

essence

TEAM CONSULTING

while you show up for the many...

we show up for you.

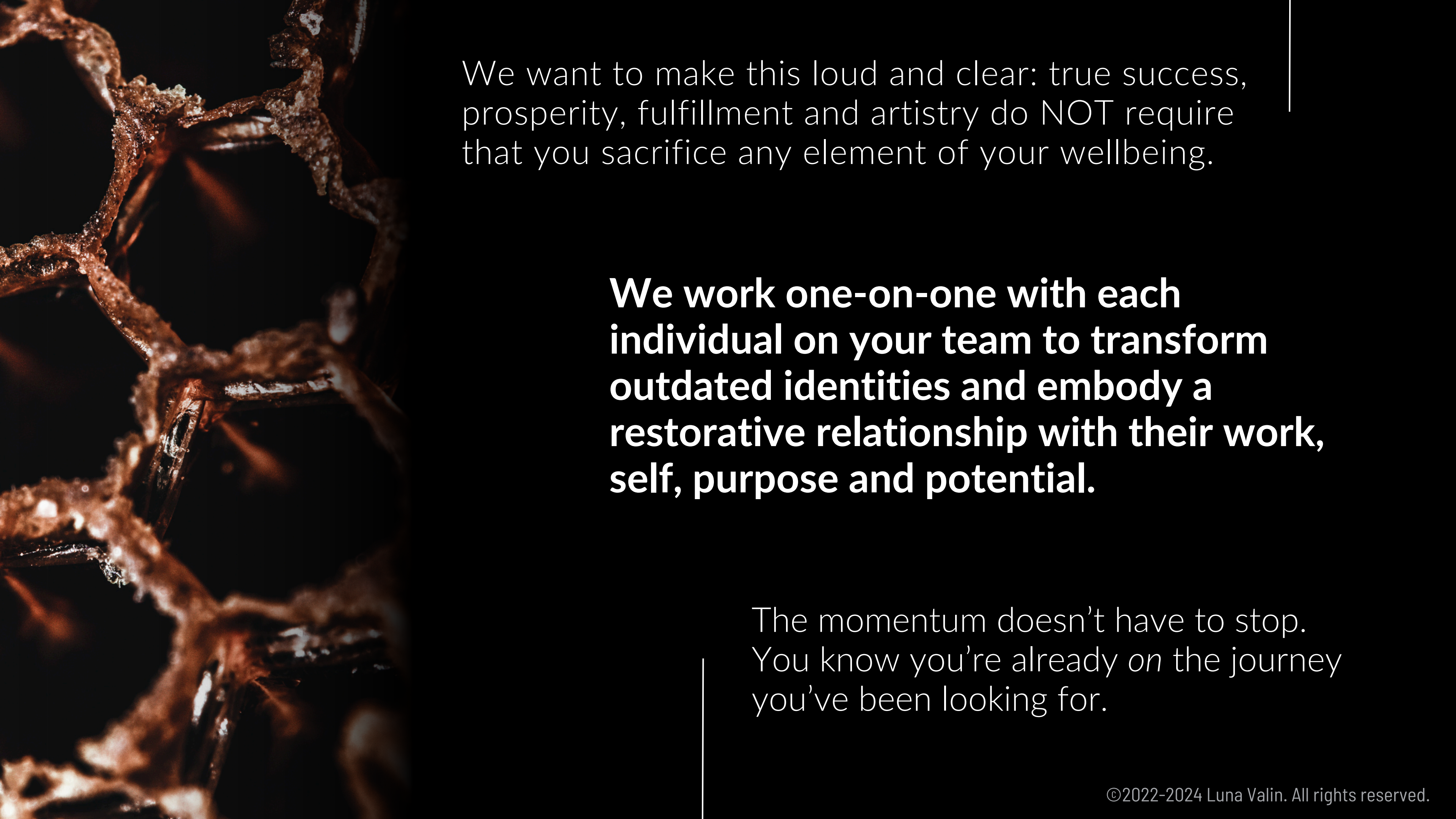
WE MAKE ONE GUARANTEE:
YOU ARE **LIMITLESS**.

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We work one-on-one with each individual on your team to transform outdated identities and embody a restorative relationship with their work, self, purpose and potential.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 know you're already *on* the journey you've been looking for.

THE SPACE WHERE YOU:

- **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

THE DATED STATUS QUO:

As we've worked with industry leaders and executives over the past decade, this is what we've seen:

Dysregulation and dis-embodiment run the show:

Individuals and teams dedicated to a more conscious and free world attempt to transcend societal norms, traumas and oppressive systems from within a fractured state of dysregulation originally established by those very systems. Hence, action is an expression of stress, not a solution to it. Their work is not effectively and sustainably directed towards team goals, but instead driven by the subconscious impulse to resolve the felt-sense of unsafety, not-enoughness, desperation and exhaustion.

What we've tried hasn't worked:

Despite all of the resources available to support greater well-being, most teams consistently struggle with burnout, stress and dissociation. They implement countless trainings that band-aid, rather than address, underlying dynamics and patterns. As a result, the comprehensive body of the team is overlooked, and both intra- and inter-personal communication challenges repress the genius in each individual.

