

# DR. EMY TAFELSKI<sup>+</sup>

**Emy Tafelski is a badass spiritual rebel guiding women back to their true essence.**

**Entrepreneur, Author, Coach, Speaker & PhD with concentration in consciousness, spirituality, and integrative health, Emy offers up her unapologetic, unfiltered take on releasing parts that no longer serve you, getting you back to your true authentic self.**

**Soul Weaving Experience** Founder & Coach  
**Always Worthy** Author & Speaker  
**Me-Therapy** Founder & Licensed Therapist



## **Interview Topics:**

- Transformative Healing: Going beyond traditional therapy to unleash your inner rebel
- Soul Weaving Method: A soul-based approach to self-discovery and authenticity.
- Reclaiming Your Story: The most radical act of self-empowerment.
- Unweaving the patriarchy: Living a more authentic life through deep soul work
- Worthiness: Finding your power in a society that constantly makes us feel unworthy
- Authenticity: The magic that can heal the world.

## **Contact & Social Media**

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## **Interview Questions:**

- How does soul-based healing empower individuals to challenge the status quo?
- What are some common threads that we all get burdened with, how do we identify them, and then release them to get closer to our authentic selves?
- What makes Soul Weaving different, and why does it stick?
- What's a soul wound, and why is it so difficult to heal with traditional therapy?
- How do authenticity and worthiness connect? Why does living authentically lead to deeper feelings of worthiness?
- How does the patriarchy contribute to us feeling like we're not enough?