

# Unveiling the Shift

Hey ,

This past season held, not only, an eclipse on the Sun, but an eclipse on **Nomad Haven**, it may not be all that you have been waiting for...

As homage to this sacred and transformative time, we have taken a mindful break from the community to tune in and listen to the whispers of our souls.

We are now ready to break the silence and announce **some exciting news!**

We are over the moon to officially welcome you to...

## We The Haven

Yes, we are changing our name from Nomad Haven to We The Haven! ☺

### Why?

Being a **nomad** has become less important in our mission of creating a safe-space and the supportive community we had always envisioned.

**We The Haven** is for **all women** creating in the **digital realm**.

Embodying a balance of **discovery** and **exclusivity**.

**Intimacy** and **expansion**.

**Authenticity** and **advancement**.

This is all so **deeply rooted** in our community.

We are changing the conversation of business by encouraging the integration of proactive balances of feminine & masculine energies in **your** business.

Buckle up...this love note to you is jam-packed with updates.

So grab your favorite tea, cacao or matcha and indulge in this wave of freedom we are embarking on together.

[Learn more](#)

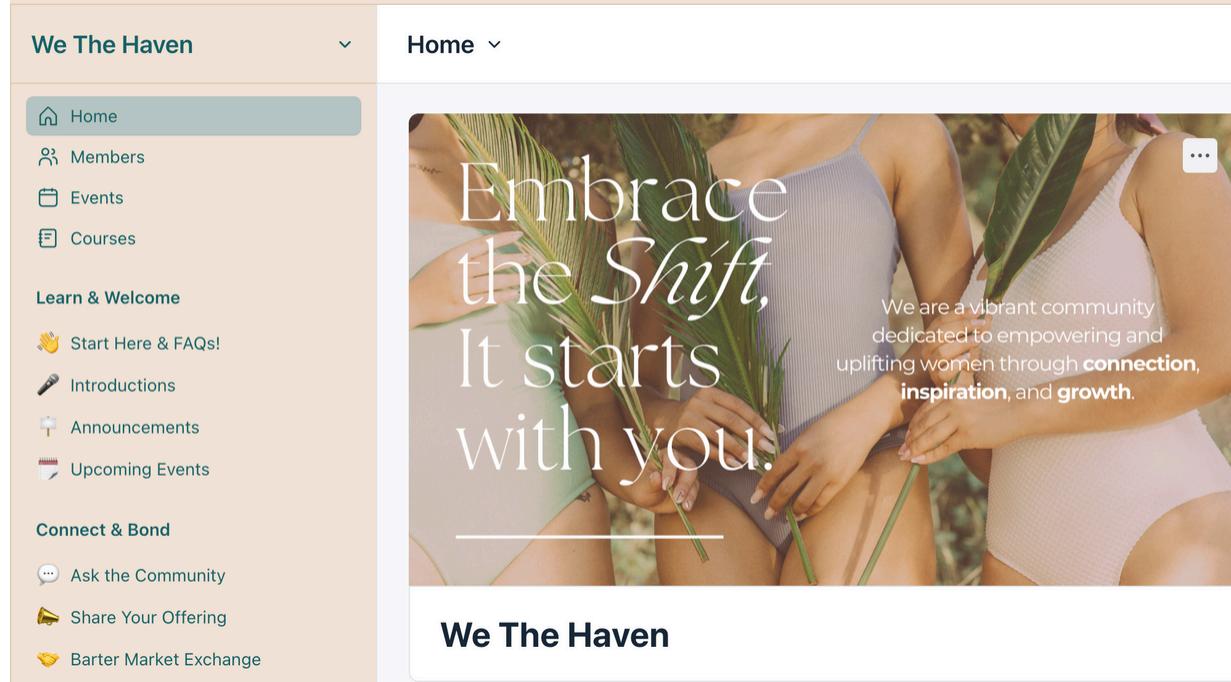
**Besides the name change, how else are we shifting?**

## 🌈 Up-leveling our member portal to an intellectual virtual haven:

We are creating an easy-to-feel-and-navigateable member portal for our members!

This includes: our resource library, downloadable templates & blueprints for business owners, growth circles, a member directory, exclusive barter exchange market and much, much more!

(Take a sneak peek below on what it looks like!) 🙌



## 🌐 Reduced Membership Fees & Increased Accessibility

We believe in the intuitive power of expanding our global access.

Through our messaging and online storytelling, we **know** we will attract the women that we desire in our virtual energy field.

Our membership access is now **\$55/month** or **\$550/yearly**, we have given early access to our current members and we are now opening our portal doors to you, , to join us on the inside... 🙌

[Shift with us](#)

**Let's Grow & Gather...together!**

**\$55**  
*monthly*

**\$550**  
*yearly*

Cancel anytime, a flexible & flow subscription - supporting you with the seasons you navigate through.

Receive 2 months free (gifting you \$110), and commit to this journey for the long-haul with us.

[Shift with us](#)

[Shift with us](#)



We are passionate about bringing curious & authentic women business owners together in a safe space to feel nourished creatively, spiritually & collectively in our womanhood.

We are here to unlearn past patterns & conditioning. To remember our true essence and become the women we are meant to be.

## Introducing you to...Growth Circles!

**Growth** is multi-faceted.

And we all know that growth does not happen overnight, (as much as we wish it to, hehe)!

It takes **time**, **intentionality** and **love** in the process.

You are your own unique essence, .

So we have decided to honor that, in it's **entirety**.

Alongside our bigger monthly events, we will be hosting micro events circled around topics of your choosing with other women that are subscribing to that topic too.

**Growth Circles** are spaces to come together to quench your curiosity, connect and bond with other members to thrive in cultivating balance, prosperity and freedom.

## CYCLE SYNCING

## BUSINESS GROWTH

## CONTENT CREATION

Understand your hormonal rhythm & sync your business with your cycle 🌸

🌱 Cultivate & grow your business in an authentic and intuitive way

Overcome creative blocks, feel inspired by other creatives & show up online 🌈

## ASTROLOGY & THE MOON

Explore your celestial cycle & your intuition alongside women excited to do the same! 🌙



Quench your curiosity on reading books on topics of femininity, longevity, leadership & more 📖



Discover your unique design, unearth innate strengths, & what you're stitched to do on this earth 🧠

We believe these Growth Circles will actualise our mission to provide safe spaces to encourage women in business globally to integrate honor for their feminine energy in a traditionally hyper-masculine industry.

Let's grow and gather



Let this all marinate and sit in your body.

It's a lot to digest, we know.

We're in it for the long haul with you too, .

Are you ready to shift with us?

Sending much love,

**Flaminia Buda, Founder & CEO**  
**Team at We The Haven**



This email was created with Wix. [Discover More](#)

# We The Haven

Hey ,

July 5th, tonight, the world experiences a **New Moon**.

**This New Moon rises and falls with the Sun.**

● It is too close to the Sun to be visible...

...it takes time for her to shine bright again 🌚

This is humbling.

**This feels right.**

I am so happy you are here with us, .

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## Authentic Connections Event

July 10th, Wednesday, at 5pm CET



A time to get to know each other as members - to play & grow together.

We love these sessions as they are a great way to gather soulfully in the virtual world, and connect in a deeper and more meaningful way.

[Join the community](#)

## What's Happening in We The Haven:

- 🏃 Our current members are transitioning over to our new **Member Portal** and they are **LOVING** it!
- 🌿 Applications to become a **Growth Leader** are open! If you are a women business owner and you want to host your own circle with us to practice sharing your wisdom and voice, then apply [here](#)!
- 📅 We are planning our upcoming events for the year and can't wait to share with you what's to come, so stay tuned!
- 🌹 Join the waitlist for our [in-person soul-retreats](#) that are in the making.

The community and I can't wait to hear from you.

Can't wait to share our next update with you, but until then...

enjoy the space  
between where  
you are

and

where you  
are going.

From our hearts to yours, .

**Flaminia Buda & We The Haven team**



This email was created with Wix. [Discover More](#)

# We The Haven

Hey ,

✨ The **Sirius'** (our galaxy's Celestial Spiritual Centre) alignment last week with our Sun was a beautiful sight to behold.

This marvel signifies an intense period of rebirth.

Tomorrow night marks the First Quarter of the New Moon.

🌙 Which side is illuminated depends on where you are on Earth.

Roughly two days later, golden sunlight illuminates the Moon peaks of Montes Jura;

Unveiling **The Jeweled Scimitar** 💎

The experience is beautiful, yet, fleeting.

It teaches us to be present with change and enjoy its beauty;

Like this phenomenon, **change is fleeting**.

At We The Haven, we know each of us experience change differently.

Still, even the Moon shines brighter when she embraces it ✨

We are eager to know...

🦄 How has change been showing up for you lately?

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## 🤝 **Welcome to The Barter Market**

The Barter Market is exclusively available in our Member Portal and is designed for women seeking to exchange skills and expertise.

This space is curated for women supporting other women in business by helping in up-leveling business and knowledge.

## How it works:

1. Fill out the form and select what you can help members with
2. Then select what you need help with in business and/or personal life
3. We will then match you with member(s) that have the same filters
4. Match and introduction made!

This is a playful way to receive insights and feedback in an exchange format, money is only one form of energy, and time is another. 😊

Are you ready to play?

## Authentic Connections Event (Online)

Moved to Wednesday, 17th July at 5:00 PM CEST



Together, we will pause and ask each other how are we all doing? How are we all *feeling*?

Members will receive the chance to connect and start playful conversations together!

🌈 We will also do a tour of our new member portal and discover ways to take most advantage of your membership!

Let's grow & gather

**Change is inevitable.**

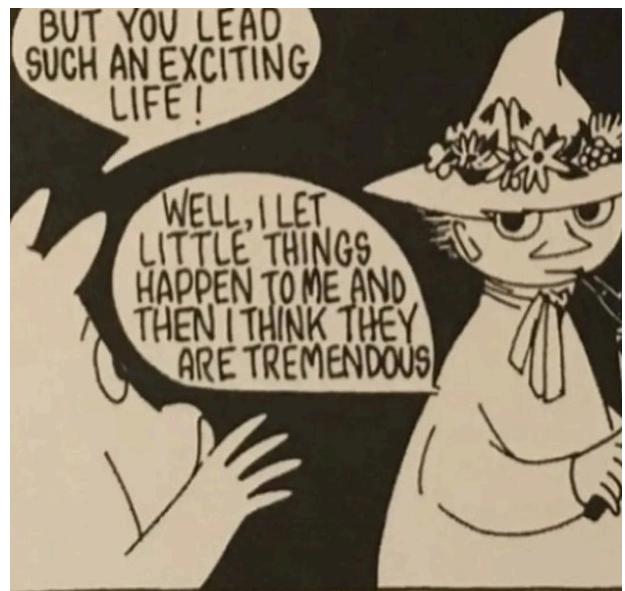
But isn't that what makes it *beautiful*? ✨

In the second week of this cycle, *when the energy is strongest*, why not start identifying change in your life?

Where is it happening & where would you like to see it?

Making **real, lasting change starts with small shifts.**

When we accept change within ourselves & our communities, **everyone else has no choice but to accept it**, too.



From our hearts to yours, .

**Flaminia Buda & We The Haven team**



This email was created with Wix. [Discover More](#)

# We The Haven

Hey, ,

This week is one of good omens.

Yesterday, The Lion's Gate Portal opened for the flow of roaring energy.

The energy cascading from this gateway is of manifestation & growth 🌟

## Plus a new Moon tonight!

New Moons always signify a new start.

Paramount for **growth & building solid foundations**, you could think of this new Moon as a clean canvas for all creative & expressive goals.

Tonight, Leo begins lending not one, but two helping hands 🙌

The Moon joins her counter in giving us extraordinary cosmic energy.

With this double dose of Leo's enthusiasm, keep taking those gambles, flaunting that flair & **getting into what has got you going** 🎉

🦁 The lion is here to help.

We are putting this energy to use on our end & have short updates for you this week!

The Book Club is starting its chapter & The Blog has exciting stories to tell & Growth Circles are starting to sprout...puns intended 😅

This Haven is built for you 💕

[Start building with us](#)

## The Book Club





Get your reading glasses ready!

The Book Club will explore topics & engage in discussions for open minds.

Explore new ways of thinking & broaden your perspectives alongside other women excited to do the same.

We have narrowed down the list & are working out the scheduling details.

See you at Book Club 😊

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## 📅 Community Updates

🌟 If you missed it last week, we have officially welcomed Maaria Tlensivu to We The Haven in leading the Holistic Well-Being Growth Circle

🟡 Members have started sharing their Star Charts in our Astrology & the Moon circle

🧠 Human Design: Activated. We've shared a link to get your unique design [here](#).

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## Loungin' Around



When you sit down to write but it's chilly & you need your hands to keep the blanket from falling off



One of our team members posted this to The Lounge.

The whole Haven shook with laughter.

What else are you missing?



We continue to lay stones, pack bricks & spread mortar, building our solid foundation.

For you.

For us.

For The Haven!

Pause, listen, & [let Leo in.](#)

We can't wait to hear about what the ethereal enthusiasm does for you.



From our hearts to yours,

**Flaminia Buda & We The Haven team**

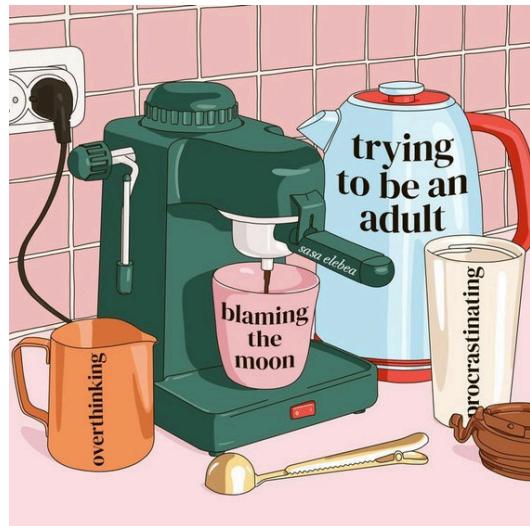


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# We The Haven

Hey ,

It has been feeling like a lot of this lately ↴



The **First Full Moon** phase of our New Luna graces us on Sunday.

This celestial alignment of the Sun, Earth & Moon marks the finish of a two-week tidal tug-of-war.

Our Sun & Moon's attractive gravitational energies on Earth coalesce; creating tides of the highest highs & the lowest lows.

The grand appearance of any Full Moon in the night sky can be measured to a fraction of a second.

While true, it is crucial to remember this progress is measurable...

...not always linear.

☒ Making measurable goals gives way to realistic growth without giving in to:

- 👉 Limiting beliefs
- 👉 Unrealistic expectations
- 👉 Spiraling thoughts &
- 👉 Toxic self-prophesying.

We've all been warned about comparing ourselves to the highlight reels of others.

Now is the right tidal time to ride that wave 🌊

Accuracy does not accrue overnight and **practice** does not make perfect...

...it makes **progress**.

And progress is always worth celebrating 💥

What progress are you celebrating now? Reply back to us, we are curious!

## The past week's Authentic Connections event

Hosted by Flaminia Buda



*We gathered as a community to take a break, breathe, and bond together.* 

### Authentic Conclusions

- 🦄 Our members loved sharing their updates and answering questions!
- 🧙 They were given the chance to connect in 1-1 Zoom breakout rooms.
- 🌐 And they received a virtual tour of our new Member Portal and how to get the most out of our digital realm.
- 📅 We will keep you posted for our next Authentic Connections event!

[Come play with us](#)

### Letting Loose in The Lounge



This is our virtual bath house.

Some call it the "general-chat" in their communities, we call it **The Lounge** 

You know how the Roman Empresses and Elite back in Ancient Rome would lounge around and eat their grapes?

**Think that, but in the digital realm.**

Laugh with us, share your curiosity and questions with the community.

Have your grapes and share them, too.

