

Alignable



Queen

With

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Soul Expression Specialist



WELCOME QUEEN

This guide is an invitation to approach networking and business growth in a way that feels natural, relational, and aligned rooted in connection rather than hustle, and collaboration rather than competition using the Alignable platform.

When used with intention, Alignable can become a powerful space to build relationships, create meaningful referrals, and strengthen your business through community.

Through this process, we'll blend practical guidance, curiosity and embodied awareness so you can take clear, confident action without getting stuck in perfection or overwhelm.

Here's a snapshot of what we'll cover:

- **Alignable Profile Setup**
 - style, images, elevator pitch, bio, services/offers
- **Connecting in Alignable**
 - current network, joining groups, who to look for
- **Networking in Alignable**
 - referrals, recommendations, introductions
 - getting collaboration ready
- **Next Steps**
 - community connections, discern your Alignable rhythm and strategy

This is not about doing everything at once or getting it “perfect.” It's about taking aligned action, allowing clarity to emerge through movement, and letting your presence do the heavy lifting.

As you apply this guide to your Alignable experience, I invite you to stay curious, service oriented, and trust that the right connections will meet you as you show up.

BEFORE WE DIVE IN

Hello, Christine here!

As a Soul-Expression Specialist, my mission is to empower healers and coaches to fully embrace and express their soul's purpose. I guide those with a high level of spiritual responsibility to clarify their gifts, clear what is holding them back, and create lives that align with their highest vision.

I began my personal journey into energy healing long before I ever imagined doing this work professionally, God truly works in wonderful ways! Along the way, I explored and gathered a wealth of knowledge and techniques, earning certifications in areas such as Clinical Counseling (MA), Functional Nutrition Therapy, One-Second Alchemy, Light Healing Frequencies, Advanced Dimensional Activator Healer-Coach, and TOLPAKAN™ Healing Method.

Like many of the incredible people I work with, my path to embracing and expressing my soul purpose was far from straightforward. I had to unravel the threads of what wasn't truly me; the stories, patterns, and identities I thought I was supposed to hold and reconnect with my true essence. What I uncovered was a clearer, more vibrant version of myself: someone who could embrace imperfections, take bold (even messy) action, and align her life and work with her deepest desires. This has been a beautiful, winding journey, and saying yes to myself, to my purpose, has been one of the most transformative decisions of my life.

Now, I guide mission-driven healers and coaches to do the same. Many of my clients are deeply passionate and talented but feel stuck, unclear, or undervalue the profound transformations they bring to the world. Together, we clarify their unique expression, clear what stands in the way of expanding that soul expression, and call in and create a life and business that reflects their purpose and aligns with their dreams.

It's incredible to witness my clients step into their power, gain clarity, and fully embrace the transformations they're here to provide. As a recovering perfectionist, I understand the courage it takes to move beyond survival mode, take imperfect action, and rewire old patterns to thrive. It's an honor to walk this journey with my clients as they expand into their fullest potential and create thriving businesses and lives they truly love.

Now, LET'S DIVE IN! 3

LITTLE TO THE LEFT...

Let's invite full presence into this playshop. Many of us begin with the left brain as the entry point, and that is BEAUTIFUL. The left brain provides logic, analysis, and practical approach and application. The left brain is invited and appreciated as part of our process today.

Take a moment and give a little love and gratitude to your left brain... and let's give it something to chew on.

SUGGESTED CHECKLIST FOR ALIGNABLE QUEENDOM

- ✓ Profile photo
- ✓ Logo (optional)
- ✓ Bio
- ✓ Elevator Pitch
- ✓ List of services
- ✓ Images for/of services
- ✓ Simple services/offer descriptions
- ✓ 5–10 business/client category keywords
- ✓ Website/socials
- ✓ Booking link for potential collaborations (getting to know each other)
- ✓ Booking link for potential clients (ask for the referral)
- ✓ Freebie or next-step gift (optional)
- ✓ Email tied to your Alignable account
- ✓ Personal Rolodex for collecting/organizing emails/contact info
- ✓ Your customized 3 handshakes
- ✓ Journal/notes app
- ✓ Your presence, curiosity, and open heart
- ✓ Your Alignable Queen Guidebook

AND A LITTLE TO THE RIGHT

The right brain is where intuition, embodiment, creativity, felt sense, and wholeness live. It's responsible for how we BE while we do, how we hold ourselves, respond, and move through the details without tightening, rushing, or disconnecting from ourselves.

When the right brain is present, the heart, gut, and head begin to work in resonance rather than hierarchy. This is where clarity comes through the body, discernment feels easeful, and action aligns naturally with who you are becoming not who you think you need to be.

Even as we work with some primarily left-brained details through this guide, profiles, words, images, structure, embodiment is what allows those details to reflect your truth rather than drain your energy.

So before we move forward, we'll take a few moments to anchor into presence, to connect with the version of you who already knows how to do this with ease, and to let her lead from within.

