



Freedom, Growth & Joy

A journey into living your highest potential. Transform yourself to transform the world.

LET'S WORK TOGETHER - Click here to get started!

Regenerative Leadership Coaching Services

[Click here to find out if coaching is right for you.](#)

Coaching Engagements:

You are ready to invest in yourself and get the support you deserve. A 3 or 6 month coaching engagement is true self-care**...it's dedicated time that is all about you getting that time and space to focus on what you want. One-part healing, two parts goal achievement, and 100% the highest expression of you. In these 60-minute, bi-weekly sessions, we'll dig into what is going on for you and get clear on what matters most to you right now. We'll discover what is holding you back and what new capacities you need to get centered, confident and courageous so you can get the results you're looking for. Together, we'll build those capacities during our sessions and with field work in between.

**Upgrade to VIP 90-minute sessions for more spaciousness and somatic exploration.*

- ***Six-Session, *60-Minute Package : \$1,890 (\$10% discount)***
 - In six sessions, over three months, you will get clear on your goals, define success, create an actionable plan, learn the basic tools to support yourself in your growth & development, and start practicing the new capacities needed to achieve your goals.

- ***Twelve-Session, *60-Minute Package: \$3,570 (15% discount)***
 - In twelve sessions, over six months, you will go beyond the first six sessions, going deeper into clearing limiting beliefs and building new habits and capacities - this is where lasting, notable change begins to take form.

**Upgrade to VIP 90-minute sessions: \$525/session (10% discount for 6-session package, \$2,835 & 15% discount for 12-session package, \$5,355)*

- If you're looking for a richer, deeper experience with more spaciousness and additional time to explore somatic work (bringing what you want into your current felt experience and releasing what is no longer serving you), consider upgrading to VIP 90-minute sessions.

****Common topics include:**

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| ● Overcoming burnout & overwhelm | ● How to improve your leadership & influence on day-to-day challenges | ● Career or life transitions |
| ● Time/space to figure out what you want in life/your career | ● Lack of choices/constricted and need to explore what's possible | ● Searching for more fulfillment in life/work |



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Single 1:1 Clarity Coaching Session

You have a dilemma, difficult decision, or just feel stuck on something you're wrestling with and would like to find some clarity. A single 90 minute coaching session can help gain new perspectives on a single issue. Together, we'll get to the heart of the matter and tap into your body-based wisdom to get unstuck, so you can move forward with more clarity and confidence.

- *Single 90-minute session: \$525*
 - Using regenerative coaching, you'll gain clarity and perspective on a single issue.

Workshops, Group Programs & Facilitation for Individuals and Teams

- I host a variety of workshops, group programs and retreats, and facilitate groups and processes focused on the growth and development of leaders navigating times of complexity and crisis. I can customize offerings for individuals and teams as requested. If you're interested in exploring working together, let's talk - [click here to book a time](#).

[Join the Freedom, Growth & Joy community](#) to get the inside scoop on upcoming workshops and group coaching programs.

**Money should never be a barrier to your development and growth - reach out if you'd like help talking to your supervisor/HR department about the value of coaching as professional development or to discuss pay-what-you-can options - [inquire here](#).*

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OTHER OFFERINGS & SERVICES

Regenerative Strategy Mapping

Whether you're ready to dream up a new business or you've already been sprinting for a few years and realize a foundational plan could help steady the ship, I'm here to help.

Regenerative strategy mapping is not your rigid, top-down strategic plan - it's a record of the life-force driving every action you take. You'll have the freedom, growth & joy that comes from a solid strategic map – just enough structure to help you know where you're going with a solid plan of how you'll get there. [Get the details here](#).



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Advisory Services: Strategic Advisory, Climate Philanthropy, or Goal Setting

- *Hourly rate: \$350 / Project rates available upon request*
 - This includes time spent together as well as preparation and follow-up.
 - Project rates are based on length & scope of project. [*Please inquire here.*](#)

Self-Guided Experiential Learning

I curated a framework and set of practices to try out to help you get centered in the present moment and experience accessing your full intelligence and highest potential.* "The Path" is your guided experiential journey with a menu of practices to meet you exactly where you are. **Price: varies** - [see Courses](#) for more details.

Community & Connection

None of us can do this alone - and luckily we don't have to. Join others on the journey into Freedom, Growth & Joy. Fill your feeds with what actually feeds you and subscribe to your favorite social channel today. Connect with the FGJ community by [subscribing to our newsletter](#) and by following *Freedom, Growth & Joy* on [Youtube](#), [Instagram](#), [Facebook](#) for uplifting inspiration and experiential practices to support you on your journey into living your highest potential. **Price: FREE**

Solo Retreat / Hermitage Guides

Are you overwhelmed with work, geo-political happenings, family demands and constantly having to make decisions? Has it been ages since you had a break from your family and time to actually hear yourself think? Have you considered a solo retreat to relax, recharge, and refocus, but don't know what you would do all alone for days at a time? Well, look no further. As an experienced 'hermit,' I've been on several solo retreats and offer a 'choose your own adventure'-style hermitage daily agendas. It will help provide just enough structure and guidance to help you get the relaxation you are craving. I can even help you find a nature-based retreat location! **Price: varies depending on level of support, starting at \$49.** Interested in a group retreat - [sign up to be notified here.](#)

Sound Baths

If you're looking for a virtual spa experience, look no further. Order your customized sound bath - an experience specifically created for you and your current need. How it works: you'll send me your story - what challenges you are presently facing - and within 7 business days of receiving your message, you will receive your custom 30-minute sound bath recording that is targeted at your concerns. **Price: \$125** Experience a sound bath taster [here](#) &/or learn more in our [Intro to Sound Healing course.](#)