[Let's grow & gather](#)

Acknowledge all you need & be present in your processing...

***...with all of it.***

**Your rituals will not become your ruts.**

We The Haven is rooting for you 🌱



From our hearts to yours, .

**Flaminia Buda & We The Haven team**



This email was created with Wix. [Discover More](#)

# We The Haven

Happy Friday, !

The **Aquarius Super Blue Moon** transpires on August 19th.

This Blue Moon, The Harvest Moon, is seasonal, happening between the summer solstice & autumn equinox.

Energy manifested by the Moon will be felt extra this evening as she is nearest the Earth in her orbit.

Heightened emotions, reactions, &, well...everything can be expected ☽

And a lot is going on in the cosmos this week ✨

- ◆ Mercury in Retrograde drives us to our inner messenger
- ◆ Mars square Jupiter craves clear communication
- ◆ Venus square Saturn gives us gentle lessons with the opportunity to do something you have not done before...but, have wanted to

It's been a week of ambivalence: the urge to blurt out, yet compelled to look inward.

All-in-all, journalling has been our phone-a-friend this week.

These are the vibes that will hang by us **for the rest of the month**.

So, how are We The Haven dotting our i's and crossing our t's?

We've said too much already 🤪

Check out our sharings below and join the community to engage in ways that work best for you ❤

Evolve your energies

## Next Week's Clear & Detox Hour

Hosted by [Flaminia Buda](#)

## Declutter & Reset Hour



Supporting each other my decluttering our digital space for *15-minute sprints together*.

Join us in *mocking the mundane* as we **revel in the refreshment** of clearing our physical & spiritual spaces.

## Putting Play First

Get ready to get together for some **administrative & social time** with:

- ✉️ E-Mail housekeeping: clear your email inbox + unsubscribe to newsletters
- 🎧 Clear your Spotify playlists that no longer serve your vibe
- 💻 Clear your desktop from files, screenshots and downloads
- 📅 Clear browser bookmarks on your Chrome / Safari

## The first Chapter of Human Design 🧠

Interpreting Our Energy Types



You know you are **unique**, but do you know your unique Human Design? 🧠

Discovering your energy type can be helpful in **connecting with your past, present & future** experiences.

👉 Members have access to discovering their Human Design in our Growth Circle & have started sharing results on what their Energy Type is, in our shared poll.

Talk about a **boost** for head & heart health 🚀

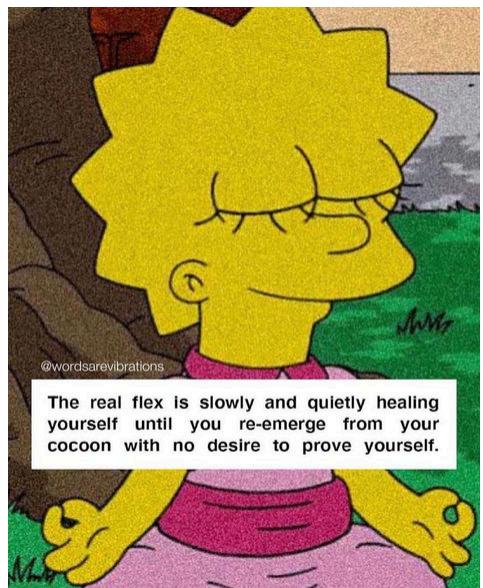
Wishing you all the best with the unnerving support of this rare **Aquarius Super Moon**, alongside all the exciting energy geared for change.

This first SuperMoon is a series of 4 is exhilarating as we conduct our game plans for change.

We are excited to hear what the week held for you!

More exciting updates to come next week as we continue laying the groundwork for the metamorphosis to come.

**P.S.** We enter **Virgo Season August 23rd** 🧑 Do not be surprised by the spring in your step or the extra flair in your energy...it is the perfect time to embrace those details that keep up your rituals, not your ruts ✨



From our hearts to yours,

**Flaminia Buda & We The Haven team**



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# We The Haven

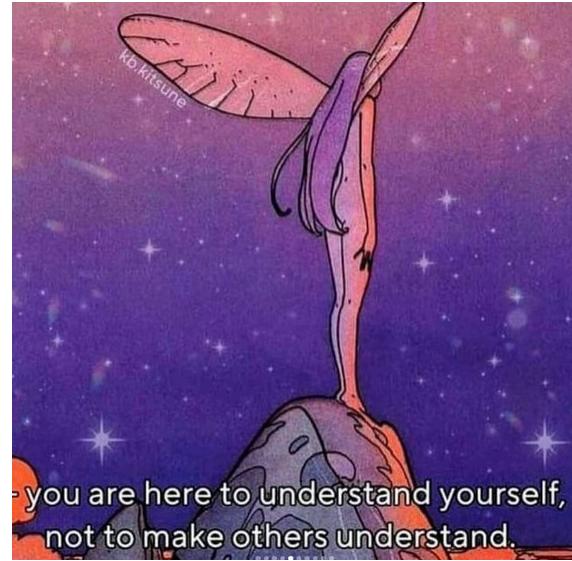
Hey, ,

The energy of 19th August's [Aquarius Full Blue SuperMoon](#) has evoked all kinds of awakening.

Have the winds of change swept through your community?

Tuning into your higher mind has been the soundtrack for your week 🧠

How are you making **mindful** time for yourself?



This week we enter **Virgo season** 🌚

At the time, the goddess Virgin did not have the same associations it has today.

This goddess, Virgo's namesake, referred to one who was whole within herself embracing the inner oracle & wells of wisdom.

As we enter this Earth term, [confidence & passion shift into practicality](#).

If cultivating grounded energy, security & structure has suddenly become important for you, **you are not alone** 🧑

We also have a **Seasonal Special!**

Repositioning in Virgo, our Sun aligns with major star Regulus.

👑 The cosmic ruler of higher chakras, [including those above our heads](#), Regulus will help release what is no longer serving us.

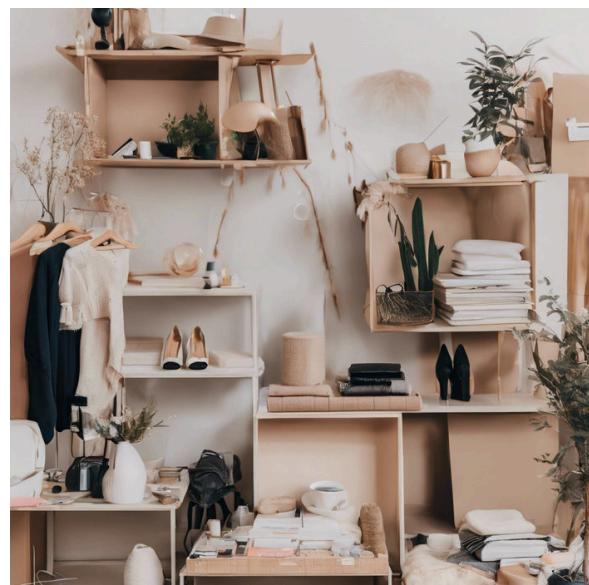
Leveling with your many layers, & seizing the constructive, creative Virgo energy for **accessing your flow will be easier this season**.

What does your foundation look like so far? 🧑

Share your blueprints

## The past week's Declutter & Reset Hour

Hosted by Flaminia Buda



Hosted by founder, Flaminia Buda,

*We gathered to grow once more.*

Soaking in the energy of the hour connecting & bonding together by relaying the personal & professional stories we were comfortable telling.



### Clarity & Conclusions

- 🦄 Instead of setting up for our sprints, we tuned into the energy for this hour re-imagining this event's version of de-clutter and reset
- ⚓ Attendees took turns sharing what's been keeping them grounded lately
- ✿ All the things we have let go of and strategies for exhaling the past
- 🌿 The new growth we have cultivated for ourselves already...seeds, sprouts or surviving verdure
- ✨ Feeling the sparkle & shine de-cluttering our minds and resetting our mindsets

Get a hand with your housekeeping

JUL  
17

SAVE THE DATE ★

### Initiating Holistic Well-Being with Maaria Tlensivu

Thursday, 5 September 5:00 PM CET



Join [Maaria](#) as she strokes the cover, breaks the spine & starts the first chapter of Growth Circle, Holistic Well-Being.

What is it? Why does it matter?  
How can I cultivate this for me in my life?

Join our Circle community to get all the details & share your goals for this growth.

[Let's grow & gather](#)

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30th August transpires a [Super Blue Moon](#) in [Pisces](#).

The [second of four Blue Moons in a row](#), we will feel increased effects of lunar energy as she orbits closer to the Earth yet again.

Evoking overtones of orac cleansing, get your [rituals for release](#) & [reset](#) ready as we welcome the energy to re-direct our intentions 

What changes are you cultivating for yourself?

Where are you setting your intentions?

How are you being here/there for yourself?

👉 Get in our Circle to start your next chapter & share your stories with members already doing the same.

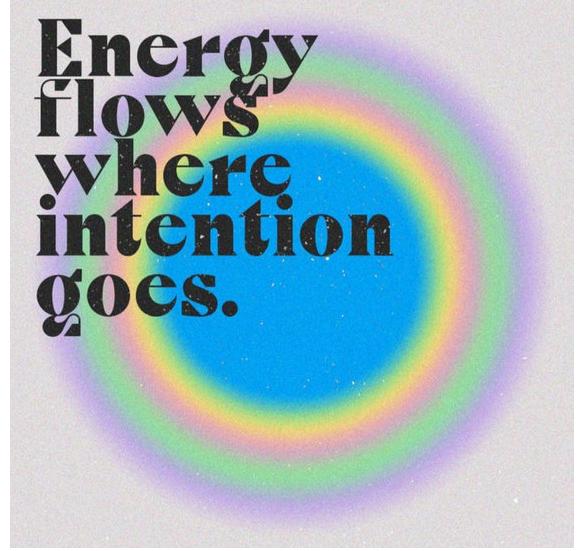
CanNOT wait to see you around the community.

✨ Sending [good vibes](#) for [Virgo season](#) & well wishes for the rest of the week.

[Release & reset](#)

From our hearts to yours,

**Flaminia Buda & We The Haven team**



This email was created with Wix. [Discover More](#)

# We The Haven

Happy Friday, !

Our **New Moon in Virgo** is on the **2-3 of September**.

We know New Moons are not visible from Earth's surface, signifying a time for arising from the ashes.

As our Moon trips the light fantastic from Aquarius to **Virgo**, all the liberating cosmic energy shifts to awakening 🌟

Practicing **acceptance** by spending time *with & within* the **deepest & darkest** parts of our being is always in your best interest, especially during this time.

This is **perfect** as we enter **Eclipse Season** in mid-September where epiphanies prevail. 🎉

We The Haven have started preparations by bonding, connecting, decluttering, and resetting.

Having entered **Virgo Season** on 24 August, we are ready to start grounding our **Holistic Well-Being** 🌱

How are you setting yourself up for your shifts & changes?

Whatever the story, no matter how short or long, **we are...**

..all ears, always 🎧

 **SAVE THE DATE** ⭐

**Hiring Interns for Authentic Business Growth**

Hosted by **Flaminia Buda** 18th September 5:00 PM CET

Warm welcomes will be at the **We The Haven** stage as **Flaminia** tells her story of **up-leveling** We The Haven and **the interns** who made *The Shift* possible.

• LIVE

## Hiring Interns for Authentic Business Growth

18 Sept 2024  
5 pm - 6 pm CET

Bring passionate interns into your business and nurture the next generation of talent.



Chat with the team in real-time & **find out what you could cultivate** by being a member of our community.

**Special invite to non-members** to come see what makes **We The Haven**...*We The Haven* 🌙

Use discount code:  
**WHSUBSCRIBER** for another exclusive offer ✨

The Boxoffice Button 

## Growth Circle: Holistic Well-Being Intro Session

Hosted by **Maaria Tlensivu** 9th September 5:00 PM CET

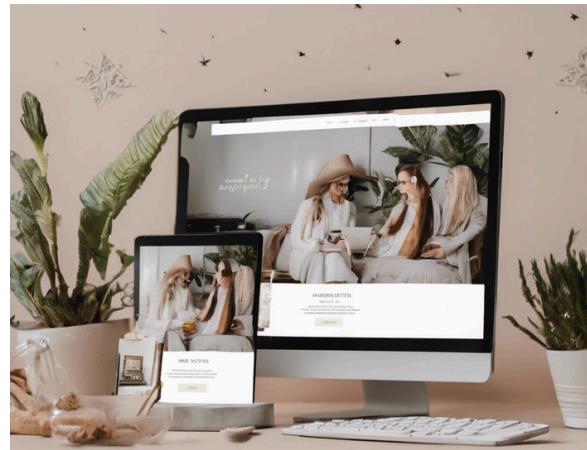
**Maaria** will take the stage for her Growth Circle on Holistic Well-Being 🌱

She sets on dissecting the somatic nervous system: What is it? Why does it matter & how do I keep it healthy?

Tap into your unique mind and body, connect with yourself and bond with others as you embark on a journey together that can benefit you & your business 🌟



## Wix-ing Up A Website 🧙



Need to level up your business & online appeal for all-levels?

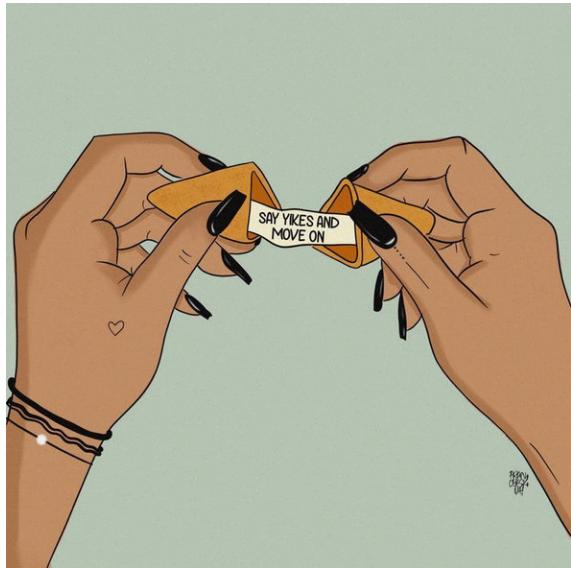
Founder & Circle leader, **Flaminia Buda**, shares her tips and tricks on how she's transformed **We The Haven** with **Wix** in our **Business Growth** Circle so you, too, can Wix up some magic ✨

We know our Community Events Calendar is starting to fill up and we hope to see you **wherever you feel comfy**.

Any and *all* questions about community membership and involvement can be forwarded to [hello@wethehaven.com](mailto:hello@wethehaven.com) or any of our social media pages linked in the icons at the bottom of the page 

Wishing you the *most wonderful* **New Moon, Virgo Season** and start to September 

 Wave 'Hello' at We The Haven



From ours hearts to yours,

**Flaminia Buda & We The Haven team**



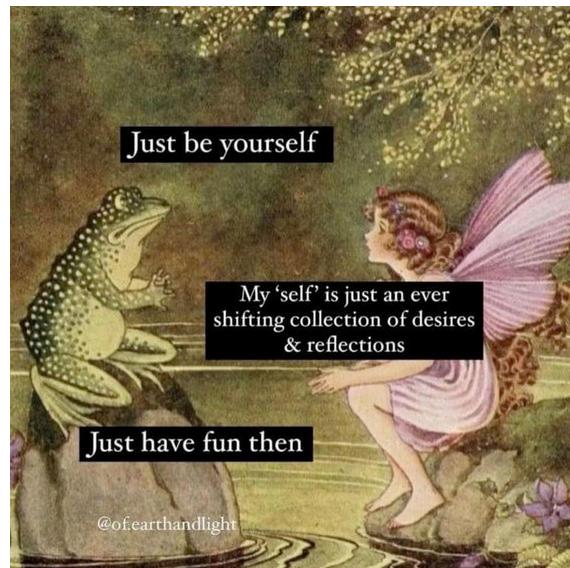
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# We The Haven

Hey, ,

The energy this week is emanates being caught between a rock & a hard place.