There is nothing to force, nothing to get right. Simply allow yourself to BE present here, now. Close your eyes, take three breaths to bring your focus here and now.... or check out the short guided meditation below to really anchor in:



GUIDED EMBODIED YOU NOW

[To watch and/or download
click here](#)

GETTING STARTED IN ALIGNABLE

Click this link to **create your account** (and you will be directly connected with me) <https://www.alignable.com/join/c63s90aucwkj8okcjdbxua> or just log in

Free and Paid plan options

- <https://support.alignable.com/hc/en-us/articles/360023661552-Does-Alignable-cost-anything>

Which plan is right for you?

- To begin, start with the free, get yourself oriented and take advantage of current network connections (sync your email address, add all emails here to your email contacts, ask for recommendations, ask for introductions, attend smart connects and community events, etc)

ALIGNABLE PROFILE SETUP

Setting up your profile is easy and is the first step in successful networking. Whether you attend Alignable events online or in-person, your profile is your first impression and where people in Alignable go to learn more about you to see if you might be a good referral partner or fit for their network!

Here are a couple short reads from Alignable's Help Center on setting up your profile:

<https://support.alignable.com/hc/en-us/articles/360039190191-How-do-I-make-my-business-look-reputable-on-Alignable>

<https://support.alignable.com/hc/en-us/articles/360041530531-Creating-an-A-Business-Profile-on-Alignable>

I have it broken down into bite-size pieces below and have created some helpful templates you can use to make this even easier!

STYLE AND IMAGES

- Logo & Headshot Images: 400 x 400 pixels
- Banner/Header Images: 1120 x 304 pixels
- Promotion & Event/Product & Service Images: 580 x 362 pixels
- Gallery Images: 182 x 182 pixels
- Images added to posts: 1200 x 750 pixels

<https://support.alignable.com/hc/en-us/articles/203482157-What-Are-the-Image-Sizes-Used-on-My-Alignable-Profile>



BONUS GIFT - Canva Template of Alignable Image Sizes

If you have Canva, you can use this template link to create your assets in the sizes required to use in Alignable, all in ONE canva file!

https://www.canva.com/design/DAHAMktJKMM/_8u48ObWAXWMaOy2cVHAnQ/preview?utm_content=DAHAMktJKMM&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview



STYLE AND IMAGES CONTINUED



BONUS GIFT - Canva Template Expressions Kit

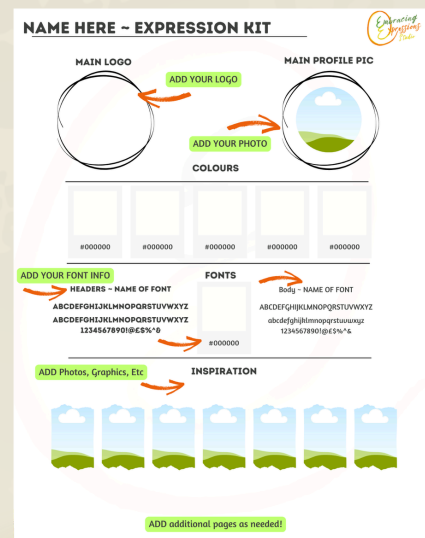
A brilliant example of IMPERFECT ACTION (thanks to my hubby deciding to do dishes RIGHT as I hit record)

If you enjoy using Canva and would like a little easy guidance and homeplay for **clarifying** and **simplifying** your branding check out this video and the canva template!

Walk-Through video:

[https://vimeo.com/1108192704?](https://vimeo.com/1108192704?share=copy&fl=su&fe=ci)

[share=copy&fl=su&fe=ci](https://vimeo.com/1108192704?share=copy&fl=su&fe=ci)



Template Link:

https://www.canva.com/design/DAHBhZEwEH8/7_dg0DYqRzGNDduJRgJQ5w/view?utm_content=DAHBhZEwEH8&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

Note, this is NOT comprehensive by ANY means, it is meant to be a tool to move you into easeful action and keep things going, perfect for projects like today where you need to set up your profile on something and need to stay out of your head and project mode and just get it going!

YOUR INFORMATION

“OUR IDEAL CUSTOMERS”

Let other members know who you typically sell to so that they can send you business referrals.

I help/support/teach/guide/etc clients who struggle/experience/do/etc _____ that want to be doing/experiencing/sharing/etc _____ so that transformation/shift you provide _____

Yes, if you want you can duplicate your Elevator pitch here (in Alignable they prompt for your elevator pitch in the “About Us” section)

“WHAT BUSINESSES CAN YOU PARTNER WITH?”

This is where you can share about your ideal potential collaborators or referral partners. Consider:

- Who would be an asset collaboration partner to the work you do?
- Who serves similar clients in a different way/niche that compliments what you do or fills in other gaps you do not necessarily specialize or focus on
- Who could *you* be an asset to for collaboration and referrals to them?

