

The

PORTAL

YOUR INVITATION



KAREN KNOWLER

WELCOME

TO THE PORTAL

Welcome! You're here because you're curious about The PORTAL and are wondering about whether it's the right place for you.

I've created this guide not only to help you answer this question, but also so that you can see *what else is possible*, and how being one of the 10 women to step into The PORTAL will be so much more than you could ever imagine.

I created The PORTAL as a scared container for profound transformation yes, but also, more practically speaking, as the antidote to the problem I've been seeing for almost 30 years: bright, intelligent, committed women struggling to clarify exactly what it is that they want,

and then when they know what it is, to actually bring it to life.

The most common mistake I see women making stems from this one single thought:

"Now that I know what to focus on, I'll be fine."

In my experience, this is true for about 1% of women. And that's not a reflection on their ability, it's a reflection of how busy their lives are. It can be tremendously difficult to pull off something big and new when your life is already brimming.

Keep reading and let's see if you'd be wise to step inside The PORTAL.



Karen



The QUICK OVERVIEW

*Your questions answered in
one simple summary*

WHAT IS THE PORTAL?

It's a 4-month online group container that has been created to support you in bringing your ONE THING to life in an extraordinary way.

WHO IS IT FOR?

Women who see so much value in bringing their ONE THING to life that they don't want to take any chances.

HOW DOES IT WORK?

Via my tried-and-true 7-step TRANSFORM process.

WHAT ARE THE 7 STEPS?

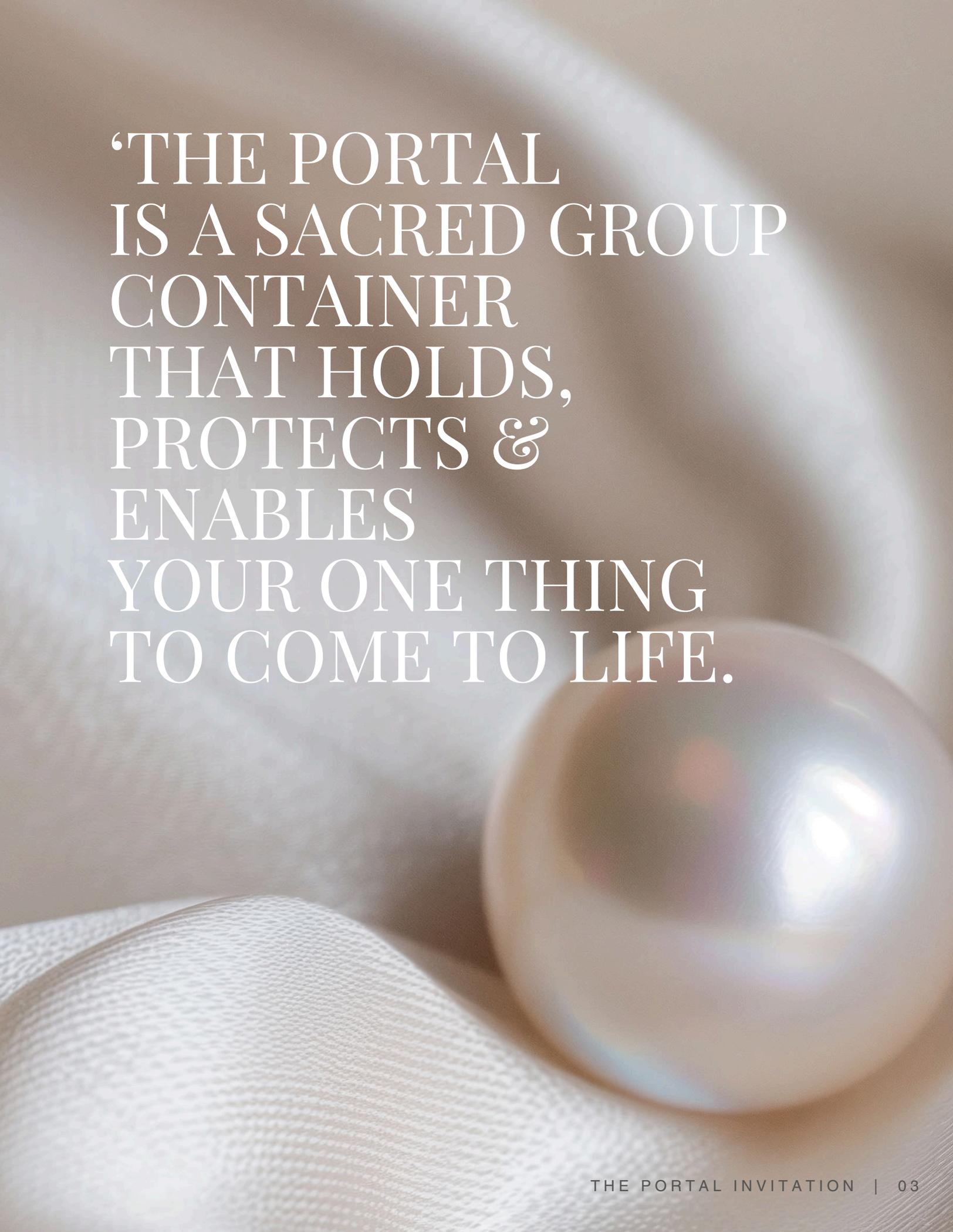
I shared these in the BEYOND workshop on 1 January 2026. You can also find more details on page 5. These 7 Steps enable a magical transformation to occur.