See visual representation below 



Alongside the start of seasonal transitions, there could be a few cosmic culprits 

Virgo's New Moon in Pisces puts a focus on **our inner wells of wisdom**, health & physiology.

Meanwhile, Mars as moving into Cancer connects us with our **masculine energies** & operating systems.

In an orbit far, far away, *Pluto*, planet of **transformation** & rebirth, calls in on Capricorn, ruler of tradition, **structure**, legacy, & regulations, for the last time for the next 240 years...

...it is *kind of* a now-or-never thing 

 Is there really any wonder why balance has been a struggle as of late?

What are you doing to do adjust to your new **intentions**, **rituals**, or **routines**?

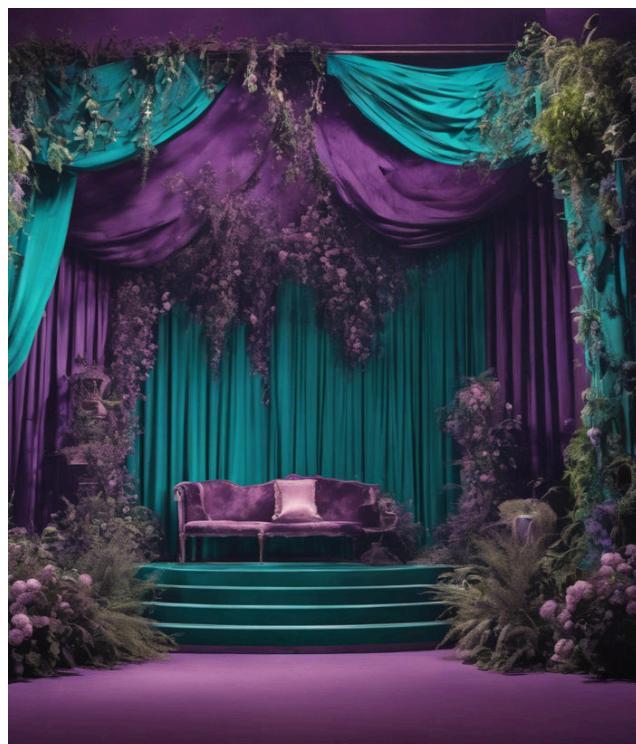
Feedback & **communication** are so important to us at We The Haven.

Please, write us your story & say [hello@wetehaven.com!](mailto:hello@wetehaven.com)



## Next week's Holistic Well-Being Intro Session

Hosted by Growth Leader [Maaria Tlsensivu](#) 9 September 4:00 PM CET



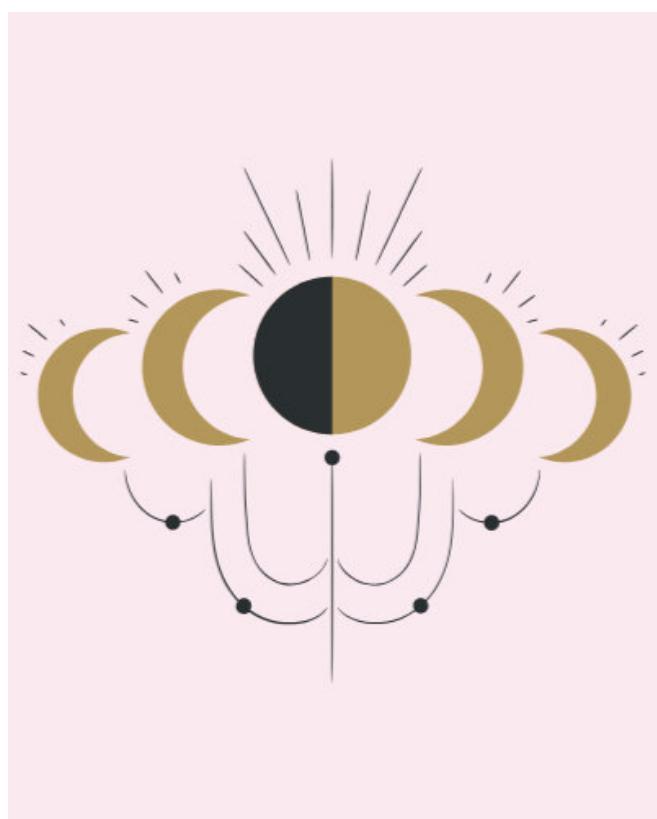
Confirmed for 9 September, join [Maaria](#) as she takes on the **Growth Circle Stage** with her **Holistic Well-Being** Intro Session 🌱

Get ready for grounding season through curiosity in exploring all the parts of you.

This event is exclusive to members. Join our Circle to get in on the action [➡](#)

Happy, healthy & holistic ❤️

## Cycle Syncing with Stardust



*Being self-aware is one thing; knowing what to do with that awareness is a whole other 🐚*

Highlighting its role in *authentically* growing her business, [Flaminia Buda](#), shares her **cycle-syncing story** for our community.

Not the only team member on the app, we agree **Stardust** is, not only, a great start, but a great place to stay.

Track a variety of [unique symptoms & cravings](#), [connect with your partner](#) or [share your code with your Circle](#).

Collect your Stardust ✨

## The Power of 999



# ASTROLOGY & THE MOON

Community & Events Manager, & Virgo extraordinaire, [Beliz Kayalak](#), regales the energetic significance of the angelic number 999 on the 9th day of the 9th calendar month.

The nature of this number is to symbolise *journeys complete & new beginnings*.

Being mindful of the intentions set for the future on this day. **The force is strong with this day** 💪

As the leaves fall & [we vibe on with Virgo](#), we are reminded it truly is **Grounding Season**:

- 🌿 Connecting with ourselves & the craving to spend time in nature
- 🌿 Celebrate old growth &...
- 🌿 ...Cultivate new
- 🌌 Evolve while embracing the energies all around
- 👑 **Remember your inner goddess**

Do not miss out on our next Seasonal Synopsis 📚

[Start September in our Circle](#)



From our hearts to yours,

**Flaminia Buda & We The Haven team**



This email was created with Wix. [Discover More](#)

# We The Haven

Happy Friday, !

***Have you felt the eclipse energy begin to permeate your aura?***

🌙 The **Partial Lunar Eclipse** in **Pisces** peaks on **17 September**.

Reckoned to be the most muted type lunar eclipse, this cosmic energy is supplemented by the **SuperMoon**.

This time is meant to navigate **difficult endings, new beginnings, & seeing the big picture**.

It is at this time, we remember **Black Moon Lilith & Makemake** are poised at the **South Lunar Node**.

Traveling together in Libra, the universe is showing us a balance of these two energies is crucial this eclipse season 

This week, We The Haven is harnessing this energy by embracing our up-leveled space:

🎬 Preparing a behind-the-scenes look at [\*The Shift\*](#)

🌿 Beginning unique journeys in the opening of our [\*\*Holistic Well-Being Growth Circle\*\*](#)

🗣️ Regaling stories of why We The Haven is **so** sacred

🌸 Opening up our [\*\*Growth Circle for Mindful Productivity & Leadership\*\*](#)

How will you be navigating the delicate balance of Black Moon Lilith's destruction & Makemake's softer energies in creating a safe space & unique sanctuaries?

What inner wells of wisdom will you be leaning into?

Check out our website or social links at the end of this newsletter to...

...write to us 

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**Introducing Jasz Joseph,  Our Growth Circle Leader for Mindful Productivity & Leadership **



Shifting with us, we are beyond words in expressing the honor of introducing Growth Leader, Jasz Joseph ✨

Jasz has curated this space to initiate changing the conversation for women in business.

Experience encouragement & support to honor your unique self in setting mindful intentions surrounding work life & leadership with other women exhilarated to cultivate this growth 🌱

⭐ Intro session is scheduled for October and we are just SO excited to participate and learn from her wisdom and space-holding!

## This past week's Holistic Well-Being Session

🌱 Growth Circle Introduction with [Maaria Tlensivu](#)



This introduction session introduced [Maaria](#), members and women in business who are also excited about personal growth and how holistic well-being manifests.

[Maaria](#) describes how we can find the words to talk about these manifestations using [\*The Four Languages\*](#):

- 🧠 Mind
- 🧘 Body
- 💛 Heart
- 🌈 Soul

[Learn about the languages](#)

## Holistic Happenings

👉 Shared how we have each thought of our of holistic well-being until now

👉 Emphasised this Growth Circle as a space to cultivate your holistic well-being on your own terms

👉 Learned a new language to deepen our mind-body connections to include interactions with our hearts and soul

📖 Started the first chapter of each of own unique journeys to incorporate holistic well-being

⭐ Scheduled for the second week of October, stay-tuned next month's Save The Date for Holistic Well-Being

👉 As a member, if you missed this session, you can catch up in our Replays section

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## Next Week's Hiring Interns & Onboarding Authentically

Hosted by [Flaminia Buda](#) on the [We The Haven Stage](#) 5:00 PM CEST



With an *exclusive invitation* for **non-members**, Flaminia *raves* about her experience onboarding authentically & bringing people into her professional fold.

Our alumni & interns **tell their stories**, recalling why We The Haven has been such an **important space** for us *personally & professionally*.

Do not forget to use code **WHSUBSCRIBER** for a special discount.

[Visit our boxoffice](#) ADMIT ONE

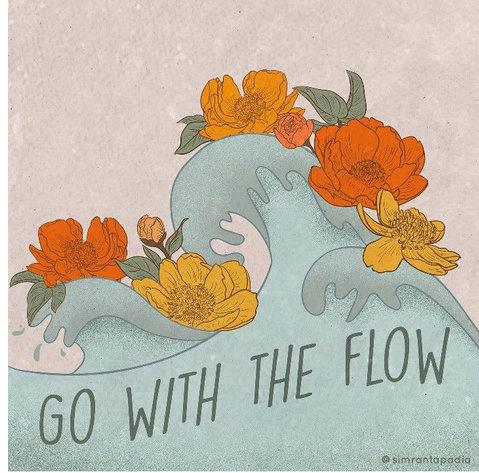
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The **best time for transformation** is *finally* upon us and this energy **always** gets us excited for Eclipse Season.

We The Haven's **embrace of this energy** is reflected in the exciting events we have planned for you & we hope to soak in all the vibes with you this year.

We *cannot* wait to hear about what this Eclipse Season has held for you ✨

Sometimes easier said than done but, keep an open mind & let yourself...



From our hearts to yours,

**Flaminia Buda & We The Haven team**

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This email was created with Wix. [Discover More](#)

# We The Haven

Hey, ,

Wishing you a happy International Peace Day & hoping you were able to catch at least a little glimpse of the eclipse this week 😊

An excited team member grabbed her binoculars & was able to see the shadow-like fluctuations at the moon's crown.

The phenomenon was said to be truly...phenomenal.

While the partial eclipse has peaked & passed, Luna is still shining so brightly & illuminating everything around her 🌙

We will continue to feel the energy of this eclipse for up to a month post-event...

*...probably best to keep up attention for any plot twists.*

The next lunar phase of note is the [24 September Last Quarter Moon](#).

***Talk about double doses this summer!***

August gave us *second helpings of Leo* & now the universe really wants to make sure whatever needs to ends for us simply...does.

♎ However, *the timing is just right* (or maybe it is *just Lady Luck?*) as **Libra season starts** the day before [on 23 September](#).

Libra brings with the balance & harmony we have been not craving but, preparing to ground ourselves in (or bury ourselves in like a blanket, whatever strikes your fancy 🎀)

Times like these can be tough but, *the best way out is always through* (Ralph Waldo Emerson).

**We The Haven** hopes to have the honour of being a **part of the support system** that gets you through whatever is going on.

Below, you will find we have a few invitations for you!

How will you choose to connect with We The Haven this week?

Reach! For the Circle...⭐



**The Barter Market is Open for Business**



Exclusive offering to members, **The Barter Market** application form is available!

This space is for women in business looking to offer or receive services in exchange for their own without currency.

Renewing the sense of community at We The Haven, this feature helps to build your own network!

Stay tuned for the Save The Date that walks us through this unique tool

[Bring on the bartering](#)

**SAVE THE DATE**

## Holistic Well-Being with Maaria Tlensivu

Growth Circle Stage 7 October 5:00 PM CEST



We The Haven **cannot** wait for what **Maaria** has for us this week!

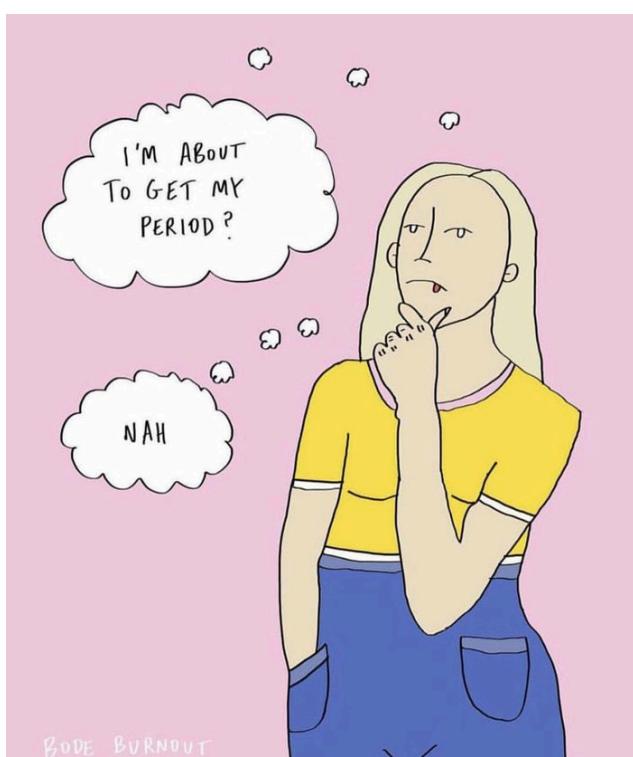
**Maaria** set the scene for the first chapter of our holistic journeys with our own unique Well-Being rituals.

We will share the progress we feel comfortable with & continue learning *The Four Languages*.

Being the main characters of our Holistic Well-Being feels so **real & rewarding**...so does the curiosity for what comes next!

[Speak The Four Languages](#)

## Cycle Syncing 101: Understanding Your Menstrual Phases



Available to members in our **Cycle Syncing Growth Circle**, members of We The Haven team have put together a *phenomenal* .PDF for each phase of the menstrual cycle.

Not only are we given the biological information but, energy forecasts are included

Cycle Syncing is starting to look a lot more approachable from over here

[Sync it up](#)

From **September 23rd to October 22nd**, we are livin' it up in **Libra season**.

Taking advantage of Virgo's energy by practicing our [mindful awareness](#) & [grounding](#), *Libra is here to test the scales*.

 By bringing balance & harmony, we can afford to indulge in the grace & nurturing energy of this star sign's season.

What can Libra's energy help you level?

How is Libra showing up for you?

We The Haven is so excited to hear the experiences you're willing to share!

Wishing you a wonderful Autumnal Equinox, .

We are are so ready to start cozying up, coming together to connect in our little corner of the world wide webiverse & truly hope to see you there 

Something about power in numbers? 



See you in the Circle

From our hearts to yours,

**Flaminia Buda & We The Haven team**



This email was created with Wix. [Discover More](#)

# We The Haven

Happy Friday, !

This week, **We The Haven** is **rejuvenated** & *ready...*

*...ready to breathe it all in, share the fresh energy & stories with you, .*

But first...*what sorts of change have shown up for you lately?*

We would love to hear all about the unique energies you have been experiencing ✨

Talk with us...tell your stories



🟡 The 2nd October [eclipse](#) was [lunar](#) for most of the globe...

