



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!

Strategic Advisory 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.](#)

Executive Advisory Services

You should never feel like you're alone in leadership. I'm a former COO/CFO/CHRO and experienced executive strategic advisor, ready to tackle any challenge with you. Whether you have a specific issue you need trusted advice on, you need a partner to explore a new strategy with, or you could simply benefit from a thoughtful conversation to gain clarity on something, I can help.

Resiliency Training for Teams

Layered complexity, conflict, and stress has a negative impact on daily functioning and productivity. In this high-impact training, your team will experience tangible ways to calm their overactive stress response, so they can resource themselves for resiliency. It's leadership development that is substantial and effective with both immediate and long-term results. Find out more here & let's talk about what option could benefit your team best. Delivered in 1 hr, 4 hrs, or 8 hrs. [Get the details here.](#)

Goal Planning Advisory Services

Setting ambitious goals and charting the path to get there can be daunting. What if I told you the process could actually be fun and enjoyable? I have led countless individuals in goal setting, mapping key milestones, and action planning. I can guide you through the goal-setting process and provide just the right amount of structure to help you stay on track. And I promise, we'll keep it meaningful *and* fun!



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PRICING*

Regenerative Strategy Mapping

- [Click here to learn more about the offering and pricing](#)

All Other Advisory Services:

Strategic Advisory, Resource Your Team for Resiliency, 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.](#)

OTHER OFFERINGS & SERVICES

Leadership Coaching Services

1:1 Clarity Session ~ Single 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.

Coaching Engagement ~ 3 or 6 months

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. One-part healing, two parts goal achievement, and 100% the highest expression of you. In these 60-minute, bi-weekly sessions, we'll go for tangible, lasting change. Upgrade to VIP 90-minute sessions for more spaciousness and somatic exploration.

Workshops, Group Programs & Facilitation for Individuals and Teams

I host a variety of workshops and group programs 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.](#)