning that women need to remain busy and exhausted and in service to others in order to be worthy. Women are at their very best when they are rested and in community witnessing each other. Invest in yourself for no other reason than you deserve to receive what you so freely give others”

“I took a chance on working with Jill, knowing little about her when I first reached out, and am so grateful I found her! Jill has a gift in creating a space to speak freely, uncover the big dreams and focus on the right questions. She helped open my eyes to see the constraints I placed on my own growth. And in so doing she opened my eyes to a broader perspective of how to fully live”

About Jill Rose . . .

Hi, I'm Jill and I am a life coach, speaker and facilitator. My passion and purpose is helping women like you unleash their full potential and live authentically.

I want to provide you with the tools to feel excited, energized, confident, and clear on your goals. As women, we're often taught that our value is tied to how much we do for others, but I've learned that kind of thinking can be a trap. I know because I've been caught in that trap too – always striving and hustling to do it all and do it all well. Until I hit a wall. My body and mind were exhausted and I knew I needed to rest, but I felt guilty even considering it. That's when I started diving deeper into why women feel compelled to push themselves to the point of despair. What I learned has revolutionized the way I view rest and self-care, and I'm excited to share those insights with you.

This program is designed for you – to help you avoid the pain I experienced. I've been where you are and I know the way out. Rest is how we rise into the women we are meant to be, and I'm here to guide you on that journey.

In addition to my beloved work, I am a wife, a mother, a baker, a walk-taker, a yogi, a voracious reader and an occasional knitter who's goofy labs are always nearby.

[Learn More](#)

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