...however, the Southern-most parts of the Pacific as well as the most Northern points of New Zealand fell in the shadow of a [solar eclipse](#) ☀️

Each eclipse is meant to [clear for us what is no longer meant for us](#), *especially the things we did not know we needed*.

This intense release brings forth the energy for [self-reflection](#), [new beginnings](#) & [forging your new paths](#) 📈

***Coincidentally*** (or *cosmically?*), the tenth of October, **10/10**, fell on the [First Quarter Moon](#) of this lunar cycle.

The [magic number of 10 screams new beginnings](#), while the [First Quarter Moon](#) presents us with [resistance](#).

This time has been **both a challenge & a gift** in [reaffirming intentions](#) & remembering **why we are here**.

**How have you been coping with these intense energies?**

**We The Haven** are making the most of this time to reflect on the things the team & community members have accomplished since The Shift...

...looking back to appreciate the cupcakes, the wee treats, in your life 🎂

Now we are all *so very* excited to share with you all the new-ness from all these fresh energies:

🌹 Welcoming **Zahava Rose** as the Growth Leader for our **Cycle Syncing Circle**

🌸 Kicking-off **Mindful Productivity & Leadership** with **Jasz Joseph**

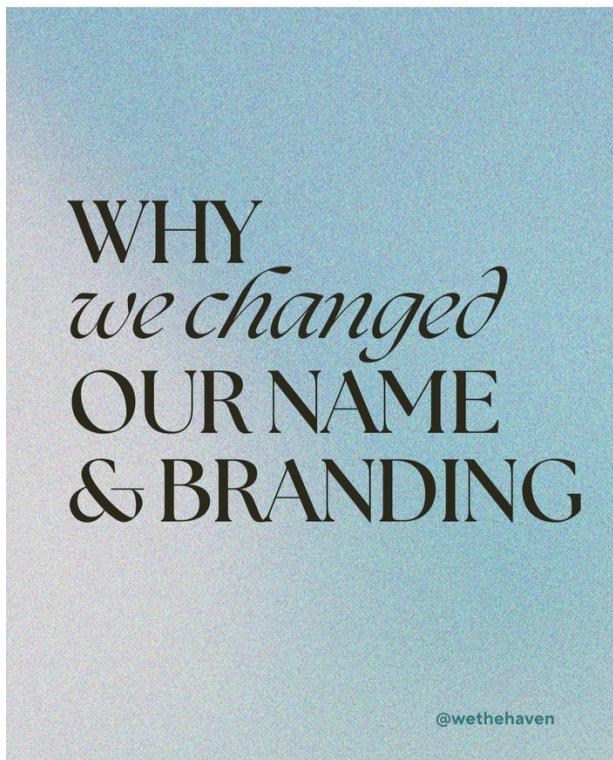
💫 Honing our **Holistic Well-Being** with **Maaria Tlensivu**

& cutting the red ribbon on our social media 🎉



**Rolling back the tapes & running the film**





: Just as in making other shifts, **We The Haven** took a mindful break from social media.

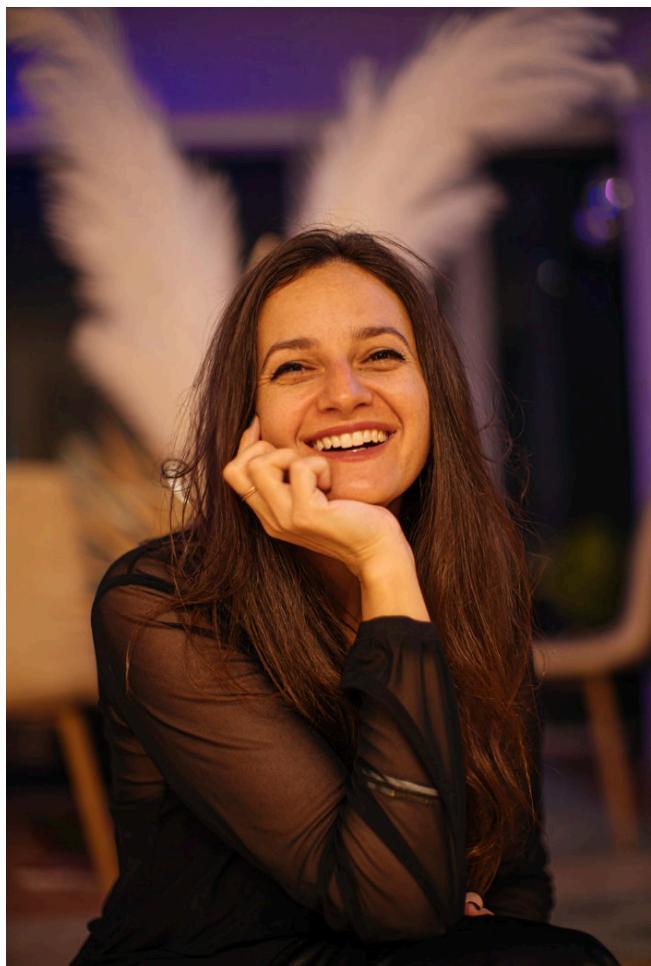
Social Media Manager, **Simona Macejkova**, has figured out how we can best tell our stories & what we stand for...**authentically**.

Need to see to it believe it? *We get it.*  
Click the button below to check it out  
👀

A is for Authentic reels only



## Introducing Zahava Rose Growth Leader for Our Cycle Syncing Circle



*"I am holding these spaces in person around the world and would love to cultivate a community online as well for women to find comfort and a space of remembrance." - ZR*

**We The Haven** is **honoured** to have been chosen to hold this **sacred space** for you.

Begin to understand your **unique hormonal rhythm** & how to **move your business with the beat** 🌸

Learn more about her approach to the **science & energies of the menstrual cycle** at...

[The Rose School](#)

Find her [here](#) to send her those warm We The Haven welcomes 😊

⭐ **SAVE THE DATE** 

**Mindful Productivity & Leadership: Kicking it off on the screen...not the field**



Hosted by Jasz Joseph 15 October 5 PM CEST



We have been **so curious** about this kick off...where ever you fall on the spectrum of **skill enhancement** or "simply looking to **live with more purpose & calm**", as **Jasz** says, "**this Circle is for you**".

Excited to **break, bond, & breathe** together in this new space for **intentional personal & professional growth**.

We *cannot* wait to tell you how it goes

Let's beat burn-out together

## ⭐ SAVE THE DATE Second Helpings of Holistic Well-Being



Hosted by **Maaria Tlensivu** 21 October 5 PM CEST



Last session we talked about **Holistic Well-Being**, what it is all about & how we can understand our own holistic well-beings by learning & listening to our **Four Languages**.

**Maaria** emphasised the importance of an **individualised approach** & participation **on your own terms**.

If you missed it, you can read up on *The Four Languages* [here](#). This way, you can, **tell us, tell us...**

What's your language?

## What We Are Looking Forward To

👂 The updates community members feel comfortable sharing is always such an **exciting & humbling opportunity**

👉 Taking the time to **break, breathe & bond** is a foundation for community at [We The Haven](#)

🌹 Continuing working with **Maaria**'s unique, **compassionately-trained AI chat-person** in exploring *The Four Languages* & **cultivating our holistic well-being**

Circle up your Holistic Well-Being

✨ The theme this season is without a doubt new-ness.

Next week's **17 October New Moon**, Luna is just loving Libra season...

...all of these **exhilarating & fresh energies**, aiding us in **finding the balances** we need right now **♎**

Remembering that **the New Moon's gravitational force on the Earth is higher**, affecting tidal ebbs & flows, creating **subtle shifts** in our planet's magnetic field.

Alongside, **Luna's representation of female energy** this may be the **ultimate** time to get **curious** about **working with the moon** to **explore your intuition**.

*Slow down, retreat, reflect, & regain your strength* 🤸

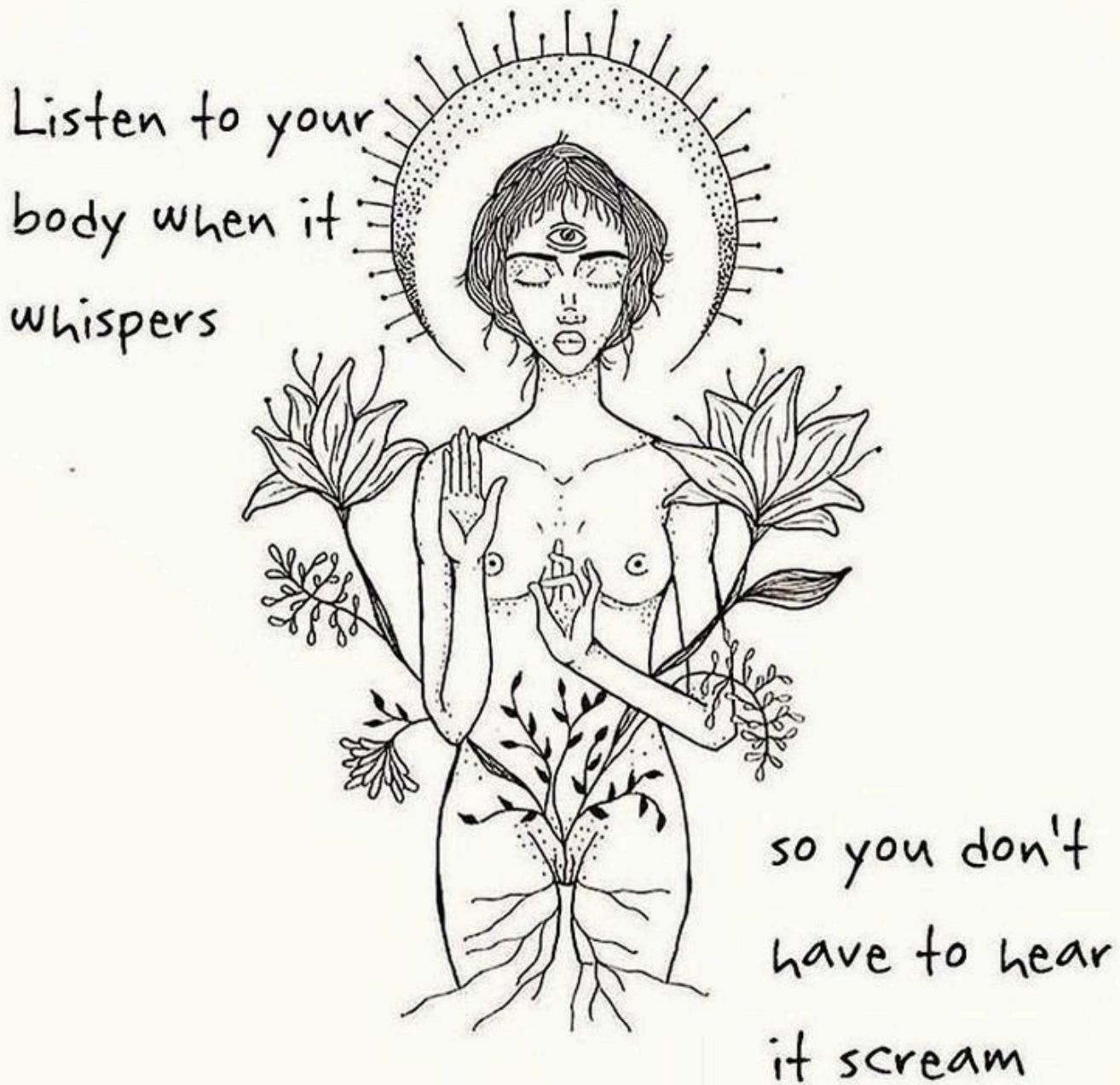
Guilt-free.

We would love if you would share your energies with us or **let us share ours with you** ❤️

Let some fresh energy into your Circle

From our hearts to yours,

**Flaminia Buda & We The Haven team**





This email was created with Wix. [Discover More](#)

# We The Haven

Hey, !

Has this been you lately...at all...ever?



No longer let that be you! The universe is **nudging** and **poking** you in little ways all the time ✨

**17 October Full Super Moon** falls in Aries, the sign of the leader ☽

This cosmic event causes a T-Square between Mars, Pluto, and Luna, representing a tension becoming taut and *forced to give way*.

It's as though all the anxious **energy from the eclipse** is bubbling overhead.

**Turn this tension into movement:**

♪ Put on music during the mundane

💪 Exercise exercise

🧘 Feel your body flow

**Chiron, The Wounded Healer**, hesitates nearby, influencing Full Moon's energy, directing what **it is time to begin to let go**.

Both these influential events occur in Aries, showing us to **stop trying to fix it**...it's time to take charge, practice acceptance and **see where it takes us**.

**We The Haven** is embracing this energy by prioritizing **changing the conversation for women leaders**.

This past week's **Mindful Productivity & Leadership session**, helped members harness these lunar vibes.

Read more below or, as always, reach out with questions 😊



🌿 This past week's Mindful Productivity & Leadership

Growth Circle session hosted by Jasz Joseph 🌿



*What better feeling is there than a curiosity satisfied?*

Perhaps there is not one.

Sharing how productivity and leadership show up in our lives, Jasz emphasizes why integrating **mindfulness skills is key** in staving off today's hustle culture.

See snippets of her approach, learnings and objectives [➡](#)

Wisdom We love

## Mindfulness Matters

📊 What productivity, leadership and rest mean to us

🎓 The importance of creative rest

🏁 Pent time setting individual goals for cultivating growth

🌿 Jasz is excited to model growth building up foundational knowledge & skills while 'paying attention' to what members of this Growth Circle would like to prioritize in their lives

🎥 If you weren't able to join us this time around, as a member, you can catch the entire live recording

Jasz it up with We The Haven

## Unveiling The Shift: Why We Changed Our Name & Branding



We have *Unveiled The Shift* and now we are tearing down the curtains for a behind-the-scenes on our blog! 🎥

Check out this story for the nitty-gritty details of getting back to business and **what it means to be a part of We The Haven**.

Flip the first page



🏛️ Womanhood for authentic connection and empowerment, gathering authentically aligned women business owners since 2022.

♥️ Standing as a prominent media & lifestyle brand, driving both social & economic impact.

🌿 We strive to inspire, support, empower, elevate, & celebrate driven individuals, amplifying their positive impact on society & beyond.

🌿 We continue to commit wholeheartedly to planting the seeds and leading the change in conversations about women in business.

🏛️ Welcome, We The Haven.

[Read more about Our Roots](#)

## 🎵 Next week's Holistic Well-Being Growth Circle session

hosted by [Maaria Tlensivu](#) 21 October 5:00 PM CEST



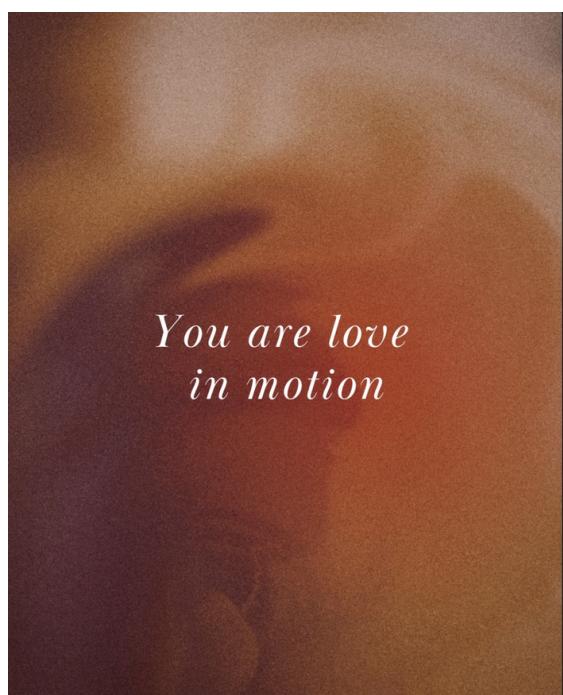
It has been one month already since our last Holistic Well-Being Growth Circle at [We The Haven!](#)

With the tendency of *balancing acts* to quickly become *juggling acts*, this month of **practice** has seen **progress**.