WHEN IS IT HAPPENING?

Our first call is on Thursday 15 January 2026 and then every Thursday thereafter until the end of April 2026.

WHAT TIME ARE THE CALLS?

They vary between a start time of 4PM & 6PM UK.



‘THE PORTAL
IS A SACRED GROUP
CONTAINER
THAT HOLDS,
PROTECTS &
ENABLES
YOUR ONE THING
TO COME TO LIFE.

Who's it for?

The PORTAL would be an amazing place for you if any or all of the following are true for you:

01 You really want your ONE THING - it's a non-negotiable to you and you know it would change everything.

For some women, when they take an honest, and sometimes hard look at their life and where they are headed if nothing much changes, that thought can be a little too much. This is where the ONE THING changes from being a "nice to have" to being *non-negotiable*. You simply won't allow yourself NOT to make this move or change.

02 If you're really honest you know that left to your own devices you will struggle to make this happen.

You're a realist. You know your own history around making things happen, and you know your current workload. You want this but you don't know how you're going to fit it in, or make the time to do what needs to be done to have this shift. The PORTAL provides everything you need to just step inside and be guided & supported through the entire journey.

03 You just have this feeling...
You can't fully explain it; it's just a knowing.
The PORTAL is where you need to be.



HOW *it* WORKS



Your 4-month journey comprises of 7 crucial - *and potent* - steps.

We begin with making space for magic. Without space there is nowhere for your ONE THING to be fully conceptualised, created and received. We focus on this for the first two weeks. Then we move onto cleaning up your body for two weeks, and so on. *See next page for why we do this.*

WHY IT WORKS

- 01 MAKE SPACE**
Before bringing anything new into our lives, we must make space for it first. No space, no transformation.

- 02 CLEAN UP YOUR BODY**
Raising the energy and frequency of your cells positions you for clearer and more visionary thinking and ideas.

- 03 RECEIVE A VISION**
While your ONE THING may not change, it could very well evolve. This stage is where it will really come alive.

- 04 MAKE YOUR MAP**
Before embarking on any journey, you must know your Point A & Point B. And then you plot the steps between.

- 05 ALIGN WITH YOUR DESTINATION**
This can take many forms such as identity, environment, resources, mindset & focus. Most people miss this step.

- 06 MAKE THE JOURNEY**
With all prep now completed it's time to make it happen! Your journey is underway & the rubber meets the road.

