

A woman with long, dark, wavy hair is shown in profile, looking out over a vast, hazy landscape at sunset. The sky is a warm, golden-orange color, and the sun is low on the horizon, creating a soft glow. The woman is wearing a white top with a decorative patterned band across the shoulders and large, ornate earrings. The overall mood is serene and contemplative.

The
Liberated
Woman

Return To Power

A Sovereign Journey Back to Yourself.

www.theliberatedwoman.org

— THE LIBERATED WOMAN

**AWAKEN YOUR INNER STRENGTH TO RECLAIM
CONFIDENCE, EMBRACE YOUR WORTH, AND RECONNECT
WITH PEACE AND PURPOSE**

Course Summary

Experiencing domestic abuse is devastating for anyone, but for expat women, it can feel like an inescapable nightmare. Far from family, friends, and the comfort of familiar support systems, the isolation can be overwhelming. The fear of losing a visa tied to an abusive partner, not having control over your finances, or navigating unfamiliar laws in a foreign language can leave you feeling powerless and invisible.

Cultural differences and a lack of understanding about where to turn for help only deepen the confusion and despair, making an already harrowing situation even more complex. You are not alone, and there is a way forward.

This program guides you from seeking external validation and approval to embracing your own strength and sense of worth. Through a journey of healing from domestic abuse, you'll gain insight into the tactics used by perpetrators to control and undermine, empowering you to safely break free from their influence and reclaim your life.

You'll learn to honour yourself and create a life grounded in self-respect, where joy, peace, and purpose come from within.

Course Outcomes

- ✓ **Reconnect with your inner wisdom** as you journey toward understanding and learnings from your past relationship and release any lingering blame or shame.
- ✓ **Recognize the many faces of an abuser** and the hidden patterns at play, so you can see through their tactics with clarity and strength.
- ✓ **Awaken to the origins of their behaviours,** and find peace as you release their hold over you by reclaiming your inner strength and activate your power to build a future where you are fully in control.
- ✓ **Reconnect with your values** and stand tall in your boundaries, knowing exactly what you deserve and need to feel loved, respected, and whole. With this clarity, red flags become unmistakable, and you trust your instincts like never before, using this wisdom as your superpower.
- ✓ **Embrace the strength** needed to co-parent wisely, equipped with an emotional toolkit that safeguards your mental and emotional well-being.



— INSIGHT HUB

The **Insight Hub** is a lifeline for women navigating the complexities of leaving an abusive relationship. These resources will empower you with the knowledge, strategies, and support needed to take control of your life and future. It offers practical guidance on legal, financial, and emotional challenges, how to find employment, and learning to heal from your experience.

With tools to clarify your next steps, minimize legal costs, and maintain your well-being, the Insight Hub provides a safe space to regain your confidence and build a secure foundation for your independence. You don't have to face this journey alone-this hub is here to guide you every step of the way.





Legal

1 x 90-minute session with family lawyers to give you the clarity and legal guidance you need when navigating divorce or separation from a controlling partner, ensuring you understand your rights and options for protection.



Employment Coaching

1 X 90-minute session with HR and Employment professionals to help you assess your skills, identify employment opportunities, CV building and prepare for entering the workforce, giving you the confidence and tools to support your financial independence.



Healer

1 x 90-minute sessions with a gifted trauma healer to help release the emotional and physical impact of past abuse, allowing you to heal and regain your sense of self and well-being.



Financial Fitness

1 x 90-minute session to provide practical advice on managing finances before or after separation, helping you take control of your financial future with confidence and security.

Course details

The program is 12 weeks in duration. Each online session is 90 minutes and the fee is 4,500 AED. All sessions are confidential and cannot be recorded. Program start dates are shared and updated on the website.

— FAQ

I don't know if what I am experiencing is abuse?

If you feel unsafe, controlled, or afraid in your relationship, it may be abuse. Abuse isn't just physical; it can also be emotional, financial, sexual, or psychological. Common signs include being isolated, constantly criticized, denied access to money, or feeling like you're walking on eggshells. Trust your instincts-if something feels wrong, it's worth exploring.

I am nervous about talking in a group setting. Do I have to speak?

The program is dedicated to creating a safe and supportive environment for women. We understand that sharing your experiences can be incredibly challenging, especially in a group setting. That's why we approach each session carefully and patiently, allowing you to participate at your own pace.

What if I feel triggered by hearing other people's experiences?