So excited for this **sacred time** and **space** to **show up** and **share** this journey together.

[Let's gather & grow](#)

## 💕 In motion on Instagram: Explore your next move



You are built up of *love*.

**This love is a strength**, helping to **grow** and **guide** your intuition.

In **embracing love in your essence**, **nurturing yourself** and **uplifting those around you**.

Will you **explore your energies with We The Haven?**

Wednesday is the **last day of Libra** with the **Last Quarter Moon** rising and *falling the following day*.

Energetic themes surrounding this time are forgiveness, *for yourself and for others*, the **release of resentment** and the **unnecessary negativities**.

**Let this be love in motion.**

There could **not** be a better sign to **practice gratitude for the growth**, *in all its manifestations*, we have cultivated thus far. 🙏

The Last Quarter Moon illuminates our Luna on the opposite side as its First Quarter counterpart.

We The Haven believe there's something special and symbolic there 🌟

Reflecting on what was going during the First Quarter and how far we have all come feels humbling...it feels good.

How will you be reflecting on your growth this month?

All ears and eager, as ever 😊

Connect authentically with We The Haven

From our hearts to yours, .

**Flaminia Buda & We The Haven team**



This email was created with Wix. [Discover More](#)

# We The Haven

Hey hey, !

**Welcome to the global season of the spookier side of spiritual celebrations 🧙**

Leaving Libra Season & it's *heavy air* energy behind...



This past Thursday, **24 October**, our **Sun** salsad into **Scorpio** 🐀

⚖️ Start to **use lessons from Libra to engage the logical Scorpio energy, listening to both rational & emotional thoughts or impulses.**

It is easy to use Scorpio's energy to become stagnant & hyer-fixated ☺

Keeping up your **momentum**, allowing things to **flow & moving along with it** will become more important than ever before ⏱

🌙 With **Luna** in her **First Quarter**, **cosmic energy aligns completely** with the Sun's Scorpio energy.

**Resistance & difficult decisions** are to be faced ahead but, remember your **original intentions...**

**...they will be your guiding light** 🕯

At **We The Haven**, this is the third time we have asked ourselves, *cosmic or coincidence?*

What are your thoughts? 🤔

**We The Haven** have been working with **flow** for some time & it is exhilarating to put **play into practice** 🎭

🌊 **What waters will be tested for you this Scorpio Season?**

Write to We The Haven 🎩

## Circle Special: Scorpio Season Synopsis



When people be testing you but you have to choose what you react to because you're a Scorpio and trying to evolve



🌊 Tides of *intensity & transformation* start **Scorpio Season** from October 24th until November 21st.

A **period of deep introspection**, this is the prime time to explore your **personal & professional passions**, **embracing all your growth** 🌱

⌚ *Delve life's inner depths* with the **profound influences** of this **powerful Sun Sign**.

Please, Do tell, what will you discover?💡

Celebrating Scorpio Season

## The past week's Holistic Well-Being Circle session hosted by Maaria Tlensivu



This session was **haptic-happy**. Can we call that *haptiness*?

Members were open to sharing some ways they **physically engage** with **The Four Languages**.

*Splashes of cold water, tapping the temples, self-hugs...* it is always neat to hear the unique ways members keep their bodies **plugged in to flow** through the day 💡

How does your body communicate with you? Do you communicate with it? 🧙

Find the words with...

The Four Languages

## Holistic Second-Helpings

Building onto our foundations by **upgrading our practice** with suggestions from **Maaria**'s unique AI therapy software tool

Find this life-saver [here](#) when you feel like you are drowning.

The **authenticity & vulnerability** resonated within this Circle.

We are so excited to be **feeling the momentum with you** & will keep you updated with next month's session!

As a member, if you missed this past session, you can catch the highlight reel in our [Replays](#) section.

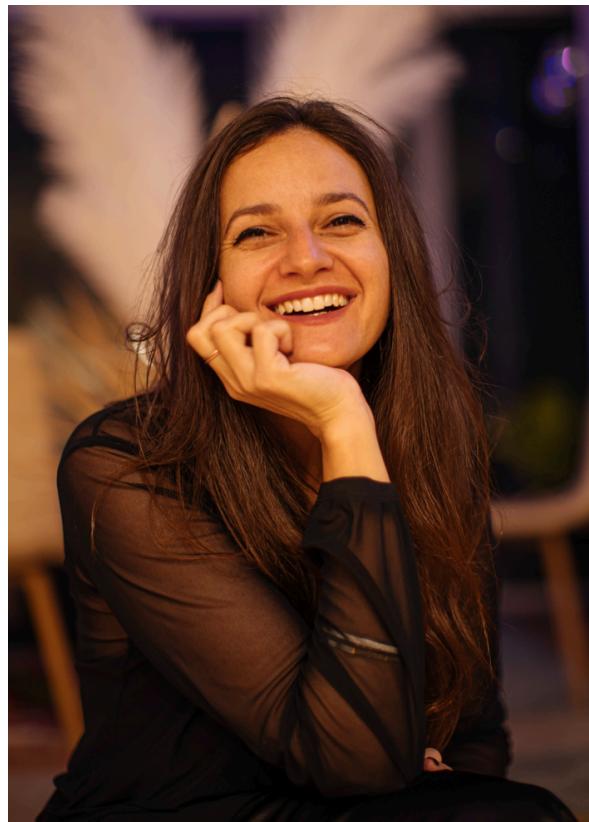
[Join the Circle](#)

**SAVE THE DATE** 

## Cycle Syncing Introduction Session With Zahava Rose



30 October 9:00 PM CEST



How long has it been since you have been **curious about your body's systems & cycles?**

Zahava Rose steps up to the We The Haven stage as she sets on dissecting the **unique effects of the moon on our hormonal systems.**

Connect with yourself & bond with others as you embark together in beginning the **cycle syncing journey that can benefit you & your business.**

[Start your syncing](#)

## Working with a new Medium





Over the moon to share our message with women all over the world, [We The Haven](#) is publishing on [Medium](#).

Not only does this expand our community's **reach to women who may benefit from membership** but, also allows our team members **a chance for personal-professional growth** & access to a digital portfolio.

Peek the publications 

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After the *hot & heavy* [emotional energy](#) of last week's Full Moon, [We The Haven](#) hopes you have taken in a week of [reset & recharge](#).

The energy we have been graced with has been [so nourishing...](#)

...for our:

 Minds

 Hearts

 Souls &

 Bodies

Will you share with us the routines & rituals that keep these parts of you [moving with the flow?](#)

Wishing you best season of all seasons 

Circle Up for Spooky Season

From our hearts to yours,

**Flaminia Buda & We The Haven team**

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This email was created with Wix. [Discover More](#)

# We The Haven

Happy Friday, !

As we step out of Halloween's shadowed magic and back into the rhythm of November, we wanted to take a moment to reflect on this holiday.

Halloween is traditionally known as a time when the veil between worlds thins, offering us a unique opportunity to honor the mysteries within and around us.

*But if you speak with a psychic and medium, they will tell you the veil is always thin... 😊*

Beyond costumes and candy, it can be a beautiful moment for [grounding](#), for embracing what we are ready to release, and for welcoming the wisdom of the unseen.

In our journey toward self-awareness, let's celebrate the insights we gathered and the layers we gently peeled back this season.

Whether you spent it in quiet reflection, celebrated with loved ones, or set new intentions for the months ahead, know that each choice adds depth to our inner transformation.

What wisdom will you be bringing with you?

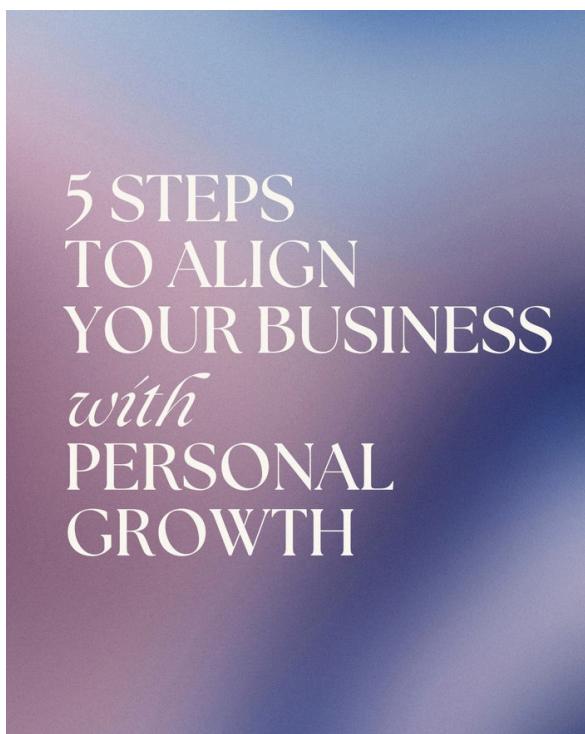
What did you release this season?

Reply back to us and let us know. 🍀



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**5 Steps to Align Your Business with Personal Growth**



Personal? Professional? Personal-professional?

The dynamicity of life ensures the balancing of scales is constantly shifting.

How do shifts in focus show up for you? How do you pivot so you can live and lead with more authenticity and purpose?

We have provided a brief summary below, but click the image above or button below to...

[See the full post](#)

#### Unlearn old patterns

💡 Start questioning what no longer serves you and make space for the new

#### Rediscover your authentic self

🦄 Indulge opportunities you feel deeply resonate in your roots

#### Embrace feminine & masculine energies

⌚ Cultivate confidence and harmony in decision-making and growth

#### Stay present & mindful

🧘 Make or take time and space for mindful moments; enjoy the breaths in-between your busy schedule

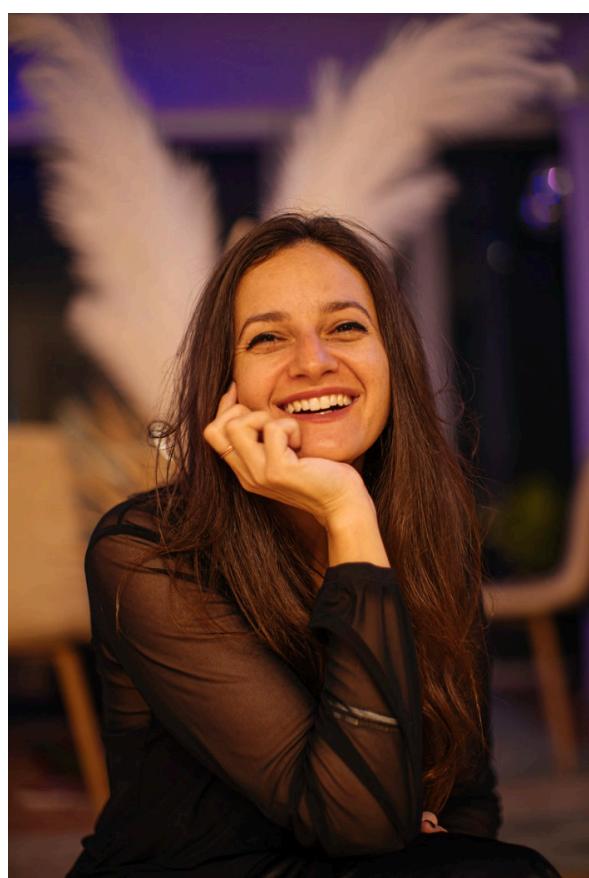
#### Connect with a growth-focused community

🌐 Support yourself, stave off cynicism, give and receive when you need it

Have you found your haven? [Learn more about us here.](#)

[Become a Member](#)

#### 🌹 The past week's Cycle Syncing Intro Session 🌹



Zahava Rose hosted our first session on Cycle Syncing at We The Haven!

She helped us learn the language of our bodies. To connect to our flow and enter flow state, we can listen to what our body is trying to communicate to us. ❤️

Begin to dance with your flow, as our cycles hold power. The sooner we become experts of our bodies that's when true evolution occurs.

[Cycle Sync with Us](#)

 **SAVE THE DATE**  
**Holistic Well-Being with Maaria Tlensivu**

7th November 6:00 PM CET



As the saying goes, the third time is a charm 🌸

Initially learning the how and why of speaking about Holistic Well-Being using [The Four Languages](#).

Last month, we gathered to grow and hone in on our unique [w]holism (pun intended 😊).

Keen on Maaria's inclusive probes and thought-provoking sessions, We are curious about what this playful opportunity to break, breathe and bond will bring.

[Become a Member](#)

1st of November, Luna is in her New Moon phase, bringing to fruition intentions set.

This also indicates the Lunar and Solar dissemination of opposing energies.

You may be feeling tension in one form or another as forces fight one another. Noticing what emotions are heightened throughout unsettling times is [the first step to growth](#) and revelation.

Can you imagine this revelation as the result of the change you have cultivated in your life?

It's the reward of your hard work...go ahead and revel in it!

However this manifests for you, practicing acts of self-love, communication and maintaining connections with your loved ones ease this heavy, introspective and isolating energy (*can you say it's Scorpio season without saying it is Scorpio season?*).

Spending mindful and intentional time with yourself reflective journaling, setting your intentions and deciding your next moves...maybe in a place where you cannot help but feel at peace?

We love safely immersing ourselves in nature as a way to connect and bond with people and the physical world.

Keeping in mind that new beginnings are [always](#) blooming when they give and receive the TLC required 🌸

We will see you at *We The Haven* 🌸

Apply your energy 

From our hearts to yours, .

**Flaminia Buda & We The Haven team**

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This email was created with Wix. [Discover More](#)

# We The Haven

Happy Friday, !

How has your inner critic (or critics) been showing up for you as of late?



November 15th **Super Moon in Taurus**...volatile, wild card, unsettling energy erratic energy evokes awakening for embracing an evolution to a more authentic way of being.

Intentional grounding...playful...eating root veggies, journalling...

earthing techniques to lean into Earthy Taurus energy for balance

On the same night, Saturn stations direct coming out retrograde since June...rewards for our lessons and conclusions from projects in June.

## 😈 Have you ever spoken with Satan? 😈

If you were acting as Satan living in someone's mind, what would you do to stop them from building a personal brand and creating a fulfilling lifestyle through their work?

This Instagram post shook our brains.

Brittney asked ChatGPT this question and it was fascinating to read through the results, the accuracy of how comparable it is to what our inner critic actually tells us or tries to do.

Dive deep with Brittney 🎧

## Our Collective Learnings lately: The Yins & Yangs of Balance

⌚ We are diving deep on the topic of Yin & Yang, the co-existence of feminine and masculine energies. Watch this [Instagram post](#).

🦄 Developing an understanding of our unique dynamic energy balancing

👫 Reflected on how women in our lives embody feminine and masculine energies, and why we perceive it that way

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## This past week's Growth Circle on Mindful Productivity & Leadership with Jasz Joseph 🌸



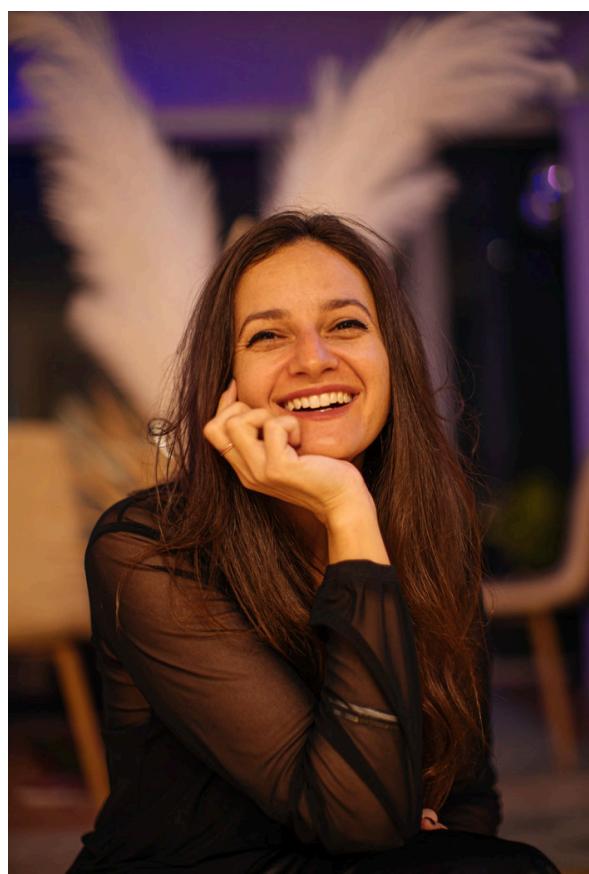
We discussed what "surrender" means to all of us. What does surrender mean to you? Reply back to this email and let us know!