- 07 CELEBRATE & ELEVATE**
Celebrating & fully receiving what you just accomplished is vital. And then... we go again! At a whole new level.



HOW *it* HAPPENS

01 / TRANSFORM TRAINING

Before you move into taking each step, you must first understand what it is, why it's important and the options within it. Once you know this, and with my personalised-to-you support, you can then decide which approach is perfect for you.

Each of these sessions runs for 2-hours, with the exception of Step 6 MAKE THE JOURNEY which is 3-hours.

Workshopping time is built within this so that you can choose the right approach for you and your ONE THING and leave the call with your plan in hand and ready to go.

02 / CHECK-IN CALLS

These are 1 - 2 hour group calls happening every other Thursday to provide the space to share how the current step is going and to receive any required support, guidance or feedback. These calls will be fun, packed with know-how, inspiring and enlightening.

03 / COMMUNITY

From the moment you're accepted into PORTAL you'll gain access to the PORTAL online home.

Here you'll be able to access all PORTAL materials, call recordings, zoom links and everything else that you need.

There's also a private space within it to connect with your PORTAL soul sisters, so you can share your journey between calls and share and celebrate every win along the way.



The TIMELINE



STEP 01

THURSDAY 15 JANUARY 2026

MAKE SPACE FOR MAGIC TRAINING

Check-in call: Thursday 22 January

STEP 02

THURSDAY 29 JANUARY 2026

CLEAN UP YOUR BODY TRAINING

Check-in call: Thursday 5 February

STEP 03

THURSDAY 12 FEBRUARY 2026

RECEIVE A VISION TRAINING

Check-in call: Thursday 19 February

STEP 04

THURSDAY 26 FEBRUARY 2026

MAKE YOUR MAP TRAINING

Check-in call: Thursday 5 March

STEP 05

THURSDAY 12 MARCH 2026

ALIGN WITH YOUR DESTINATION

Check-in call: Thursday 19 March



STEP 06

THURSDAY 26 MARCH 2026
MAKE THE JOURNEY TRAINING

Check-in calls:
Thursday 2 April
Thursday 9 April
Thursday 16 April

STEP 07

THURSDAY 23 APRIL 2026
CELEBRATE & ELEVATE TRAINING

Check-in & group completion call:
Thursday 30 April

PORTAL CLOSES

MONDAY 11 MAY 2026

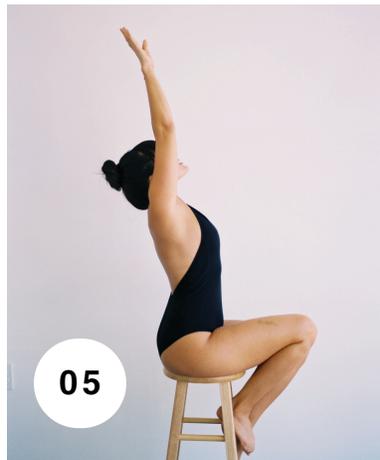
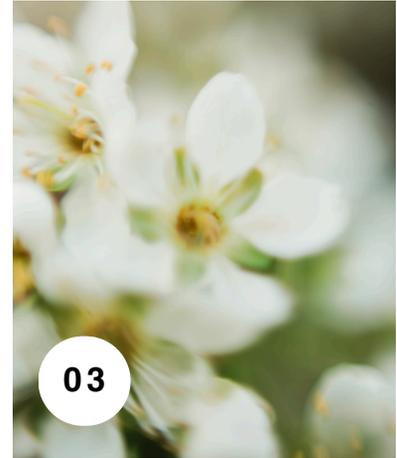
You have 11 extra days to post in the group if you'd like to ask any final questions.

You have lifetime access to the member's area, but my support within it completes on this date.



