



Erika Chalkley: Women Who Are Too Nice



Erika has worked with hundreds of women across the globe as an embodiment educator, somatic coach and mindfulness /meditation teacher. She is dedicated to helping women break free of 'niceness' so they can step into their own power and fully share their talents with the world. Her work also draws upon the wisdom from over ten years of devoted Buddhist practice. Erika shares her discoveries about niceness, where it originates, the consequences, how it manifests in our bodies, and how an embodied approach is often the missing key to breaking free.

TOP EMBODIMENT TIP: Ask yourself, what is this animating force that lives through me and you and is in creation, and let that mystery make you big.

Introduction: Women Who Are Too Nice

- They are women who try to please everyone but end up exhausting themselves and feeling resentful.
- They find it hard to know what they truly want, there have been so many 'shoulds' impressed down on them.
- Niceness is not Kindness - this kind of nice is actually deeply unkind, it's rooted in the idea that you are less than them.

Changework: Unconscious Shrinking

- Discover how old conditioning in the body can keep sending unhelpful messages to us, i.e. 'Big is not Safe'; 'To be Powerful is Dangerous'; 'This is as Big as I am Allowed to Be'.
- You can read all the books you like, say all the affirmations, do the meditations, but until you change it in your nervous system, these old messages, will not allow you to do something different.
- Explore how you are doing niceness in your body.
- Hear more about how female leadership, empowerment, and being in congruence with yourself helps us all.

Embodiment Practice: Take Up More Space

- Erika invites you to join in as she leads a movement practice that can be done anytime and she encourages you to make it a daily practice.
- Begin by coming back to a place of nourishment, the seed of your being, where you can rest.
- Then, come into action elongating the spine, taking up more space. This is you taking your place in the world with dignity.

Resources

- ❖ **Website:** [Your Right To Be](#)
- ❖ **Instagram:** [women who are too nice](#) | **Facebook:** [Your Right To Be](#)



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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