Our Growth Circles are a space to help our members become more comfortable with being vulnerable and expressing thoughts that they otherwise wouldn't be sharing aloud, not even alone with themselves.

[Join a Growth Circle](#)

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## Join us at next week's Cycle Syncing Growth Circle with Zahava Rose 🌸



What is Cycle Syncing? It's the art of understanding your hormonal rhythm and syncing your business with your cycle.

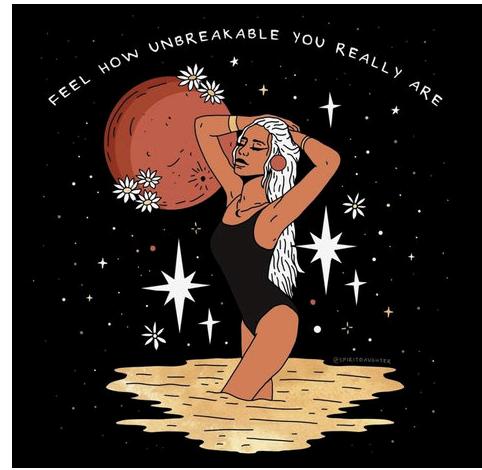
Join us for our second session in the Cycle Syncing Growth Circle led by Zahava Rose!

We will discuss our creative cycles: Planning around your cycle a workshop Part 1 (Includes Ebook)

The menstrual cycle is the body's potential to create new life, it's the physical manifestation of creative potential.

[Apply to We The Haven](#)

How will you be using your energy and honoring yourself this week, personally and professionally?



As always, from our hearts to yours,

**Flaminia Buda & We The Haven team**



This email was created with Wix. [Discover More](#)

# We The Haven

Hey, !

How are you feeling today? 🌟

Seriously, take a moment to pause and check in with yourself 💕

(We know that each of us is on a unique path, and sometimes we need a little nudge in the right direction) 🤝

**So today, we want to share some tips and tools for honoring our individuality, in all its manifestations:**

- 🌹 Cycle-sync & check in with yourself with the app, [Stardust](#).
- 💛 Do the heart & heart work practicing meditation with the app, [Open](#).
- 🌈 Experiment with your Mind, Body, Soul & Heart, with [The Four Languages](#).

**Connect with the flow of your authentic self:**

- 🧘 Yoga, movement, meditation & tapping into auras
- 🌿 Tending to nature inside your home or garden
- 💃 Dancing and feeling the electric energy of your body
- 🥾 Hiking & spending time in nature
- 🕯 Practicing grounding rituals and spending time with ourselves

When you get to know your nourishment, you grow most authentically 🌱



If you haven't had your daily dose,  
this is your gentle reminder to lap it all up 🍃

## Collective Learnings on Leadership:

- 🦄 How do we view ourselves and our own leadership? Do archetypical leadership styles show up in our lives?
- 💼 Can we separate professional leadership from personal leadership?
- 💪 Why are strengthening these skills key for balancing both aspects of life?
- 🌸 **Jasz Joseph** has amazing insights with great reflections on the topic and continues to share her wisdom with our members in the ***Mindful Productivity & Leadership*** Growth Circle.

## Manage Stress and Create Success 🙌



How do you go from 🚧 to 🚮 ?

At *We The Haven*, we help women leaders turn stress into strength and build sustainable growth through community and mindful practices.

We provide methods and practices that encourage our members to maintain a sense of peace, clarity and self-awareness as they grow their businesses.

Are you ready to lead with balance? ✨

[Nourish Me](#)

## Wondering what members are saying about *We The Haven*? 🤔

Thank you for the beautiful chat today and making me feel so seen and heard. ❤️ I honestly immediately felt calmed by your energy and just so grateful for that chat and to be connected now. 🤝



thank you for creating this space for us to grow ❤️

6:26 PM

8:07 PM  
I am so glad I joined your community. Thanks again I feel really seen here

Join other authentic women in genuine conversations, creating deeper connections and cultivating their success. ❤️

## Seasonal Synopsis: Sagittarius ✡



From 22 November to 21 December, Sagittarius brings bursts of optimism and a yearning for adventure

How does the spirit of Sagittarius show up in your life? Will you share how this sign influences your goals and outlook?

Let us make the most of this season, embracing new experiences with curiosity and excitement

---

How can we best support you on your journey right now?

Maybe you're feeling stuck, or maybe you're just craving some inspiration.

Either way, we are all about being of service to YOU.

#### Here's what we would love to know:

What are your priority projects right now?

What's feeling a bit heavy or challenging in reaching the top of the mountain?

Is there a specific area you'd like more guidance on, such as communication, connection, growth, or maybe just getting started?

Take your time.

Drop us a line to share whatever is on your head or in your heart — no pressure, no judgment — just a cozy corner for connection

To make this easy, we have put together a special something to help you reflect on where you're at.

You can click on the button below, you will have the option to send us more information!

We are so excited to hear from you

List Your Desires

P.S. (Get ready for some alliteration).

We mentioned Pluto began its final transit from Capricorn on 2 November.

19 November marked the beginning of this planet's *Age of Aquarius* and shifting energies of power from the person to **with** the people. How perfect

# Aquarius

small circle, private life, peaceful mind



As always, from our hearts to yours,

**Flaminia Buda & We The Haven team**



This email was created with Wix. [Discover More](#)

# We The Haven

Hey, !

✨ How stellar! Second-helpings of Sagittarius this year, too! ❤️

➤ The Sagittarius New Moon on December 1st urges us to align our focus and boldly pursue our ambitions, offering a moment of reflection and recalibration.

Represented by the archer's arrow, this lunation invites us to target our desires with intention—no goal is too lofty, and no dream is too modest 🎉

Astrologically, aligning with Antares, the Heart of the Scorpion, and one of the four Royal Stars; Antares calls us to act from a place of love and authenticity, guiding us toward our truest purpose 🌟

➤ It is time to take aim at what truly matters, act with love, trust that your efforts will land precisely where they're meant to, and in the Universe to support your journey toward your highest good.

In tandem with this energy, Mars and Mercury will soon station retrograde, prompting introspection around our motivations and how we use our energies.

While the full implications of these shifts may not be clear until February, the New Moon is a prime time to initiate these inquiries.

*Think Retrograde, think...*

## 💡 **Revise**

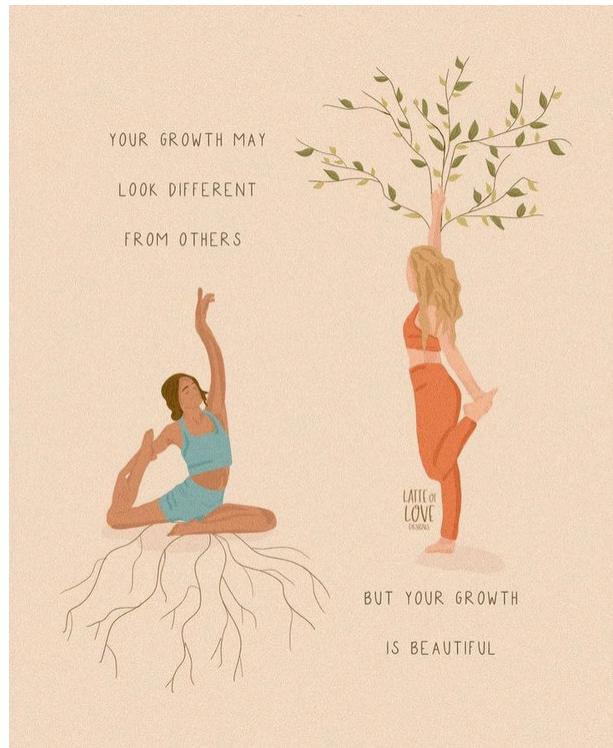
Revision is your opportunity to polish and refine—it's like giving your work a little makeover!

## 👀 **Revisit**

A fresh perspective can make all the difference in taking your ideas from good to great. A quick review can uncover new ideas and tweaks that take it from great, good, okay, to absolutely stellar.

## 🤔 **Reflect**

Taking a moment to reflect on your work is like hitting the refresh button! It helps you see what's working, and what can be improved, gives you a chance to celebrate all the progress you've made, and reinforces non-judgemental ways of thinking.



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## Collective Learnings: Embracing & Surrendering

- ⌚ Embracing the fem. & masc. energies and when they show up for us.
- 🚩 Surrendering & relinquishing control...what it means.
- 🦄 How we use these skills to adapt, yet honor ourselves.
- 💼 How we embrace our energies & know when to surrender at work.
- 🔑 Why strengthening these skills is so key for balance in both aspects of life.

---

## Introducing Jen Nash: Our Growth Circle Leader for Business Growth 🌱



Completing *NY Times* best-seller *Shirzad Chamine's 7-week Positive Intelligence (PQ) Program*, **Jen** has chosen to teach the course herself.

**Positive Intelligence** shifts thinking from the right hemisphere to the left; from a place of stress and anxiety to where creativity and sage power reside.

She emphasizes the support benefits of completing the program in a 'pod'. See her site [here](#) and take the test below ➔

Discover your PQ

Join us at next week's Growth Circle for Holistic Well-

Being with Maaria Tiensivu 



*The Four Languages* is a holistic framework that focuses on achieving balance by **cultivating personal energy** and **enhancing mental well-being**.

Unlike other communities - that expect you to fit into one mold - **Maaria** guides you to explore various modalities without being confined to just one.

This *simple yet powerful* approach taps into the full human experience, focusing on **Mind, Body, Soul, and Heart**.

[Join a Growth Circle](#)

## Memories from our Soulful Business Retreat



Nostalgia for community medium and guiding light, Amanda Fahel, **@Amanda.Elemtental**, as she led us through an ecstatic dance, *authentically reaffirming of vigor for life and uniting us as one* ❤️

**Amanda** brought soulful energy guiding us to *the spaces that free us*, the connections that ground us, and the moments that remind us of our **shared journey** ✨

[Discover how it was](#)

For reading to the end, you will be rewarded ✨

Your desires...right to your inbox!

Fill out the form below so the team knows exactly what you are pining for...

...and let us deliver it to you.

*We The Haven* wants to support you and your aspirations.

Let us... 

List your desires

As always, from our hearts to yours,

**Flaminia Buda & We The Haven team**



Apply to We The Haven

This email was created with Wix. [Discover More](#)

# We The Haven

Hey, !

As we dive into the season of twinkling lights and to-do lists (we see you, multitasking queens! ), it is a great time to reflect on how our words land.

Whether it is in your team meetings or the family dinner table, what we mean to say and how it's received can sometimes be worlds apart. 

Here is the thing: your intent matters, but so does the **impact**.

That playful comment meant to lighten the mood?

It might not always hit the way we had hoped.

And the thoughtful advice you share with love?

It might feel overwhelming to someone in the middle of holiday stress.

The solution? **Pause, breathe, and check in with yourself (and others!)** 

A simple, "Hey, how did that come across?" can turn potential misunderstandings into moments of genuine connection 

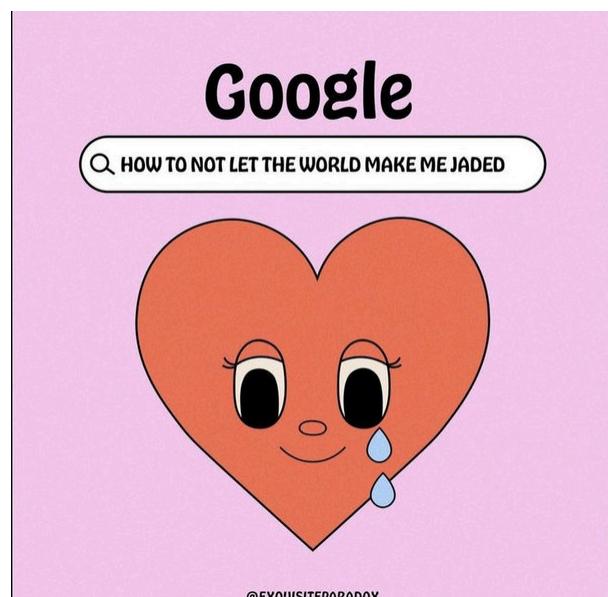
Also, let's get one thing straight...

...you are **NOT** too much 

Your big ideas, heartfelt words, and passionate presence are gifts to the world (no wrapping required ).

The holidays can sometimes make us feel like we need to shrink to fit the expectations of others, but that is just not the vibe here at *We The Haven*.

YOU deserve to take up space, sparkle unapologetically, and own every bit of your magic 



Of course, this season isn't all joy and laughter. **It can be really tough.**

Family dynamics, end-of-year pressures, and the constant juggling of personal and professional goals can leave us feeling depleted 😔

Let us commit to self-compassion!

Prioritize rest and set boundaries that protect your peace, and remember:

Saying 'no' can be just as kind as saying yes ❤️

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## Collective Learnings: Embracing & Surrendering

🧙 Already, members are reflecting on being ourselves is never too much (we see you **Jasz Joseph** 😍)

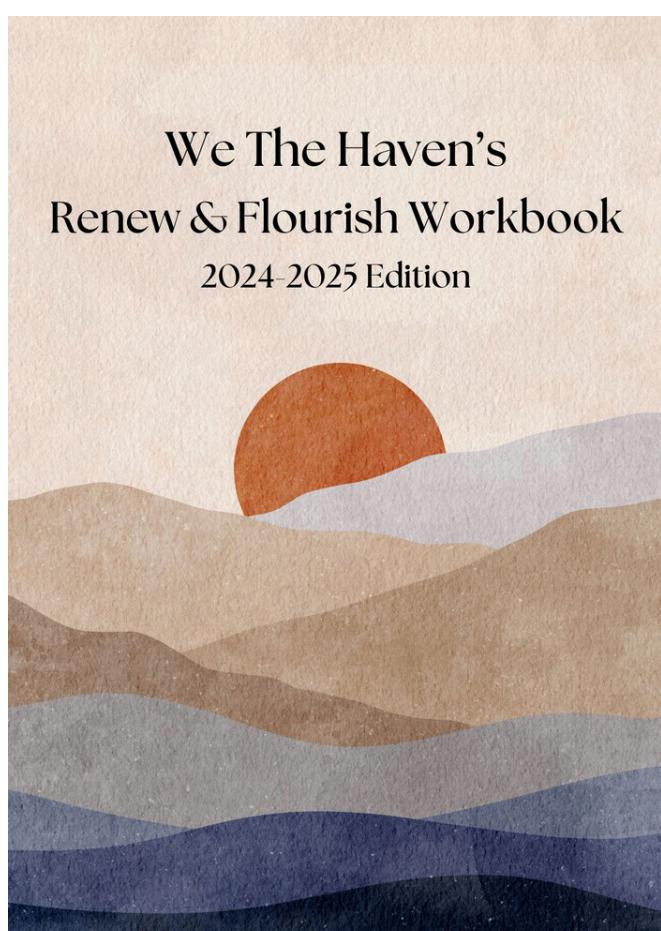
🦄 How to combine this knowledge with multiple perspectives to continue on our unique journeys of growth

⚖️ Why balancing these skills is important in understanding *intent versus impact*

💼 How do we embrace our authentic and genuine selves at work?