COMPLETE SCHEDULE

All group calls are on a Thursday on zoom, are recorded & uploaded to the members area



CALL

TIMES (UK)

CALL

TIMES (UK)

01 MAKE SPACE / 15 Jan

4PM - 6PM

09 ALIGN w/ DESTINATION / 12 Mar

4PM - 6PM

02 Check-in call / 22 Jan

6PM - 7PM

10 Check-in call / 19 Mar

5PM - 7PM

03 CLEAN UP BODY / 29 Jan

4PM - 6PM

11 MAKE THE JOURNEY / 26 Mar

6PM - 9PM

04 Check-in call / 5 Feb

5PM - 6PM

12 Check-in call / 2 Apr

5PM - 7PM

05 RECEIVE A VISION / 12 Feb

4PM - 6PM

13 Check-in call / 9 Apr

5PM - 7PM

06 Check-in call / 19 Feb

5PM - 7PM

14 Check-in call / 16 Apr

5PM - 7PM

07 MAKE YOUR MAP / 26 Feb

4PM - 6PM

15 CELEBRATE & ELEVATE / 23 Apr

5PM - 7PM

08 Check-in call / 5 Mar

4PM - 6PM

16 Completion call / 30 Apr

5PM - 7PM

THINKING OF JOINING US?

Vibe Check!

If you've never worked with me before, it's been a while, or you're simply wondering what to expect, here's a *vibe check*.

The following will help you to know what kind of space PORTAL will be, how I will work with you, and what I expect.

My coaching, teaching and mentoring style is an interesting mix, so let's see if we're a match made in heaven!

I WILL

COMMIT FULLY TO YOUR SUCCESS

If you're all-in, I'm all in, so you can anticipate me getting to know you and your ONE THING intimately so that I can help you receive the outcome you desire - *and more!* I always like to surprise and bring more than you expected.

INSPIRE YOU, GUIDE YOU, SUPPORT YOU... & SOMETIMES MAKE YOU LAUGH!

When it comes to transformation, my philosophy is to make every step as fun, enjoyable and magical as it can be. *Control what we can control*, so to speak! Your journey towards your ONE THING likely will have challenges, bumps in the road and things you couldn't have seen coming. I am queen of the reframe. Whatever happens, I will support you in seeing how everything is happening *for* you, not *to* you.

WHAT I EXPECT

COMMIT FULLY TO YOUR SUCCESS

This is the number one prerequisite. This journey is not for you if you have no intention of playing full out and seeing it as a fabulous adventure that you are 100% committed to going all the way with.

STAY FLEXIBLE, OPEN & CURIOUS

Rarely do things pan out exactly the way we think they will. I have almost three decades of experience coaching women (and myself!) through all kinds of situations. You name it, I've probably supported & coached someone around it, or gone through it personally. You're going to fit right in if you're great with going with life, rather than against it.

CONFIDENTIALITY

Big and highly personal conversations will be had within the group. It's imperative that you keep these strictly to yourself.

What you receive

EVERYTHING INCLUDED IN YOUR PORTAL EXPERIENCE

- 1 A 30-minute 1:1 ONE THING Clarity Call**
Before we begin, let's make sure your ONE THING really *is* your one thing! This call must happen before anything else.
- 2 The complete PORTAL journey**
16 live zoom calls that cover advanced, high-level practical + metaphysical training, live workshopping, ongoing accountability and being personally supported within the group setting. 31-hours total. First call Thursday 15 Jan 2026.
- 3 The PORTAL member's area**
Online, password protected, exclusive to PORTAL members. This houses everything you need for the program, a private chat space, recordings of all group calls & all group bonuses.
- 4 A high-touch intimate, sacred container**
No more than 10 women + myself. This means you get the uniquely tailored input, support and guidance that's right for *you*.

Value = priceless



And *one more* very special BONUS

As you can probably tell, I've put a whole lot of love into the creation of the PORTAL experience.

Even though I know that this experience is already worth 10x the investment, I wanted to create something extra-special that would make the journey truly fabulous, enjoyable, truly immersive and memorable.

And so, your special bonus:

A beautifully designed PORTAL Experience journal and workbook.

This comes to you as a Canva template. This means that you can customise it exactly as you desire it, using the images that best capture your unique PORTAL journey and keeping all of your notes, action steps & wins all in one gorgeous, sacred place.

