



PODCAST GUEST



Ingela

FEMININE REAWAKENING



I believe meaningful conversations
have the power to change us.

They invite us to pause, reflect,
and experience life a little differently.

CONVERSATIONS I LOVE EXPLORING

The Art of Living Fully

What does it really mean to live a rich, intentional life—and why do so many of us wake up feeling disconnected from the one we've created?

Creating a Life That Reflects Who You Are

From the spaces we live in to the choices we make every day, how our outer world becomes an expression of our inner world.

The Feminine in Today's World

A conversation about achievement, presence, relationships, and what we may have lost while trying to do it all.

Presence in a Distracted World

What happens when we slow down enough to actually experience the life we're working so hard to create?

Rediscovering Yourself Through Life's Transitions

How life's biggest transitions often become our greatest invitations to grow.

The Cost of Living Out of Alignment

The subtle ways life lets us know something is no longer working—and why those moments can become the beginning of profound change.

WHY THESE CONVERSATIONS MATTER TO ME



My perspective comes from both lived experience and years of guiding women through life's transitions.

After navigating divorce, infidelity, and rebuilding my life, I created **Feminine Reawakening**—a space where women reconnect with themselves and create lives that feel intentional, fully alive, and truly their own.

I combine more than two decades of creating meaningful experiences with years of personal growth to help women move from simply getting through life to **truly living it**.



WEBSITE

femininereawakening.com



INSTAGRAM

[@ingela.ignited](https://www.instagram.com/ingela.ignited)



EMAIL

ingela@femininereawakening.com