SOUL CIRCLE COMMUNITY

One Membership. Multiple Journeys. Endless Opportunities to Flourish.

Learn. Reflect. Practice. Explore.

STRATEGIC SISTERS LADIES
MOTIVATE • TRANSFORM • EMPOWER

Dr. Estella Chavous
Dr. Jacinta Chavous-Kambach

Flourish in Every Season of Life

Soul Circle™ is the signature membership community of Strategic Ladies®, created for individuals who desire intentional growth in every area of life. Whether you're seeking greater peace, stronger leadership, professional development, spiritual encouragement, or practical tools for daily living, Soul Circle provides one place where your journey can continue year-round.

More than a membership, Soul Circle is a lifelong learning community that supports your personal, professional, and spiritual flourishing through expert guidance, meaningful resources, and a welcoming network of like-minded individuals.

Soul Circle Community ™
A Soul Circle Information 1-sheet

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This resource is intended for educational, inspirational, and emotional well-being purposes only.

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A Invitation Letter from the Founders

Dear Friend,

We are truly honored that you've chosen to learn about this community. Whether you're beginning a new chapter, navigating change, strengthening your leadership, deepening your faith, or simply creating more space for reflection and growth, we're grateful to walk alongside you.

Soul Circle was created from a simple yet powerful belief: every person deserves the opportunity to flourish.

In a world that often measures suc cess by productivity and achievement, we believe lasting transformation comes from caring for the whole person—mind, heart, spirit, relationships, and purpose. Flourishing isn't about striving for perfection; it's about becoming more intentional, resilient, compassionate, and aligned with the life you are called to live.

Our hope is that Soul Circle becomes more than a place you visit—it becomes a trusted companion on your journey. A place where you can pause, reflect, learn, and return whenever you need encouragement or inspiration.

Thank you for placing your trust in us. We are excited to grow alongside you and look forward to celebrating your milestones, supporting your challenges, and witnessing all that you will accomplish.

With gratitude and encouragement,

Dr. Estella Chavous
Dr. Jacinta Chavous-Kambach
Soul Circle Situational Meditation Hub
Love • Heal • Transform

Your Membership Includes

Meditation Practice Center

Access a growing collection of situational meditations designed to help you navigate life's everyday challenges, including:

- Complete Guided Meditation Library
- Situational Meditation™ Collection
- Monthly Featured Meditation
- Guided Audio Practices
- Meditation Playlists

Learning Library

- Monthly Reflection Guides
- Printable Journals
- Featured Articles
- Resource Library
- Soul Circle Care Collection

Mindful Media

- Bi-weekly Mindful Media Show
- Expert Interviews
- Wellness Conversations
- Leadership & Faith Discussions

Three Learning Pathways

Meditation Practice Center
Access a growing collection of situational meditations designed to help you navigate life's everyday challenges, including:

Mindful Living Academy
Cultivate resilience, emotional well-being, and everyday mindfulness.

- Daily mindfulness
- Stress management
- Emotional wellness
- Healing
- Sleep support

Human Competency Institute
Strengthen leadership, emotional intelligence, communication, workplace wellness, and human-centered skills.

- Leadership
- Emotional Intelligence
- Human Skills
- Psychological Safety
- Workplace Wellness

Faith & Purpose Academy
Deepen your faith through scripture-based reflections, prayer, and Christ-centered personal growth.

- Scripture Reflections
- Prayer Journey
- Christ-Filled Relationships
- Biblical Encouragement
- Purpose & Calling

Signature Programs

Enjoy exclusive access to programs including

- Grace Through the Change
- Foundations of Meditation
- Foundations of Human Competency
- Mindful Living, Human Competency & Faith Based Courses

Community & Live Experiences

Membership includes opportunities to participate in:

- Private Soul Circle Community
- Monthly Live Meditation Session
- Member Q&A
- Early Access to New Resources
- Exclusive Member Updates

Supportive Community

You don't have to grow alone.

- Connect with a community committed to intentional living, lifelong learning, mindful leadership, and personal flourishing.
- Celebrate milestones, share insights, and encourage one another through every season of life.

Membership Benefits

As a Soul Circle member, you'll enjoy:

- Unlimited access to member resources
- New content added regularly
- Guided meditation library
- Three integrated learning pathways
- Live online events
- Exclusive workshops
- Practical tools for everyday life
- Community support and encouragement
- Early access to new programs
- Member-only discounts on select courses and products

Why Join Soul Circle

We don't just teach mindfulness—we cultivate whole-person flourishing. Through one membership and three integrated learning pathways, Soul Circle by Strategic Ladies empowers individuals to thrive professionally, grow personally, and deepen spiritually through every season of life.

Flourishing isn't a destination—it's a lifelong journey. Soul Circle brings together mindfulness, leadership, personal development, and spiritual encouragement in one membership designed to help you become your healthiest, wisest, most resilient, and purpose-driven self.

Join the Journey

One Membership. Three Learning Pathways. A Lifetime of Growth.

Become part of a growing community dedicated to learning, reflecting, practicing, exploring, and flourishing together.

Learn. Reflect. Practice. Explore. Flourish.

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