

# essence

## CONSULTING

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*while you show up for the many...*

*we show up for you.*

WE MAKE ONE GUARANTEE:  
YOU ARE **LIMITLESS**.

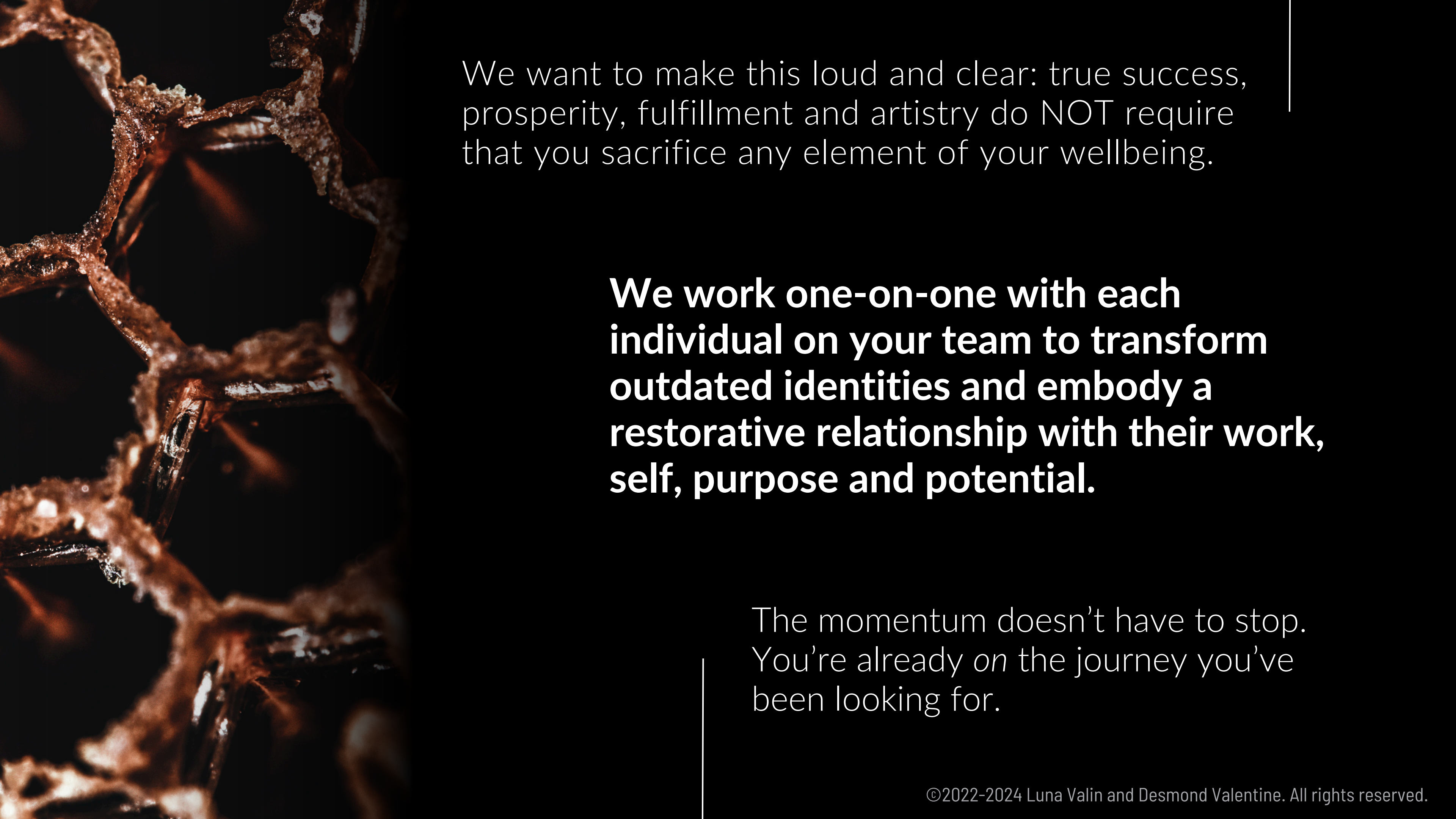
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What's possible for you and your organization is boundless.

This is the journey where you embody and experience your infinite nature.

It's time for your team to excel under pressure, and for you to thrive under the spotlight,  
*not* be bullied by it.





We want to make this loud and clear: true success, prosperity, fulfillment and artistry do NOT require that you sacrifice any element of your wellbeing.

