



Learn, grow and thrive in the company of other women.

A weekly online course of six two-hour sessions.

Come back to yourself.
Learn to listen in.
Flourish alongside other women.

ROOTED AND RISING

Rooted and Rising is a six-week online programme for women who want to pause, reflect and reconnect with who they truly are. We meet once a week for two hours and in these sessions we will help you to notice what matters to you, soften the voice of self-criticism, and begin to grow more rooted in your own being.

The course is not about 'trying harder' or 'pushing through'. With gentle guidance, practical tools, and shared reflection you'll be tending to yourself with kindness and care. With the support of other thoughtful women, you'll explore what it means to live more truthfully and claim your place in the world without apology.

You don't need to bring anything other than yourself. You are welcome exactly as you are.



WHO IS ROOTED AND RISING FOR?

This programme is for women who want to feel more confidently and fully themselves, wherever they are in life.

Some of us have spent years looking after others. Some are in a time of transition. Some feel stuck or overwhelmed. Others just enjoy learning and have a sense that there might be a happier way.

You might be here because:

- You are craving a softer, more sustainable way of being
- You want to learn tools for emotional balance and nervous system care
- You're tired of carrying perfectionism or self-doubt
- You are ready to grow, but not by doing more
- You want to share space with other women who are willing to be real

Everything shared in the group is confidential and held with care. You are free to participate in whichever way feels comfortable to you; whether it's to speak, listen, type in the chat, or simply reflect quietly. You do not need to speak or appear on screen unless you want to.

YOUR FACILITATOR



Kim McCabe

Kim McCabe, author and founder director of Rites for Girls CIC, trains women to run girls' groups and mentors parents. She studied psychology and women's studies at Cambridge University. Kim never imagined that working online could compare to being in the same room but to her delight, she's discovered it can be powerful, intimate and transformational.

WHAT TO EXPECT

Each session offers a rhythm of quiet reflection and connection. You won't be asked to perform, fix or prove anything.

This course includes:

- Weekly live sessions (recorded in case you miss one)
- Stimulating themes and guided practices
- A weekly reset – come away with a greater sense of peace
- A private online group for quiet connection
- Printable workbook and weekly reflection prompts
- Tools you can use long after the course ends

After each session you can expect to feel calm, steady and supported.

WHY JOIN US

Sometimes it's a relief to have a safe place where you can just show up and be yourself. It's so much easier to heal and grow when you don't have to figure everything out alone.

Over six gently held weeks, you will:

- Learn how to calm your inner critic
- Build small, consistent practices of self-kindness
- Feel supported and connected in a small, confidential group
- Begin to recognise the strength that comes from softening
- Learn to trust your own ideas and intuition

Each week, you will explore a different theme, from boundaries to belonging. Everything is paced to honour your capacity, so you can take in what serves you and leave the rest.

DETAILS

Dates

Wednesdays, 7 to 9 pm

7 January to 11 February 2026

Location

Online - join us from somewhere quiet and private

Spaces are limited to keep the circle small and supportive.

Cost

£295 per person

Earlybird £265 for booking before 7th December 2025

Includes:

- Live facilitation with Kim McCabe
- Printable workbook (optional)
- Private online group space for sharing and support

Bring a friend and receive £20 off each place

BOOKING

To register, find Kim's video and FAQs, or ask questions:

 Visit www.ritesforgirls.com/rooted-and-rising

 Email info@ritesforgirls.com



WHAT WOMEN SAY ABOUT OUR PREVIOUS COURSES

"I came for tools, and I got them, but I also found connection, courage and a version of myself I really like."

"What surprised me most was how seen I felt. It was like being part of a quiet revolution of women choosing to show up differently, for ourselves and for each other."

"Kim helped me find my footing again. I have stopped trying to be everything for everyone and started listening to what I need. And I do not feel guilty."

"I did not expect to feel such a deep shift in just a few weeks, but something changed. I feel lighter, more myself than I have in years."

Also from Rites for Girls

- Mothers Journeying Together: A 3-day in-person retreat for mothers of daughters
- Facilitator Training: Learn to support girls' groups online and in person