Self-relationship, development and fulfillment are overlooked 'in service of' the professional space:

Teams operate under the illusion that we can separate the personal from the professional. In reality, each individual's relationship to self and personal history become systemic in your company because they define the unspoken cultural norms and expectations of your team. Team culture is often shaped by unconscious programming, rather than chosen intentionally in the present.

A NEW BESPOKE STRUCTURE

*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:

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:

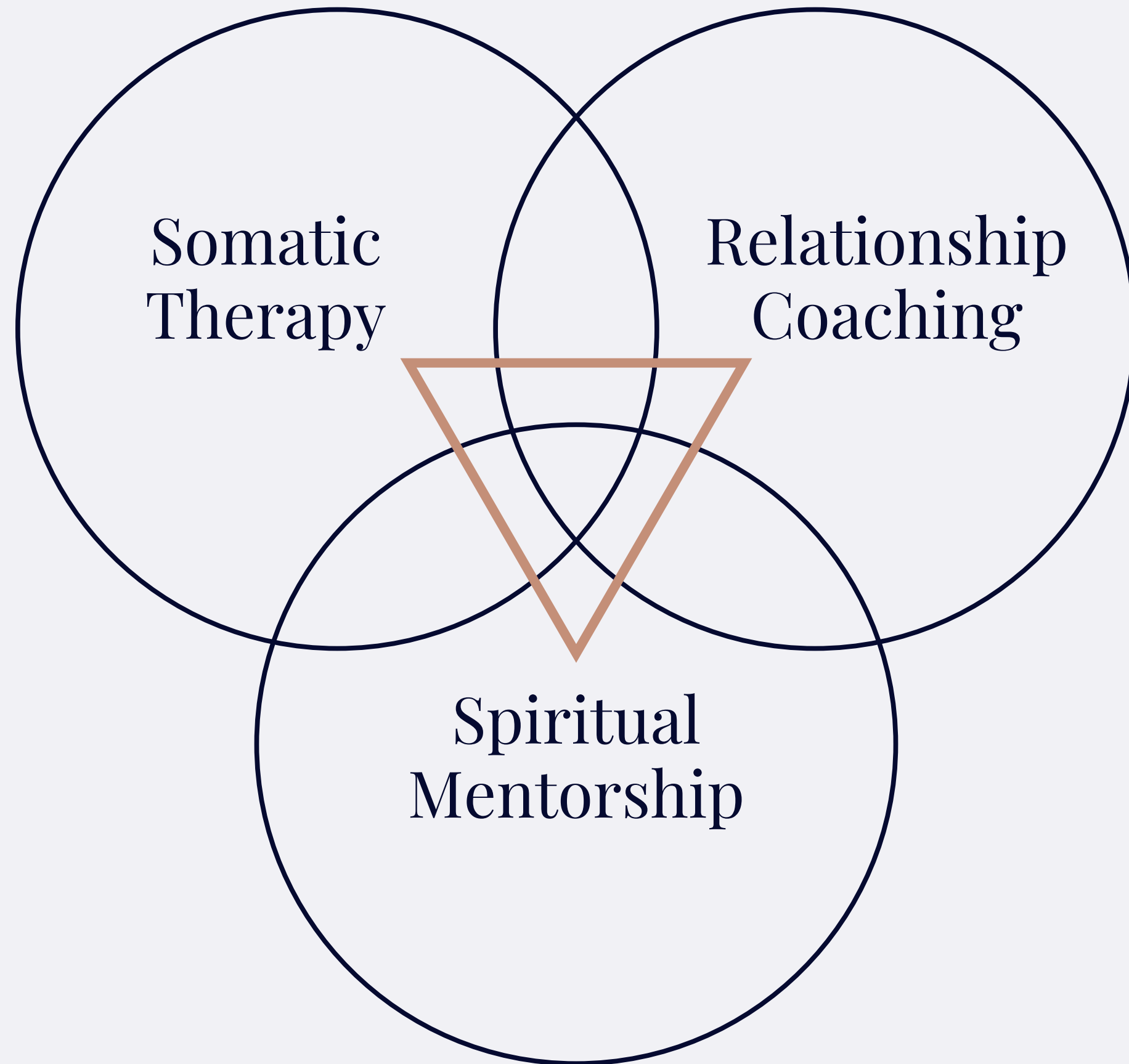
We seamlessly blend laser focused 1:1 sessions for all team members, and whole-team integration work. We design the full experience according to what will elevate and evolve the entire team.

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.

CODE CONVERGENCE

for the ultimate experience



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
- Ceremonial Retreat and Facilitation
- 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:

Far too often, individuals and teams work tirelessly to steward a more free, artistic and harmonious world into existence...

Yet they do so from the same state of somatic dysregulation, stress and unfulfillment that originally powered the very systems and injustices they aim to dismantle.



FOR THE SAKE OF CONTRAST:

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.

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.

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

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
to begin your journey.