**We work one-on-one with each individual on your team to transform outdated identities and embody a restorative relationship with their work, self, purpose and potential.**

The momentum doesn't have to stop. You're already *on* the journey you've been looking for.

# THE SPACE WHERE YOU:

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- **TRANSFORM** cycles of burnout and patterns of self-abandonment
- **MASTER** nervous system regulation to maximize efficiency and work in a way that regenerates you
- **REVOLUTIONIZE** your communication with all aspects of self, team and audience
- **LIBERATE** your perspective, art and expression
- **DESIGN** your reality from your essence
- **EXECUTE** the vision while embodying true harmony

# A BESPOKE STRUCTURE

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*Let's dive in to what your package  
can include, but is not limited to.*

*We customize according to the  
vision you have for yourself and  
your team.*

# VIRTUAL:

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## **WHOLE TEAM INVENTORY:**

We deep-dive with each team member to uncover what's happening beneath the surface. This includes an analysis of core values, zones of excellence, and communication styles, as well as potential misalignments, misunderstandings, and differences in working style.

## **1:1 SESSIONS:**

- We dedicate a consistent day or time window to your team every week, or biweekly.
- Each individual on your team has full agency to book their desired time and frequency. They can schedule every week, but we recommend they do a minimum of 3 sessions per quarter.
- We also facilitate Mediation Sessions as needed to support the real-time communication amongst 2-3 team members.

## **WHOLE TEAM MONTHLY WORKSHOP:**

We curate these monthly workshops according to what the ecosystem of your team needs most: whether we attend to bumps and kinks in team communication or effectiveness, or have devoted time to creatively vision together... this is the time to connect, unify, sync and expand together.

# IN PERSON / OFF-SITE:

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We seamlessly blend laser focused 1:1 sessions for all team members, and whole-team integration work. We design the full experience according to what will elevate and evolve the entire team.

In-person team days are interpersonal and systemic: we move and grow together in ways that can only unfold as a team, and develop more attuned understanding of self in and through relationship.

Breakthroughs that occur in situ not only provide rich content to bring back to 1:1 sessions... but also shapes the whole team into a more integrated and cohesive unit, ready to innovate and conquer new projects.

# HOW OUR APPROACH WORKS:

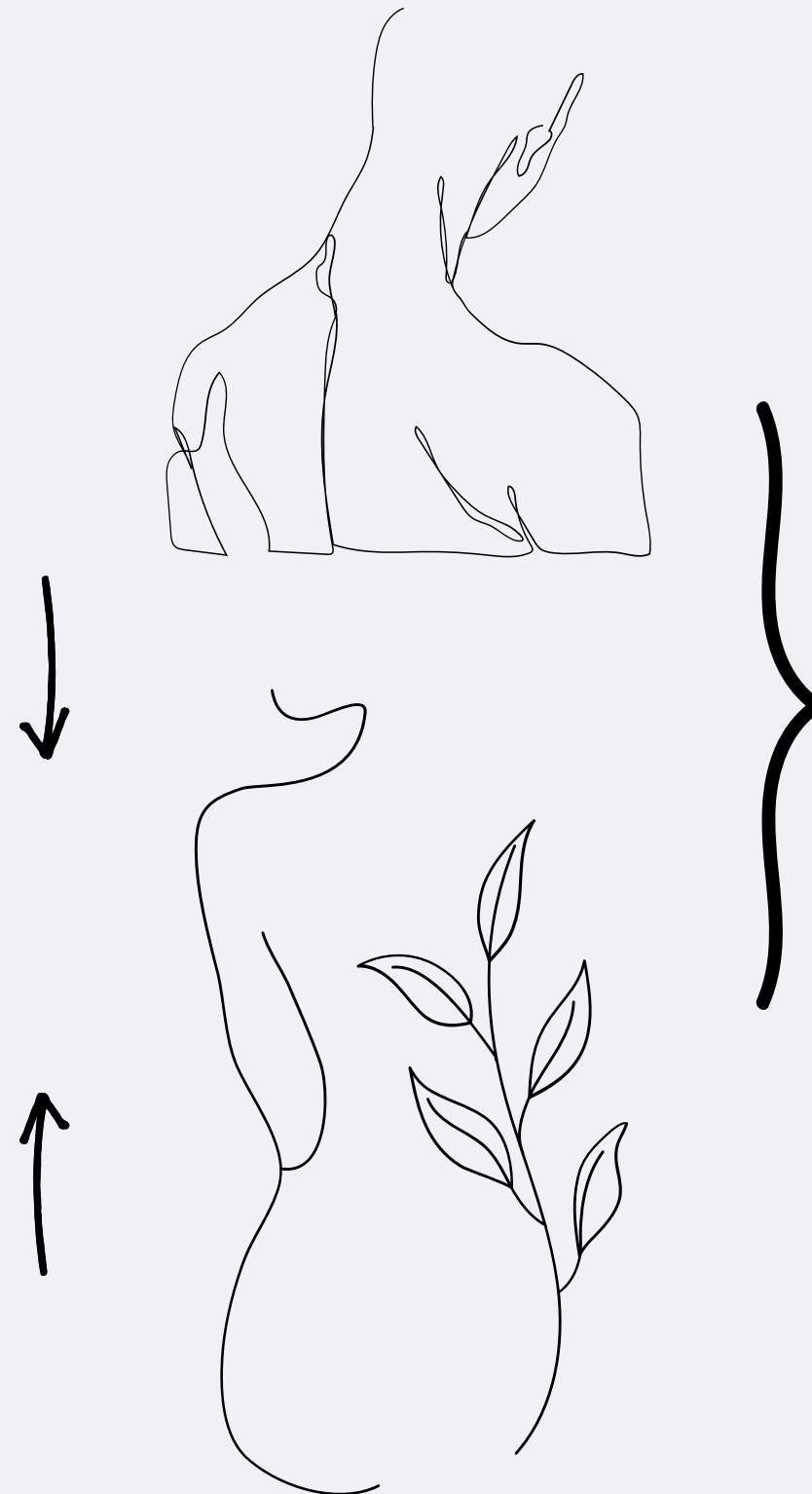
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We provide **THE** most powerful, efficient and sustainable therapeutic journey possible.