“ABOUT US”

This is a great place to share your Elevator Pitch and anything else you might like to elaborate on from what you are have already shared.

Needs to be at least 200 words in length.

“HOW YOU GOT STARTED”

Share your journey/story/bio in this section.

PRODUCTS & SERVICES - GALLERY - PROMOTIONS

Upload images and a brief description of the products, services and offers you wish to list and promote

NETWORKING IN ALIGNABLE

RECOMMENDATIONS RECEIVED

When you “connect” in Alignable, whether or not you actually connect in real time, both parties will be automatically prompted by Alignable for next steps, including giving /receiving recommendations.

<https://support.alignable.com/hc/en-us/articles/214572623-How-Do-I-Accept-or-Ignore-a-Recommendation>

<https://support.alignable.com/hc/en-us/articles/360039199651-Find-success-on-Alignable-in-15-minutes-week>

Note, recommendations given must be approved for them to show up

RECOMMENDATIONS GIVEN

Give someone a recommendation:

<https://www.alignable.com/learn/alignable-university/how-to-write-rockstar-recommendations>

Find someone to recommend:

<https://www.alignable.com/biz/favorites>

Additionally, when you visit someone’s profile you know you can scroll down their recommendation section and leave a recommendation for them that way!

BEFORE we can do recommendations for/with each other we need to

1) Connect in Alignable

<https://www.alignable.com/biz/grow/contacts>

2) Connect 1:1 (know the person and what they do)

Set up a time to connect in person or via zoom to get to know them

3) Create and share an expert recommendation and ask for theirs!

KEY take-away: QUALITY over quantity for BOTH received recommendations and for those you give.

GET COLLABORATION READY

- **Designated booking link**
 - **30 minute** connection calls to use for networking - this will streamline your flow in Alignable networking and follow up communication
- Customize and use the [3-Handshakes Templates](#)
- **Collaborations** are a great way to build a business, and this is aligned with how we move in Embodied Woman. If you have a platform/ collaboration opportunity - offer it
 - your platform/collab op may be: YouTube/podcast, your own community, your email list, a summit you are hosting, a giveaway you are creating, local gathering you are hosting, interviews, speaking/stage, email swap, direct referrals
- **Be OF service**, not in it to find customers
 - Ask how you can support them, what they are looking for in a collaboration/referral
 - Often, when people are in “networking” mode they are not looking for services for themselves, keep this in mind as you connect and stay focused on the networking aspects - not selling your services
 - That said, when it is your turn to share don't be afraid to ask for the referral
 - You can share a connect link or short blurb of how you like to be introduced (ie handshake template) so they pass along your info/freebie/link.
- **Have a plan** for that 30 minute connection call, consider what questions you need to ask to get to understand what they do so you can potentially refer them
 - https://www.alignable.com/blog/effective-1-on-1-meeting-checklist?_nid=f1d2b509-943a-4d0e-8403-7e75708a9483&_seid=12849610266

THREE HANDSHAKES - NETWORKING MESSAGE TEMPLATES

👉 1 Initiating Hello (You Reach Out)

Hi {Name},

It's wonderful to connect with you here. I took a moment to look at your profile and I love what you're doing in {their field}.

I'd enjoy learning about what you're creating and seeing if there's a resonant way to support or collaborate.

If it feels good, here's a link for a short connection call:

{Link}

Warmly,

[Your Name]

👉 2 Warm Referral / Introduction

Hi {Name},

I wanted to introduce you to {Person}. I feel there might be something aligned between your work and theirs.

Here are your links so you can connect directly:

{Name + link}

{Name + link}

Hope this connection brings something beautiful for both of you.

[Your Name]

👉 3 Responding When Someone Reaches Out

Hi {Name},

Thank you so much for reaching out, it's great to connect!

I'd love to learn more about what you're working on and what brought you to Alignable.

If you'd like, here's a link for a short call to explore our alignment for possible referrals and collaboration:

{Link}

Looking forward to connecting,

[Your Name]

NEXT STEPS

TAKE ACTION NOW

- Use the bonus link and create your own custom images
- Use the bonus link and customize your own images to use in Alignable
- Connect with me in Alignable!
- Use the bonus link and begin to craft your own Expressions Kit, this is a great foundation for exploring your brand voice, preferences and connect with what inspires you
- Start using Alignable
 - Check out their getting started and help areas, attend some smart connect calls, get connected in your local community groups online and in person! <https://support.alignable.com/hc/en-us/articles/115002371651-Getting-Started-on-Alignable>

If you find yourself starting and stopping, not starting at all, being too busy to get started please don't hesitate to reach out. You can [schedule a call using this link](#) and we can talk about how to get you going and/or other ways I can support you more fully to lean into your soul's expression to build the life and business you know you are here to express!

Christine B
Soul Expression Specialist

[Embracing Expressions]

THANK YOU QUEEN