



The Art of *Receiving*

more love, ease & flow, and abundance



— A *6-Week* Program —

◆ WITH COACH NOMIN

◆ BEGINS WEDNESDAY, NOVEMBER 4



A LETTER TO YOU

Welcome, beautiful one.

We always want to receive more. We complain that others don't give to us. We pray for what we'd love to have in our lives.

And yet, we never actually *practise* receiving. Here's the fun fact: most of us don't even realise we aren't receiving at all.

*Receiving isn't something you earn.
It's a muscle, and we're going to
train it together.*

When I was in grade 3, my backpack was stolen while I was playing outside school. It wasn't my fault, but I was too scared to tell my parents or ask anyone for help. Asking felt dangerous.

It took me years to realise it was just bad luck, and that this tiny story had been quietly deciding how much I let myself receive ever since.

I'm sure you have your own story. These stories run in our subconscious and shape the way we receive: love, help, money, rest.

The Art of Receiving is the simple, practical framework I built from that journey, made for daily life. I'm so glad you're here.

With love, Nomin

YOUR COACH & FACILITATOR

DOES THIS SOUND FAMILIAR?

Maybe this is you...



-  You work a lot
...and you believe that's simply how life is supposed to be.
-  You feel tired, most of the time
...and you've quietly decided that's normal too.
-  Deep down, you don't feel worth more
Enough to cover what you need, but never more than that.
-  Help is offered, but you don't trust it
You strongly believe people can't really change, so you keep doing it yourself.
-  You carry the small household burdens
The endless little tasks and reminders that nobody else seems to see.
-  The emotional load "isn't that big"
...but your body is telling you a very different story.

*Why can't we overpay, leave generous tips,
or ask for more than we need?*

As girls, we were praised for figuring it out alone, not for asking. As women, we were trained to receive *just enough*: enough salary to get along, enough vacation to run the errands. You're not broken. You were trained. And training can change.

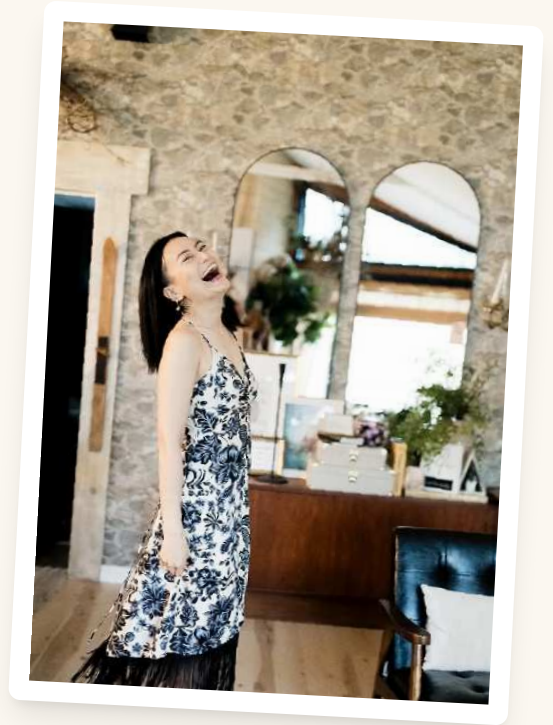


TRY IT RIGHT NOW

Can you receive this?

"You are soft, gentle and so wise. When you walk into a room, people notice you. It's in your smile, the way you walk, the way you look at people. You are magnetic."

Now say it back to yourself, starting with **"I am..."**



Did you feel hesitation, overwhelm or judgement? Good, now you know two things. **One:** you haven't been receiving, without even knowing it. **Two:** within the next six weeks, you'll learn to accept it and own it. And it doesn't stop at beauty.

WHO THIS IS FOR

For women ready to *activate their receptors*



~~"I have to do it all myself."~~

Open to real support



~~"Just enough to get by."~~

More than enough for my life



~~"Struggle is normal."~~

Ease & flow as my new normal



~~"Only what covers the bills."~~

More money than I need



~~"I keep people at arm's length."~~

More trust & closeness



~~"Love has to be earned."~~

Unconditional love

How receiving works



“There is no giving without receiving, and no receiving without giving.”

A simple but effective framework you can use every day to attract more love, ease and flow, abundance and opportunity.

1

Give from abundance

Practices and tools to discover the talents that come to you naturally. You start giving from a place so full that you're overflowing, instead of from the energy of never having enough.