The vast majority of therapeutic modalities work solely on mindset. At best, we become more self-aware, but most often we are left without *real & lasting* change, implementable tools & relational skills, greater happiness, or deeper peace.

More progressive therapeutic modalities have a **“top-down”** approach that refines our beliefs, thoughts & world view as a means to reshape how we feel & respond to life every day.

Trauma-informed & somatic modalities often work **“bottom-up”**: embracing the body as an intelligent authority to inform us of our needs, truth & instincts. This approach also views the nervous system as the key to transform perception. By shifting the body into a new state, we can shift *countless* mental beliefs.



**Our approach is truly holistic and comprehensive: working both “top-down” and “bottom-up”.**

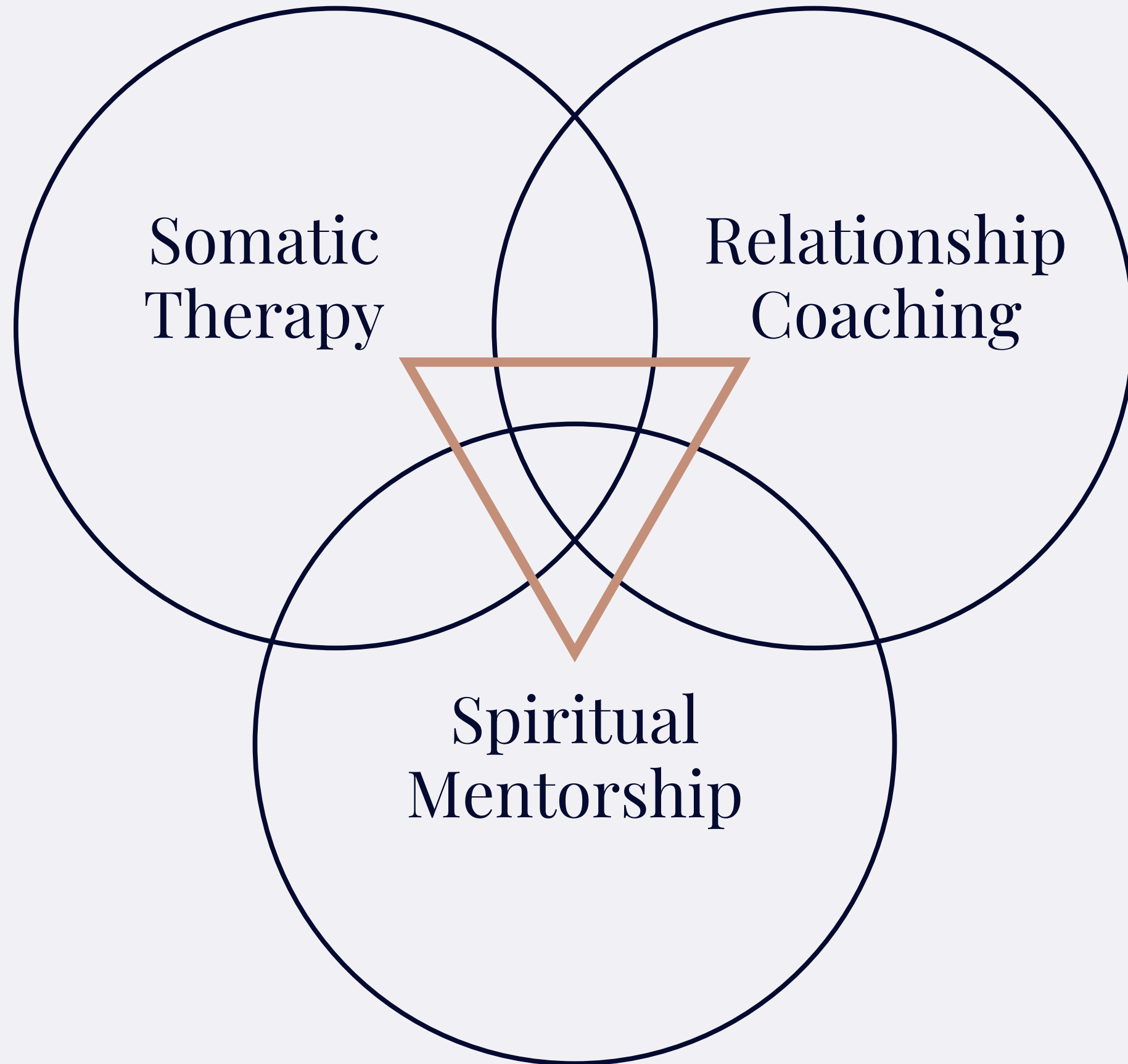
We know when to pull one “lever” in the nervous system to transform a whole identity: an intricate network of mindsets & beliefs. We collapse *years* of talk therapy to *minutes* of integratable transformation.

Likewise, we know when it’s most supportive to work with logic, strategy, habit-building, inter-personal communication & boundary setting.

**We work with you as a *whole human*: body, mind & soul.**

# CODE CONVERGENCE

*for the ultimate experience*





Through Somatic Therapy, we transform outdated identity structures, perspectives, trauma patterns and nervous system dysregulation.