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## 🌈 Gift for you: Renew & Flourish Reflection of 2024 to 2025 with **We The Haven's Workbook**



It is finally here! This was a HUGE hit last year and we are bringing it back!



With the New Year approaching, it's always a great chance to reflect and set intentions for the next year.

Taking the time to reflect with the "right" and curious journal prompts is a real game changer for you and your lives' personal and professional journeys!

Enjoy this gift from us to you and we look forward to hearing about your experience.

[Download your Workbook!](#)

## This past week's Growth Circle for Cycle Syncing with

Zahava Rose 



✨ This past week's cycle-syncing session with the amazing **Zahava Rose** was pure magic! ✨

Together, we explored the four seasons of cyclical creativity:

❄️ From the reflective calm of *winter* to the daring energy of *spring* 

☀️ The vibrant buzz of *summer*, and the grounding wisdom of *autumn* 

The room was alive with inspiration as we embraced the daring potential of each phase and found new ways to honor our rhythms.

Let us keep nurturing ourselves, one cycle at a time 

[Join a Growth Circle](#)

## Session Summary

🌹 **Zahava** shared how tuning into your womb wisdom can help you visualise your creative dreams

⌚ Dived into *The Four Seasons* framework for cyclical creativity with our very own e-Books!

👑 Attendees were encouraged to reflect on the season of your current project or boldly initiate a new one

👉 The journey of creating a deeper connection with our unique cycles alongside other members excited to do the same has begun!

## Next week's Growth Circle for Mindful Productivity &

Leadership with Jasz Joseph 



Whether you are striving to grow as a leader, reshape your relationship with work, or simply crave more balance in your life, this circle is here to support YOU. 

Let us embark on this exciting adventure together—because the best journeys are the ones we take together.

[Join a Growth Circle](#)

As we wrap up the calendar year, let us embrace the mantra:

ॐ “My voice matters, my boundaries are valid, and my presence is enough.”

Write it down, make it your phone background, or whisper it to yourself during that quiet candlelit moment 🕯

Here is to a holiday season where we speak with purpose, shine without fear, and support one another in the process.

💌 Drop us a line; send a meme; let us know how *We The Haven* can support you this holiday season.

[List Your Desires](#)

Cheers to YOU, 🙌

Let's finish this year strong, together 💪

As always, from our hearts to yours,

Flaminia Buda & We The Haven team



[Explore the Membership](#)

This email was created with Wix. [Discover More](#)

# We The Haven

Hey, !

As we wrap up the year, let us take a collective moment breath to honour all ups and downs, big and small, that have brought us this far. 🙏

This week holds space for energy buzzing with opportunities for reflection and growth.

🟡 The **16 December** Full Moon in Gemini, like these mythic twins, reminds us to embrace flow and find harmony between our spiritual intuitions and physical realities.

**This moon is not just a moment;** it is the ultimate invitation to release what no longer serves you and recalibrate what a balanced, aligned version of yourself means. ❤️

Hold on — there is more!

Mars went retrograde on 6 December, urging us to recalibrate our motivations and reimagine how we spend our energy. 🔥

This cosmic reset is the setup for intentional, big-picture moves, and *We The Haven* is here to help you harness it all! ✨

-

How are you spending your energy?

Are your motivations fueling the life you really want to live?

Are you honest with yourself when answering these questions?

It's okay, you are not the only one...it can sometimes be the hardest part.

Are you looking to cultivate the clarity that helped *We The Haven* with this next step, ?

[Download your free workbook to reflect on 2024 and invite in what is important for you in 2025.](#) 

We The Haven's  
Renew & Flourish Workbook  
2024-2025 Edition



**Join us at next week's free session with Jen Nash**

*Thursday, December 19th, 5-6pm CET*

*(RSVP required)*



**Bolder, Brighter: Your Business in 2025 is not just a workshop**; it is an immersive experience to transform how you think, plan, and feel.

Perfect for ambitious entrepreneurs and creators, **Jen** will guide us through techniques in **navigating person-professional business growth**, and you will have the chance to plan your clear path **to reach your aspirations**.

Whether you have a spring in your step, strut your stuff, or shuffle your feet, how ever it is you move around, move boldly. 🎉

[Register here](#)



**Global Launch of our Free WhatsApp Community**

We The Haven Global Chapters is here!

A way to connect, grow, and transform globally —right where you are.

Our free Global Chapters are designed for women leaders and creators who value authentic growth, self-awareness, and meaningful connection.

- ✨ Listen to your body.
- ✨ Embrace your cycles.
- ✨ Share inspiration with like-hearted women around the world.

We have opened chapter groups in Berlin, Barcelona, Bali, Lisbon, Mexico City and London so far.

This is your space to thrive. Send us an email if your city is missing! Invite your woman leader and creator friends!

[Join the Journey](#)

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## Current Collective Learnings in We The Haven: Power in Pattern Purging

- 🔄 Breaking free of vicious cycles and purging unhelpful patterns make space for confidence and decisive action in your business.
- 🌿 Letting go of outdated habits and beliefs clears the way for abundance and creativity to flow.
- 🚀 Release to rise: confronting personal burdens creates room for innovative ideas, aligned opportunities, and collaborations that energize your goals.
- 🌟 Shedding what no longer serves you lets your passion shine brighter. Reconnect with your purpose and drive your business forward.

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## This past week's Growth Circle on Mindful Productivity with Jasz Joseph



The powerhouse behind [Jasz Rae Digital](#), and a true Growth Leader for Mindful Productivity and Leadership!

With sharp insights and a heartfelt approach, **Jasz** brings a unique blend of hard work, wisdom, and passion to every session.

She is committed to helping entrepreneurs and leaders embrace intentional strategies aligned with core values.

[Join this Growth Circle](#)

## Session Summary

- 💡 Is your to-do list working for you or are you working for it?
- 💡 Active reflections on *work smarter, not harder* within 3 different frameworks
- 💡 Attendees were given the space to share their knowledge, advice, tips & tricks made up of wisdom

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## This past week's Growth Circle for Holistic Well-Being with Maaria Tlensivu



**The Four Languages**: the unique holistic framework designed to help you find harmony by nurturing your energy and boosting mental resilience.

Unlike other methods that try to box us into a single approach, **Maaria** invites you to **explore the freedom** to discover what resonates most with you.

This framework is approachable yet impactful by embracing the full spectrum of the human experience of the **Mind, Body, Soul, & Heart**.

[Join this Growth Circle](#)

## Session Summary

- 💡 This session held space for meditative moments to reflect on our relationships with The Mind, Body, Soul, & Heart over the past year
- 💡 How do these relationships support us? How can we continue to support them?
- 💡 These impactful meditations helped attendees frame intentions for 2025

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In winding down at this time of year, yes, the time has come to celebrate how far you have come...

...but, it is also time for the tough work of setting intentions for where you would like to be headed 🌟

As mentioned, the upcoming Gemini Full Moon is the cosmic nudge we need to balance our inner dreams and outer actions.

Alongside the *recali-vibes* from the Mars retrograde, the message is clear: it is time for *rrrest* 🧘

To help you **reflect**, **recalibrate**, **realign**, and, finally, **reset** before beginning the new calendar year; to **flourish** in 2025, *We The Haven* has prepared for you:

👉 **Bolder, Brighter: Your Business in 2025 with Jen Nash**: come to our free end-of-year event with Jen Nash; receive expert advice for Business Growth and see what our Growth Circles can offer you.

💡 **Reset & Flourish 2025 Reflective Workbook**: a 21-page guide for intentional reflection, realignment, and forward-planning to ***Reset and Flourish*** in 2025.

🌐 **Our WhatsApp communities**: where you can connect with authentic women in business; together, we will step boldly into this new chapter, together.

🌹 **We The Haven Membership Community**: We empower women to embrace “The Shift” - a profound journey of releasing old patterns, aligning with their inner truth, and stepping into a life of clarity, purpose, and self-awareness.

*We The Haven* is here to help you rise.

Let us close this year strong, aligned, inspired, and of course, together 💕

**2025 is waiting.**

As always, from our hearts to yours,

Flaminia Buda & the *We The Haven* team



This email was created with Wix. [Discover More](#)

# We The Haven

Hey, !

As we bid farewell to 2024, let us take a moment to celebrate the growth, lessons, and milestones we have achieved this year *together*.

It is time to pause, reflect, and set intentions for the journey ahead.

This will be the final newsletter containing the latest (and last!) updates of 2024 🎅

Cozy up for this short read and we will see you again in the new year.

Reflect deeply with our [\*\*free workbook\*\*](#) and call in what you desire to take with you into 2025 and what you want to let go of.

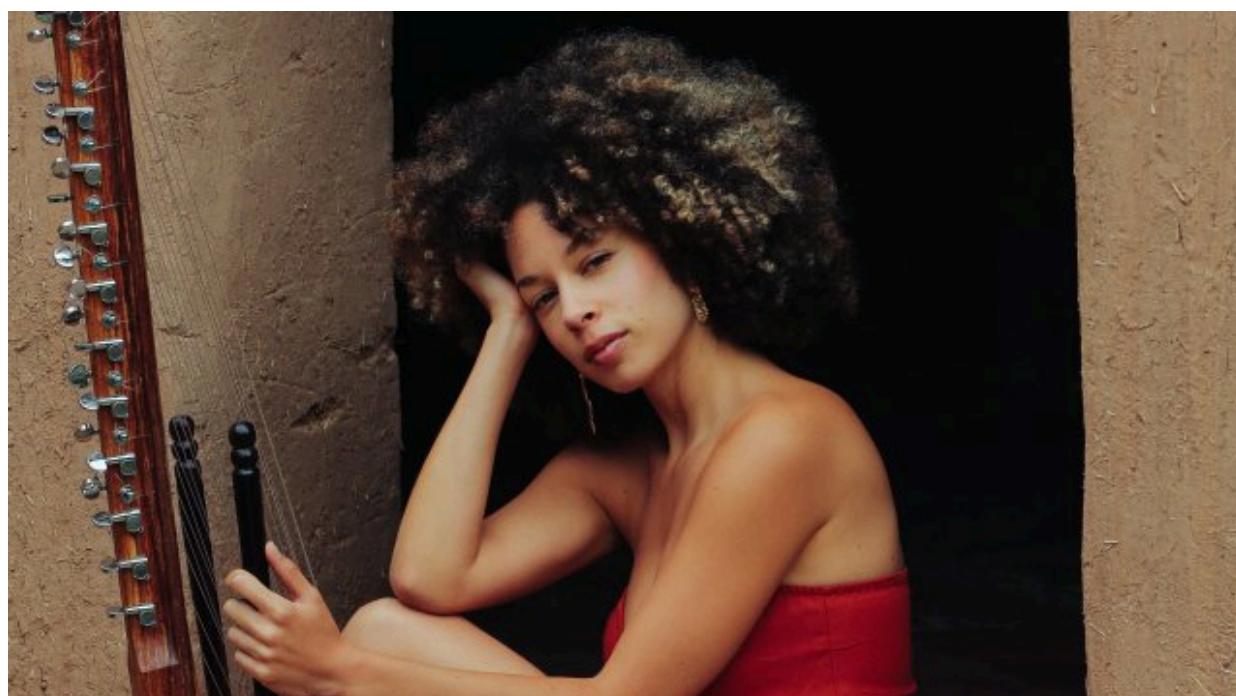
The 30 December New Moon in Capricorn arrives right on time for the new year.

The cosmos invites us to embrace **intuitive** and **strategic** energy — ideal for stepping into 2025 with a renewed sense of purpose.

This lunar energy aligns beautifully with the crown chakra, encouraging us to lead with compassion and thoughtful intention.

It is a moment to let go of limiting beliefs and focus on the ways you can adapt, maneuver, and strategise how you will keep climbing the perpetual mountain that is life 🐾

When your mind is open, it becomes a powerhouse of perspective for the life you are ready to create.



Tune into the depth you create as a woman and [\*\*listen to this song\*\*](#) we are raving about at We The Haven currently.

🎵 Farafina Mousso - Lubiana (pictured above) feat. Gaël Faye

## This past week's free session with Jen Nash



**Bolder, Brighter: Your Business in 2025** is not just a workshop; it is an immersive experience to transform how you think, plan, and feel.

Perfect for ambitious entrepreneurs and creators, **Jen** will guide us through techniques in **navigating person-professional business growth**, and you will have the chance to plan your clear path to **reach your aspirations**.

Whether you have a spring in your step, strut your stuff, or shuffle your feet, how ever it is you move around, move boldly 🎉

[Stay Connected with Jen](#)

### Session Summary

- 💡 Guided a visualization meditation and grounding session, preparing attendees for the head and heart work to explore their fear mind and get curious about their heart mind.
- 💡 Unlocked 3, 6, and 12-month goals by illuminating top 3 limiting beliefs; then, weaving them into SMART strategies for transformation.
- 💡 Connected 1-1 with women leaders and aspirational leaders, sparking fresh ideas, insightful advice, and empowering wisdom.

### Current Collective Learnings at We The Haven: Building & Balancing Trust as an Authentic Leader

- ❖ Explored the power of empathy and self-awareness as tools for building stronger teams, navigating challenges, and fostering authentic leadership.
- ▲ Discussed strategies for embracing flexibility, setting boundaries, and integrating personal values into professional goals to create a more fulfilling career.
- 📖 Unpacked the art of sharing personal and professional stories to inspire others, build trust, and drive meaningful connections in the workplace.

### This past week's Growth Circle on Cycle Syncing with Zahava Rose 🌸



**Zahava**, the guide who inspires curiosity about our inner seasons. Her approachable and easy-to-follow e-Book makes exploring these cycles exciting, helping us reconnect with ourselves in meaningful ways.

She invites us to discover how our physiology is deeply tied to our spirituality. Understanding how we feel in our bodies is key to cultivating greater self-awareness and harmony.

Through the polar power of presence, she shows how ovulation and menstruation act as opposite poles, each offering unique opportunities for growth and connection.

Are you ready to break the rules and question the norms that no longer serve you?

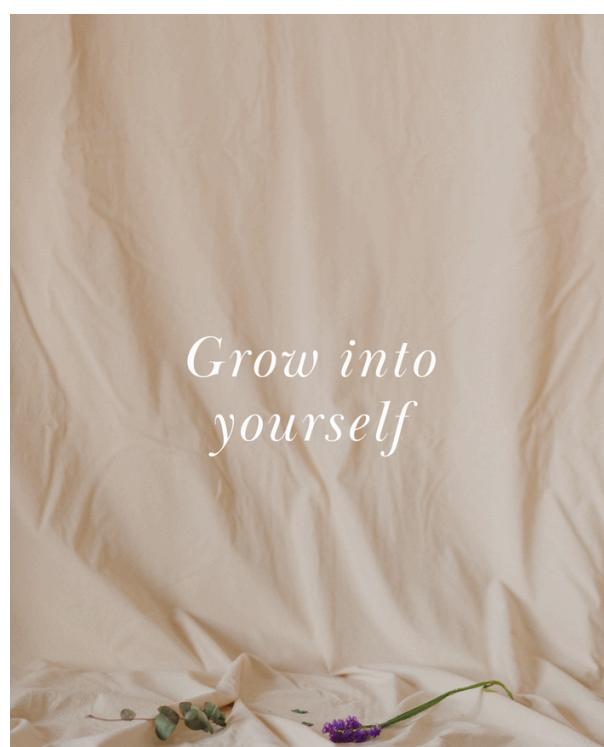
[Join this Growth Circle](#)

## Session Summary

- 💡 Attendees explored deeper connections between their unique physiology and its impact on personal and professional growth.
- 💡 A standout moment included a powerful reflection on the *thinning of the veil* during ovulation, both literally and metaphorically.
- 💡 Insights on honouring yourself by practicing aligned "yes" and "no" decisions based on your cycle and inner seasons.