When we hear someone share an experience that resonates with our own, it can sometimes bring back intense emotions. We utilize grounding techniques to support you during these moments, ensuring you don't feel overwhelmed. You are always welcome to turn off your camera, take a break, have some water, or do whatever helps you to recalibrate. Often, as women begin to share their stories, it encourages others to open up as well. We create a compassionate and understanding space where you can feel safe and supported throughout your journey.

What if I can't join a session?

If you can't join a session, please let us know as soon as possible. Please note that we do not record sessions to protect confidentiality.

Can I connect with the other women in the group?

As a participant of TLW you will be invited to a private Facebook group for 12 months. You can connect with the women from your cohort there. If you are still in an abusive relationship, it's important to be very cautious. If you use WhatsApp to communicate, consider setting a timer to delete messages or saving contacts under names that the perpetrator will not recognise. You can also set a PIN for your WhatsApp messages. A safer alternative is the 'Signal' messenger service.

If you encounter another member of the group in public whilst with the perpetrator, it is best not to acknowledge each other to avoid raising suspicions. Your safety is paramount.

I want to join, but I cannot afford the enrolment fee; what can I do?

We understand that being in an abusive relationship and experiencing financial control can make it challenging to afford support services. If you have no access to funds then the sponsors can cover the fee. Spaces are limited, so please use the 'apply for sponsorship' option on the website.

—TESTIMONIALS

The following testimonials are from women across the UAE who have participated in the program. To maintain confidentiality, all names have been omitted.



“Attending the Program has been life-changing for me. It opened my eyes to behaviours and patterns I didn’t even realize were harmful and gave me the tools to rebuild my confidence and sense of self-worth. To anyone thinking about signing up: take that step. It might feel daunting at first, but the growth, healing, and support you’ll gain are worth it. Thank you to the sponsors who make this program possible-you are truly changing lives.”

Dubai UAE.



“Before joining the Program I wasn’t sure if the things that happened were in my head, or I had overreacted, I lost my own thoughts and beliefs. After hearing all the different aspects of the dominator and hearing the stories from the other ladies which were almost identical, it brought real clarity to my mind and I could see all the tricks my ex played on me, and identified with them even more. It really helped me a lot and I am very grateful for the opportunity, I really needed this clarity.”

Dubai UAE.



“If it wasn’t for this program I’d have not realised I was still living or hiding the burden of what happened to me, its taken me 18 years to realise this - I’m so glad that I did. I joined the program not knowing what I needed, I’ve never sought help before - my motivation was to sort myself out for my son, I’m leaving the program so glad that I have done this for myself. The program covers so much, I could never have anticipated how enjoyable it would be. I am sad that its ended but I know it doesn’t end here. Every woman/man to have lived this experience needs this program - this is the best gift you can give yourself.”

RAS AL KHAIMAH



“This is an absolute must for any woman going through toxic relationships and planning to leave. As it opens your eyes to see things from different angles. And see other women and hear their stories which is so important and beneficial to us all. The community is so kind and Saria is non judgmental so you feel really safe to say whatever you want. I love the program and would recommend to all women.”

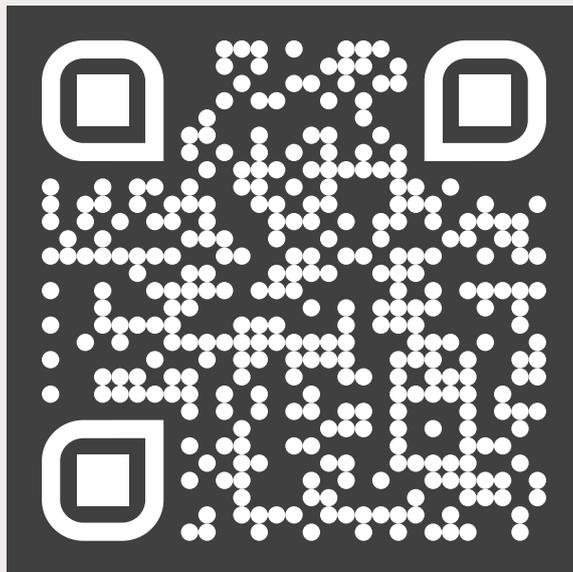
FUJAIRAH, UAE.

The
Liberated
Woman



SIGN UP

READY TO TAKE THE NEXT STEP TOWARD EMPOWERMENT
AND LASTING CHANGE?



**Sign up today and start your journey
towards healing.**

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