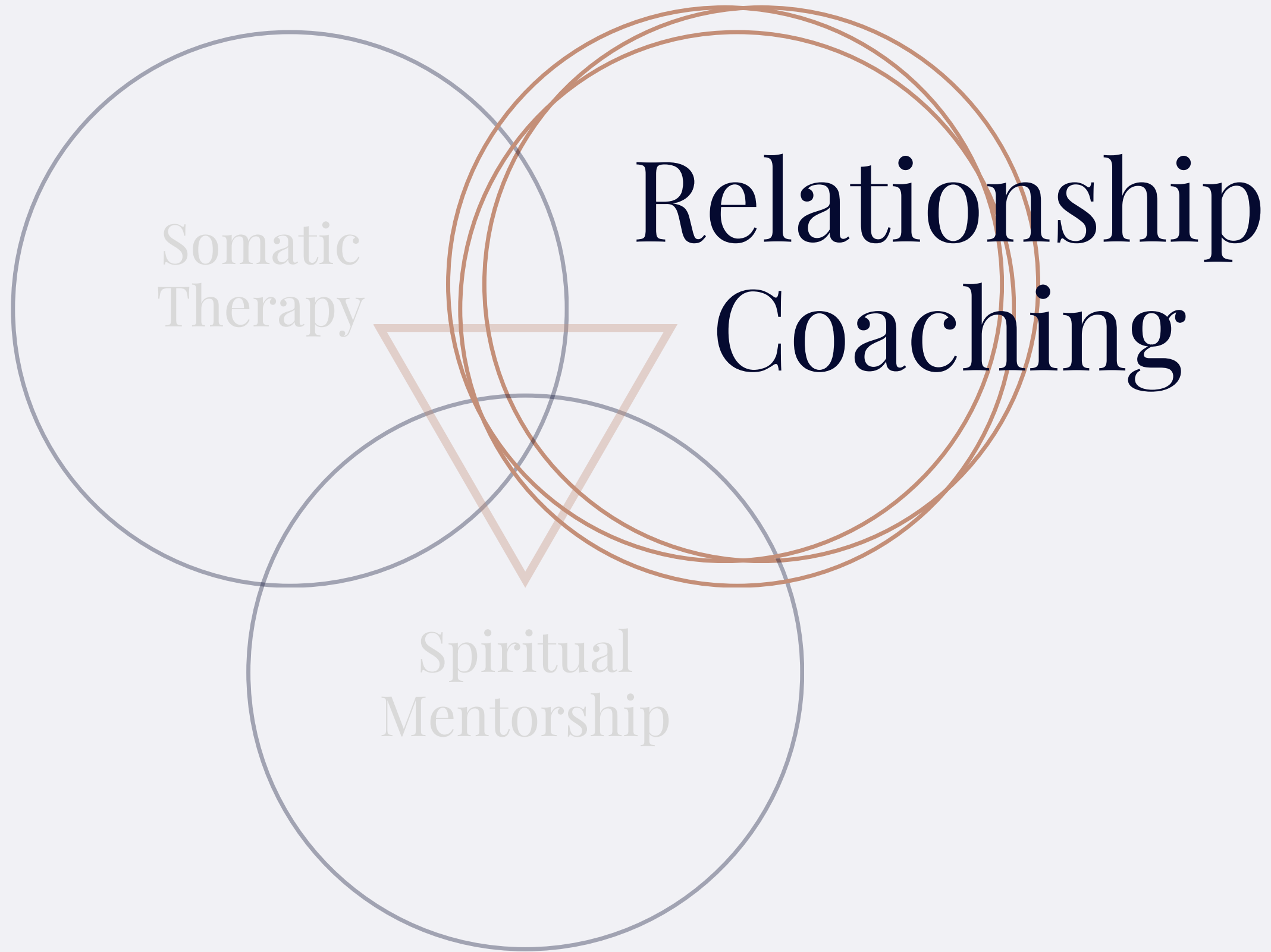
This liberates you from unconscious reactions to past events, self-censorship, limiting assumptions and disempowerment...

so you can truly *experience* the present moment in its entirety, love yourself wholly, know your body as a temple, and create from your essence.

# Somatic Therapy

Relationship  
Coaching

Spiritual  
Mentorship



Your intra-personal landscape translates to your inter-personal relationships, roles and circumstances.

Through Relationship Coaching, we transform ingrained communication patterns, projections of others, concept of self in relationship, judgment systems, relational trauma, attachment patterns, and more.

The core purpose is to awaken to unconditional love in relationship, trust in all circumstantial expressions, abundance with resource, and true congruence in leadership.



Through Spiritual Mentorship, you develop your capacity to shift states of consciousness effortlessly, and awaken to the nature of perception.

When no longer perceiving reality as inherently threatening, self as separate and powerless, and God as a judgmental parental figure... you become truly free to design the life that delights you most.

Develop an intimate relationship with (*and as*) the sacred in all elements of your life, the natural world, and humanity. See with the eyes of God, and love with the heart of God.

# THE JOURNEY:

*This is not a one-dimensional map applied the same way for every person or team, nor is it a linear process. We often work with many stages simultaneously.*

**1) ESTABLISH SAFETY & RECONCILE THE PAST:** Transform outdated identities, perceived limitations & conditioned patterns. Emerge into a thriving relationship with self & personal expression.

**2) INTEGRATE THE BODY:** Attune to the innate wisdom of your needs, desires & instincts. Dissolve self-censorship & become immune to burnout.

**3) TRANSFORM INTER-RELATIONAL CULTURE:** Become a masterful communicator that listens & responds consciously. Grow exponentially while rooted in a shared team culture of personal growth & profound purpose.

**4) CONSCIOUS LEADERSHIP & IMPACT:** Become global exemplars of the culture you most desire & value. Celebrate the wins, & embrace moments of friction & conflict as opportunities to evolve. Learn to embody peace & fulfillment while you pioneer.

**5) RESTORE AGENCY:** Discover your unique Divine purpose & inhabit true fulfillment in the present moment. Learn to delight in the journey of life, & relax into the grace of your path.