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## ⭐Growing into Yourself: The Ultimate Leadership Glow-Up!⭐



Becoming the leader you are meant to be is about uncovering the strength, wisdom, and magic that already lives within you ✨

As you embrace your true self, you will inspire others to do the same, creating a ripple effect of positivity and impact 🌟

Take a moment today to celebrate how far you have come — because YOU are your greatest investment.

💡 Action Step: Write down one quality about yourself that makes you an exceptional leader and reflect on how you can amplify it this week.

As the final newsletter of 2024, we just wanted to send out some final reminders for you, as well 😊

To guide your reflection and planning for the year ahead, we cannot reiterate enough the impactful guidance in our [Reset & Flourish 2025 Reflective Workbook](#) — the 21-page guide designed to help you realign, release what no longer serves you, and set powerful intentions for your most empowered year yet.

Stay connected! 🌎 Join our WhatsApp communities to connect with authentic women in business, where we will step boldly into this next chapter together...

...or keep exploring [We The Haven Membership Community](#), where we empower women to embrace *The Shift* — a journey of releasing patterns that no longer work for you, aligning with inner truths, and stepping into clarity, purpose, and self-awareness.

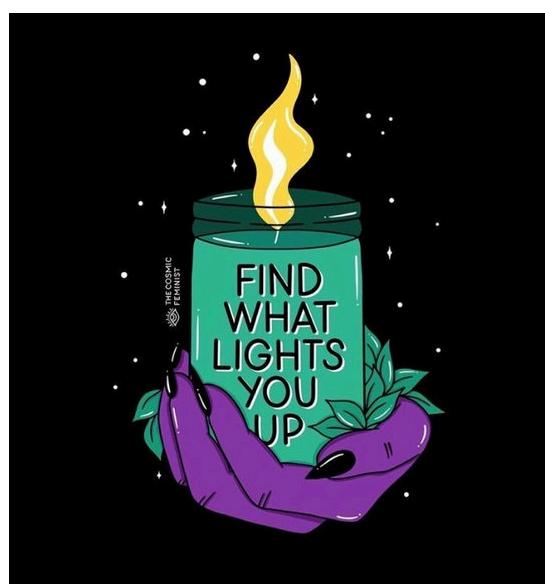
Thank you so much for being here with us on the journey so far, . Your presence is a present 💕

Together we can make 2025 our **boldest**, most intentional year yet!

As always, from our hearts to yours,

Flaminia Buda & the We The Haven team

P.S. Shout-out to 12/21 tomorrow, the magic number for symbiosis and Capricorn Season starting 23 December 🌚



This email was created with Wix. [Discover More](#)

# We The Haven

Happy New Year, !

As we step into a fresh new year, it is time to leave the holiday haze behind and shift gears back into work mode. 🚀

Whether you are leading teams, driving strategies, or carving out your own unique path to the top, January is your chance to set the tone for the months ahead.

But let us be real, shall we?

It is not always easy to go from cozy pajamas to power suits!

Managing expectations (yours and others!) while setting mindful intentions to ease into the flow can make all the difference.

Do not fret! We have got your back. 🤷

This week, *We The Haven* shares tips and activities to help you transition smoothly and tackle your goals with clarity and confidence.

Let us support you in making this year your best yet! 🚀



Remember, small rituals like setting priorities, journaling, or even taking a midweek dance break can keep you motivated and aligned with your goals.

### Small Rituals to Ease Back into Work Mode

#### **Morning Power-Up Routine**

Start your day with intention! Dedicate 10–15 minutes each morning for rituals like journaling, meditating, or stretching. Write down your [top three priorities](#) for the day or a positive affirmation to boost your mindset. Example: "I am focused, capable, and ready to lead."

#### **Desk Refresh**

Create a workspace that inspires you! Declutter, add a vision board, or include items that spark joy, such as a plant, motivational quote, or your favorite mug. A tidy, welcoming space helps you feel more in control.

#### **The 10-Minute Transition**

Struggling to leave holiday mode? Spend 10 minutes at the end of each workday reflecting on your wins (big or small) and setting up for tomorrow. This creates closure and momentum.

### Setting Priorities for the New Year

#### **Brain Dump + Categorize**

Start by listing everything on your mind—work goals, personal tasks, dreams, and concerns. Then organize them into categories: Urgent, Important [but, not urgent], Delegate, and Delete.

#### **The Rule of 3**

Limit your focus to those [three key priorities](#) each day, week, and quarter. This prevents overwhelm and keeps your efforts aligned with your long-term goals. Example: If one of your big goals is "Team Growth," your weekly focus might be "Drafting hiring plans."

#### **Define Your Why**

Ask yourself: Why does this goal matter to me or my business? Knowing the deeper purpose behind your priorities fuels motivation and helps you stay on track.

*And last, but, definitely not least;*

#### **Celebrate the Wins**

Keep momentum high by celebrating progress, not just big accomplishments. Treat yourself to something small—a coffee break, flowers, or even a round of applause for yourself — when you hit milestones.

By incorporating these rituals and prioritization methods, you will ease into the new year with grace and purpose.

Which shift resonates most with you? Reply back and let us know!

Here's your reminder to be kind to yourself along the way — **progress** over **perfection!** 

Whether it is setting boundaries, redefining goals, or embracing the occasional "no," each step is a win.

## Our Collective Learnings lately: Nixxing the 'New year, New me' Mantra

🌟 **You are already incredible**, and the new year is an opportunity to continue expanding into your best version of yourself...not forcing drastic changes into who you think you should be.

🦄 **Honor your experience!** Instead of starting from scratch, build on the wisdom and strengths you have gained. New is not always about replacing who you are; it is about refining and evolving.

📊 **Definitions of your own productivity** may be different than others, keeping up the positive self will drive you to keep on managing expectations from yourself, as well as others.

### Nourishment in the New Year



This year, it's time to embrace your unique holistic well-being—mind, body, heart, and soul 🌱✨

Nourish yourself by creating a balance that feels good for you, whether that's prioritizing restful sleep, exploring movements you love, or feeding your soul with creative foods or passions.

Your well-being isn't one-size-fits-all, and 2025 is your year to honor your whole self—uniquely, holistically, and unapologetically!

[Read more](#)

### Join us at next week's Growth Circle for Authentic Business Growth with Jen Nash 🌱



Our next session with the incredible Jen Nash is all about setting powerful intentions for the year ahead — with a twist. 🌈

Together, we will create personalized Intention Bingo Cards; our fun and creative way to map out goals while keeping things light and inspiring.

Whether you're focusing on career growth, personal well-being, or expanding your network, this session will leave you motivated and ready to check those boxes (literally!) ✅

Who says *We* cannot play?

[Join a Growth Circle](#)

## Shouting out our Social Media Manager, Simona Macejkova



With Simona's creativity and contagious positivity, she keeps our online presence buzzing with life and inspiration.

Simona's passion for empowering women shines through every post, ensuring our message of transformation and self-awareness reaches and resonates with our incredible community.

She's not just part of the team; she's the superstar who keeps *We The Haven* spirit alive and thriving! 

[See more on our Instagram](#)

## Introducing Lunar News & Tarot Pulls in our Growth Circle for Astrology & The Moon

### ASTROLOGY & THE MOON

Celestial dreamers, we are so excited to introduce something so magical: *Lunar News & Tarot Pulls*!

Describing each New & Full Moon, with setting an intention of drawing a card for *We The Haven* and navigating these shifts, *together*.

Think of it as your cosmic roadmap. A blend of strategy and intuition to help you align with the universe and your highest self.

[Join Us](#)

By managing expectations and taking intentional steps, you will transition into work mode like the powerhouse you are.

You are worthy of freedom experienced when you quit playing small.

This year is not just about surviving; **it is about thriving**.

Let us crush it together...

...one, bold, brilliant move at a time...  



You've got this, superstar. 

As always, from our hearts to yours,

**Flaminia Buda & We The Haven team**



[Linktree](#)

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# We The Haven

Hey, !

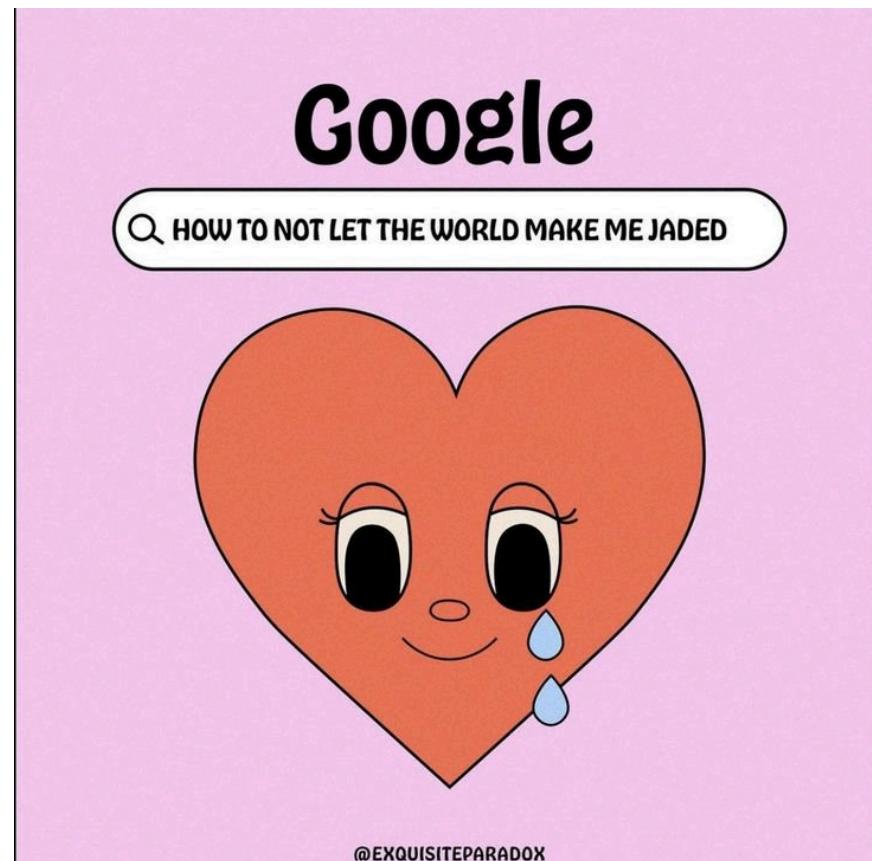
How has it been in setting and adjusting those expectations?

This week, *We The Haven* is diving deeper into a topic that every leader encounters at some point: managing expectations and staying resilient in the face of challenges.

It's a delicate art and one that can profoundly impact your perspective as a leader at that!

Preventing burnout and staying optimistic. It's easy to feel jaded when the grind feels endless or when progress doesn't align with your vision.

You are **not** alone, and there are practical ways to refresh your mindset and keep that spark alive!



Let us explore three actionable ideas to help you navigate this path with grace and gumption. 🌟

### ☒ **Set Realistic and Flexible Goals**

Break big goals into smaller, achievable milestones that celebrate progress rather than perfection.

Regularly revisit your expectations to ensure they align with current realities.

Practice adaptability—acknowledge when circumstances change and allow yourself to pivot without guilt.

### 💡 **Prioritize Self-Care and Boundaries**

Schedule regular time for activities that rejuvenate you, whether it's exercise, hobbies, or spending time with loved ones.

Learn to say "no" to commitments that drain your energy or don't align with your long-term vision.

Delegate tasks where possible to focus on what truly matters and avoid burnout.

### 🖼 **Focus on the Bigger Picture**

Remind yourself of your "why"—the reason you pursued this path in the first place.

Seek out stories of others who overcame challenges to reinvigorate your sense of purpose.

Regularly reflect on and celebrate the impact you've already made, no matter how small it might feel.

By adopting these strategies, you can keep your perspective fresh, your energy renewed, and your passion thriving!

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## **Our Collective Learnings lately: Adjustment, Anticipation & Expectation**

⌚ **Learn from the past while you plan for the future.** Reflecting on past experiences aids in identifying patterns and preparing for challenges with confidence and clarity.

💡 **Stay open to feedback.** Encouraging input from your team and peers holds opportunities for growth by revealing blind spots or considering fresh perspectives. Some of the most successful businesses are borne from collaboration.

🌟 **Anticipate, not overthink!** Focus on what is within your control while leaving space for flexibility and innovation when the unexpected happens.

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## **This past week's Growth Circle for Authentic Business Growth with Jen Nash 🌱**

Are you ready to put it on paper?

Jen Nash had her Vision Board Bingo 2025, our fun and inspiring event designed to help you align your goals with your passions.

Jen, a master of sparking creative breakthroughs, guided us through crafting a unique (and actually effective 😊) vision board that fuels your leadership journey.

Joining a growth circle and gaining access to experts like Jen Nash helps you sky rocket your leadership game for your business and sales.

[Join a Growth Circle](#)



## Session Summary

💡 **From career pivots to personal growth**, the energy in the *Zoom Room* was electric as everyone explored what is possible when you pause and truly ask yourself, “What if?” Together, they proved that curiosity is not just a mindset — it’s a powerful spark for action.

💡 **Forget the standard to-do lists!** *We The Haven* took goal-setting to the next level with custom bingo cards! Each square represents a meaningful milestone, whether it’s tackling a professional challenge, prioritizing self-care, embracing an old hobby, or simply trying something new. The result? A colorful, creative road map for a year filled with both intention and joy.

💡 **Making it measurable turns dreams into action.** Attendees were guided in crafting measurable goals that bring clarity and focus. From defining what our success looks like, setting tangible benchmarks, and exploring the goals and habits that will drive us there. Each bingo square became more than an idea — it became an achievable objective. Now, there is no second-guessing when it is time to celebrate a win and you will know you have hit the mark!

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## How are our Growth Circles helping women leaders, creators and business owners flourish?



These empowering spaces, that we call "growth circles" are transforming the game for women founders and leaders by fostering connection, accountability, and growth.

From sharing strategies to overcoming challenges, these circles are where big dreams are nurtured and bold moves are made.

Check out the blog to see how Growth Circles are helping women like you flourish — because the more you focus on your growth

[Read the full article](#)

## What's Your Flow?



At *We The Haven*, we believe work can feel like flow; a natural alignment between what you do and who you are as a person.

When your work feeds your soul, every moment feels intentional, meaningful, and inspired.

It's not just about checking off tasks but, about creating something that truly matters, with joy and purpose guiding the way.

Picture sunlight streaming through windows, the gentle rustle of trees just outside, and a space that inspires both productivity and peace.

At *We The Haven*, we value the idea that your surroundings can fuel your creativity, helping you stay focused and energized.

If you are ready to infuse your business with passion and purpose in a space that feels like an extension of your values, we would love for you to join us.

Together, we can help you create an environment that cultivates productivity and nourishes your soul.

We are where intention meets inspiration — welcome to *We The Haven*.

[Join Us](#)

## Our Donation Partner for the Ananda Foundation, Bali, Indonesia



Big news from our fearless founder! Flaminia is heading back to Bali, blending her passion for leadership with a heart for giving back. ❤️

While she is there, we are doubling down on our ongoing donation campaign for the Ananda Foundation, supporting children in Bali with education and resources to thrive.

Every contribution you make helps create brighter futures for these incredible kids.

Make a difference... 🙏

[Make a donation](#)

Remember, protecting your optimism is just as important as chasing your goals.

As you tackle the week ahead, take a moment to reflect on how you're managing expectations for yourself and your team:

Are you leaving room for growth, learning, and self-compassion?

Keep showing up with courage and authenticity — your leadership journey is uniquely yours, and your impact is undeniable.

Here is to staying inspired, empowered and resilient...

...while managing expectations and maintaining aspirations.

We are not saying it is easy but, what is it they say?

*Nothing* worth it ever is.

Keep leading with heart and ambition! ❤️

As always, from our hearts to yours,

**Flaminia Buda & We The Haven team**



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