

The Aligned Founder



A transformation program for women leading with purpose

Transform from overworked and disconnected to aligned, magnetic, and deeply effective.

I offer holistic coaching for ambitious founders who want to raise investment and lead with confidence.

The 6 Modules



Nervous system re-set

Release old patterns and reconnect with your body's wisdom through nervous system regulation and somatic healing.

Identify core values

Clarify what truly matters by identifying your core values so that your work flows from intention, purpose and authenticity.

Energy management

Prevent burnout and reclaim your energy with practices for energetic hygiene, time discipline, and boundary setting.

Raise your frequency and embody your unique voice to attract aligned opportunities and deepen your reach and purpose.

Vision Alignment

Refine your business and your life as you learn to sustain your magnetism while expanding your impact.

Embody your transformation

Integrate your inner work and walk away ready to lead with confidence, clarity and purpose.

Conscious building & long term vision

This program doesn't just help female founders get ready to raise capital, it gently guides women into a whole new way of living more authentically.

You will be able to blend the holistic healing techniques and energy management tools with mindset, leadership, and business-building capabilities that are essential for long-term success in business and in life.



Testimonial

"In only 3 sessions, Gemma has given me the tools to clarify my values, set boundaries and learn how to protect my energy.

I have already started applying her frameworks and it's changing how I approach work and life. I particularly love how Gemma draws on her own experiences in a relatable and honest way. And her own energy radiates even through the screen"

Founder, London.



Investment

For members of Nexus community there is a special discount code for 20% of your first program.

Just quote 'ALIGN' when booking your spot.

The Aligned Founder Program:

6 x one hour sessions via Zoom

To be completed within a 12 week time frame

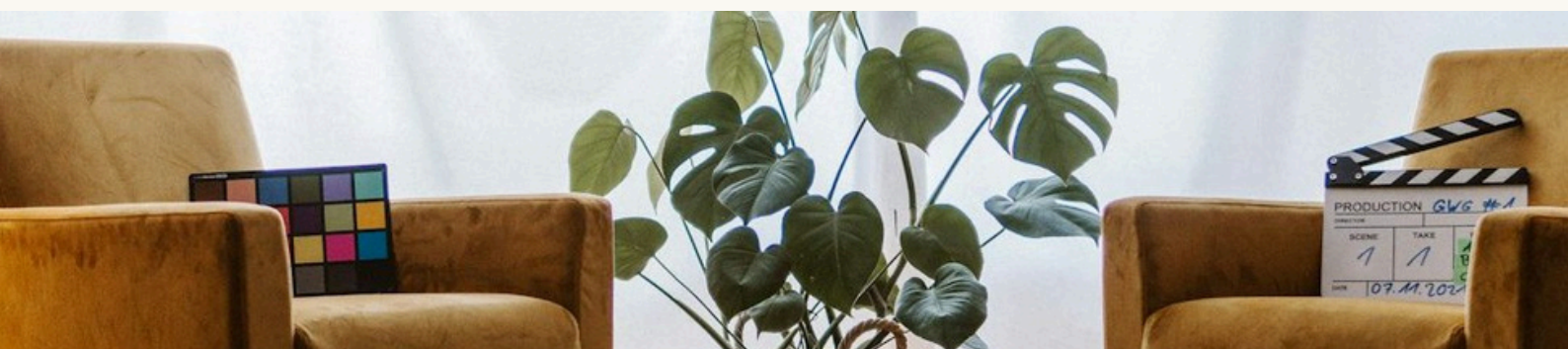
Includes self-guided tools and WhatsApp support

Investment:

£1,500

I also offer individual sessions at £200 per hour.

To learn more please schedule a call with me [here](#)



About me



Hi, I'm Gemma.

I am a 3x founder, business coach, angel investor and a passionate and active ambassador for women's health.

Having successfully built, sold and advised multiple startups and navigating huge life transitions during that time, I will bring a rare mix of commercial experience, emotional intelligence, and soul-led leadership to our time together.

I have walked the path I now guides others through, from fundraising and scaling, to burnout recovery and authentic leadership. And I understand the inner blocks that hold women back, and the outer systems that need to change for us to thrive.

It is my personal mission to lift more purpose-driven female founders and leaders into positions of power, capital, and influence by helping them align their inner belief to achieve external success through transformational change.

To learn more, connect with me [here](#) or visit my website