2

Know where to receive

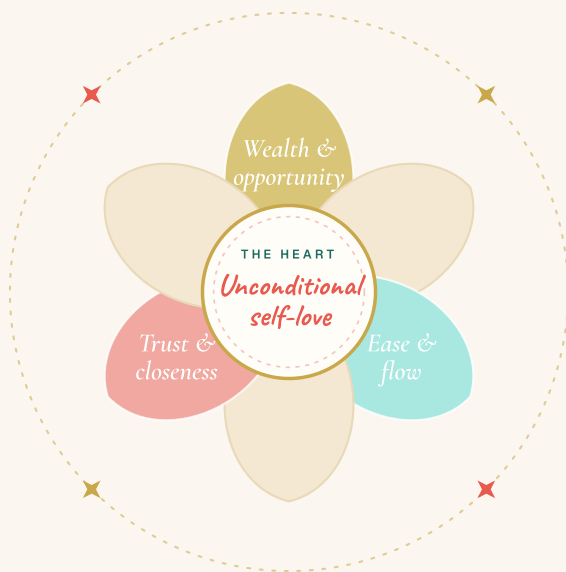
Not "ask for a job, ask for a partner", but building the inner qualities that naturally attract more in four key areas of life.

3

Practise the how

Words of validation, and taking extra time for yourself and others. A tool you use every day, with real changes from week one.

The four pillars of receiving



● Wealth & opportunity

The confidence to ask for more than what's required, and to stop settling for "just enough".

● Trust & closeness

That one person you can call at 2 am, cry with, and share everything with. No judgement, no armour.

● Ease & flow

No more hustling or fighting. Days filled with things you love, and permission to enjoy life.

○ At the heart: unconditional self-love

The heart of it all. When you give yourself comfort and compassion, you soften and bloom. Every pillar grows from here.

By the end of six weeks, you'll have **trained your receiving muscles**: for more love, more ease & flow, more help, more wealth and more opportunities.

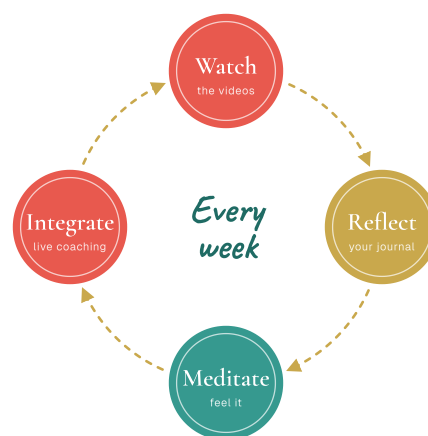
WHAT'S INSIDE

Everything you need to transform & integrate

Your program at a glance

- 7** Recorded video lessons
Watch at your own pace. Each video opens a new layer of receiving.
- 7** Reflective exercises
One for every video, so you see how each teaching shows up in your life.
-  Short guided meditations
Gentle practices that help the knowledge settle into your body.
- 5** Live coaching sessions
60 minutes every Wednesday to move through blocks in real time.

Your weekly rhythm



The six weeks · Wednesdays, 12:00 – 1:00 pm ET

WEEK 1 · WED OCT 26

Welcome to receiving

WEEK 2 · WED NOV 4

Give from abundance

WEEK 3 · WED NOV 11

Trust & closeness

WEEK 4 · WED NOV 18

Wealth & opportunity

WEEK 5 · WED NOV 25

Ease & flow

WEEK 6 · WED DEC 2

Unconditional self-love

YOUR INVESTMENT

Say yes to yourself

Imagine asking for more than what's required, and receiving it with ease. This is your invitation to begin.

80% OFF · FOUNDING ROUND

~~Regular value \$3,500 CAD~~

\$700

CAD · FULL 6-WEEK PROGRAM

- * 7 recorded video lessons to watch at your own pace
- * 5 live 60-minute coaching sessions on Zoom
- * In-person full day retreat included: Monday, October 26, 2026, 11:00 am to 4:30 pm ET, Pickering, Ontario
- * A reflective exercise for every video
- * Daily guided meditations to practise at your own pace
- * Class replays, a private community and your own journal on the Coach Nomin platform
- * Six weeks of guidance with Coach Nomin

Ready to receive?

Live Wednesdays, 12:00 – 1:00 pm ET
November 4 to December 2

RESERVE MY SPOT

You were never meant to carry it all.
*You are allowed to **receive**.*

coachnomin.com/art-of-receiving