INVESTMENT OPTIONS

PAY-IN-FULL

£3,333*

(Approx. \$4,468 US)

PAY-IN-FULL BONUS

ADDITIONAL 30-MINUTE 1:1 SESSION TO
BE USED DURING THE PROGRAM

INSTALMENT OPTION

3x £1,111*

(Approx. \$1,489 US)

* PLEASE NOTE: VAT @20% is payable by all UK & EU
customers and will be added at checkout.

Ready to *claim*
your spot?



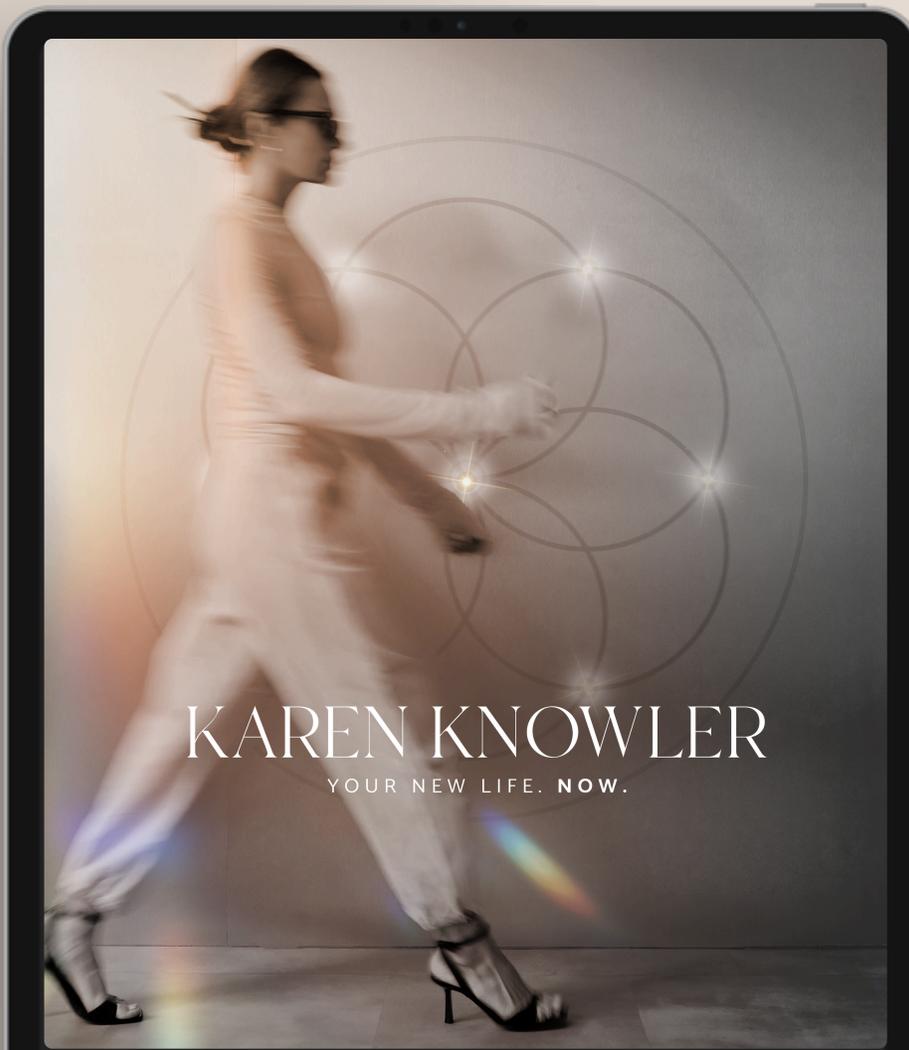
Next steps

STEP 1

Secure your spot by visiting
karenknowler.com/portal

STEP 2

Check your email! Go ahead and schedule
your 30-minute ONE THING Clarity Call
with me for as soon as possible.



SEE YOU SOON!