**6) CREATE & INNOVATE:** Become the true architects of your reality & design a blissful experience of creatorship, evolution & awakening. Unlock your limitless imagination, pleasure & play to experience artistic freedom from the inside-out.

HEAL &  
RE-MEMBER

*Somatic*

CONNECT,  
EXPRESS  
& UNIFY

*Relational*

RELAX INTO  
CREATORSHIP &  
DESIGN YOUR  
EXPERIENCE

*Spiritual*

# AN INFINITE TOOLKIT...

*Some examples of modalities & disciplines we work with:*

## Somatic Therapy

- Integrative Somatic Trauma Therapy
- Nervous System and Subconscious Reprogramming
- Internal Family Systems
- Somatic Experiencing Tools
- Hakomi Method Tools and Principles
- Sensorimotor Psychology Applications
- Somatic Stress Release™
- Sacred Sexuality Practices and Revolutionary Sexual Trauma Healing Tools
- Breathwork
- VITA Method™
- Polyvagal Theory Application
- Holistic Resistance and Self-Sabotage Transformation
- Archetypal Embodiment and Identity Reorientation
- Emotional Intelligence Practices
- Need and Desire Ownership and Fulfillment
- Postpartum and Birth Doula Work
- Internalized Oppression Transformation
- Disordered Eating and Body Image Dysmorphia Recovery
- Menstrual Cycle Awareness and Womb-Centered Living
- Five Element Chinese Medicine

## Spiritual Mentorship

- Quantum Essence Embodiment Method™
- Somatic Reality Animation
- VITA Method™: Vital and Integrated Tantric Approach
- State Shifting and Manifestation
- Quantum Physics “Nature of Reality” Knowledge and Application
- Purpose and Wealth Embodiment
- Shamanic Journeywork
- Queer-Informed Artistic Inquiry
- Traditional Tantric Wisdom and Philosophy
- Embodied Visualization
- Energy work
- Perceptual and Archetypal Alchemy
- Desire to Delight Alchemy
- Gene Keys
- The Art of Ritual
- Temple Building and Stewardship

## Relationship Coaching

- Integrative Leadership and Conscious Influence Tools
- Embodied Communication, Listening and Reflecting Skills
- Somatic Awareness and Body Language Skills
- Conflict Resolution and Rupture Repair
- Co-Regulation Exercises
- Emotional Maturity Practices
- Applied Attachment Theory
- “Know God in Your Partner” Relationship Transformation
- Habit Building, Goal Setting and Accountability
- Masculine-Feminine Energy Dynamics
- Dom/Sub Energy Dynamics
- Conscious Receivership
- Tantric Intimacy and Communication Exercises
- Couple’s and Ethical Non-Monogamy Relationship Therapy
- Non-violent Communication
- Play Therapy
- Partnered Breathwork and Meditation Practices
- Ancestral and Communal Ritual Healing
- Team Culture Building and Vision Alignment

# A SIMPLE TRUTH:

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The truth is, you don't *ever* invest in time or tools as stand-alone resources. What actually matters is the *quality* of transformation you experience.  
*You invest in value, evolution and harmony.*



# FOR THE SAKE OF CONTRAST:

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## HERE'S WHAT DOESN'T WORK IN TRADITIONAL MODELS:

- You don't learn how to self-lead, and co-lead each other as a team, through process outside the therapeutic setting
- Practitioners lack the skill to get to the root cause of suffering, transform inter-personal dynamics and resolve conflict
- Exponential costs for travel fees and chronic invoicing
- Cancellation fees

**With a fully customized package, and an all-inclusive price, we get to focus on the important shit with you and your team, without any of the noise or limitations.**


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Most organizations throw money at problems after catastrophe hits, rather than proactively investing to prevent the issues in the first place.

**IMAGINE WHAT YOU AND YOUR TEAM CAN  
AND WILL ACCOMPLISH WHEN THEY ARE:**

- Self-aware and confident in their own leadership
- Regulated, calm, resourced and flourishing
- Fully in touch with their genius and actively bringing their gifts to the table
- Communicating, organizing and executing with expert ease
- Able to access flow state productivity at any moment
- Propelled by curiosity and conviction to create “everybody wins” scenarios





# SCHEDULE YOUR CONSULTATION

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We take thorough inventory of what *your* needs and desires are on a consultation, and design you a custom package and quote.

Email [team@essence.is](mailto:team@essence.is)  
to begin your journey.