

essence

MENTORSHIP & 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 **invent possibility**, and embody your infinite potential.

You are meant 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We work with industry leaders, creators and elite teams to transform outdated identities and experience radical fulfillment in relationship with their work, self, purpose and potential.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.

ON A PERSONAL NOTE...

We are queer artists, visionaries, and practicing anti-racists. To us, this means *living in devotion to the unique expression of individual purpose and creativity. It means serving the larger collective's liberation through curiosity and advocacy.*

In Essence, we are here to both lead *and* follow within a larger creative movement. We see the opportunity for art, innovation and connection in every area of life and work.

ART CAN BE A LIFESTYLE OF ACTIVE ANTI-SELF-ABANDONMENT, RE-HUMANIZATION, ACTIVISM, AND PLAYFUL EMBODIMENT.

We are here to honor and uplift diversity in all shapes and forms. We are about seeing everything within our human experience. We are about engaging the spectrum of creativity, rather than reducing it to binaries. We are about unconditional self-embrace and cultural evolution in a world that attempts to compartmentalize and label our essence, and judge it accordingly.

OUR MOVEMENT IS ABOUT BEING FULLY AND COMPLETELY ALIVE.

We are here to see and feel the world in **true color**. We are on a mission to return to what really matters: *to love and to live in creative freedom.*

our values:

QUEER
ARTISTRY &
LEADERSHIP

SOMATIC
ABOLITIONISM &
ANTI-RACISM

CULTURAL
EVOLUTION

CONSCIOUSNESS

THIS IS 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, family, team and audience
- **LIBERATE** your perspective, art and expression
- **DESIGN** your reality from your essence
- **EXECUTE** the vision while embodying true harmony

THE OUTDATED STATUS QUO: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 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 leaders and teams consistently struggle with burnout, stress and dissociation. They implement trainings and therapies that band-aid, rather than address, underlying dynamics and patterns. As a result, the greater whole of the individual and team ecosystem is overlooked, and both intra- and inter-personal communication challenges repress the genius in each individual.

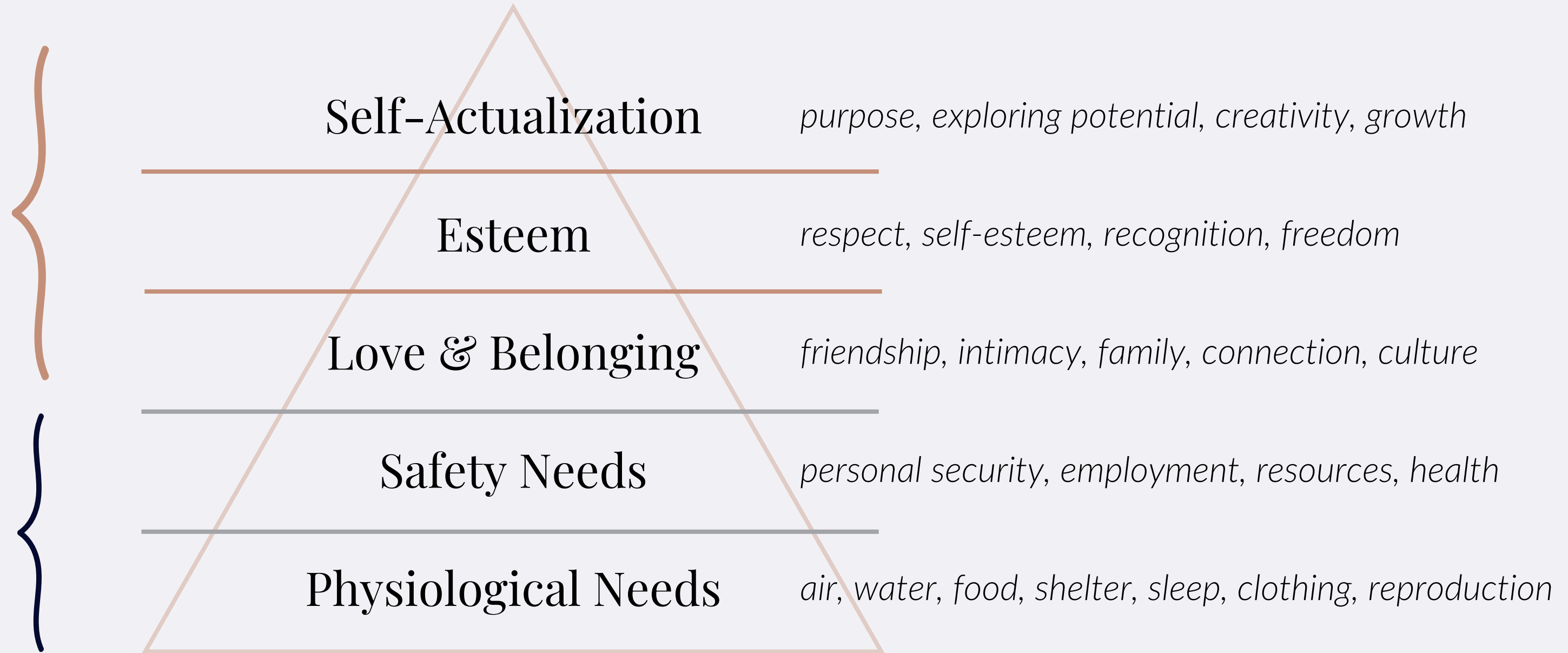
Self-relationship, development and fulfillment are overlooked 'in service of' work and professionalism:

Individuals and teams operate under the illusion that they can separate the personal from the professional. In reality, each individual's relationship to self and personal history defines the unspoken cultural norms and expectations of the organization. Team culture is often shaped by unconscious programming, rather than chosen intentionally in the present.

SIMPLY STATED...

THESE ARE WHAT WE UNLOCK, IMPROVE AND EXPAND

THESE ARE WHAT YOU'VE GOT COVERED



According to a 2018 Gallup poll, 67% of US employees are disengaged at work. "Disengaged" teammates translates to diminished efficiency, visioning, communication, inspiration, innovation, problem-solving capacity, genius, team culture, and more.

(Maslow's Hierarchy of Needs, adapted)

A BESPOKE STRUCTURE

*We customize your package
according to your desires, the stage
you're in, and the vision you hold.*

LEAD FIGURE MENTORSHIP

IN PERSON / RETREAT:

For powerful & immediate transformation

We meet you in your world for a number of days or weeks: amidst the moments of peak pressure, on tour, set, in transit, in office, or in the comfort of your home.

Whether we're with you backstage at the arena applying breakthroughs in real-time, or sharing deep-dive intimate moments in the retreat of your backyard...

We support you in all nuances and dimensions of your work and personal life.

VIRTUAL:

For an integrated evolution

While transformation can unfold instantly, what you learn in Essence ultimately becomes a fulfilling and expansive way of life.

We are with you at every edge of your growth, and stand beside you through all seasons of your impact: before, during and after major projects and life transitions.

Your custom package includes virtual sessions, as well as unlimited messaging support.

TEAM CONSULTING

VIRTUAL:

1:1 SESSIONS: OUR BREAD 'N' BUTTER

- 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 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.

WHOLE TEAM WORKSHOP:

We curate 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:

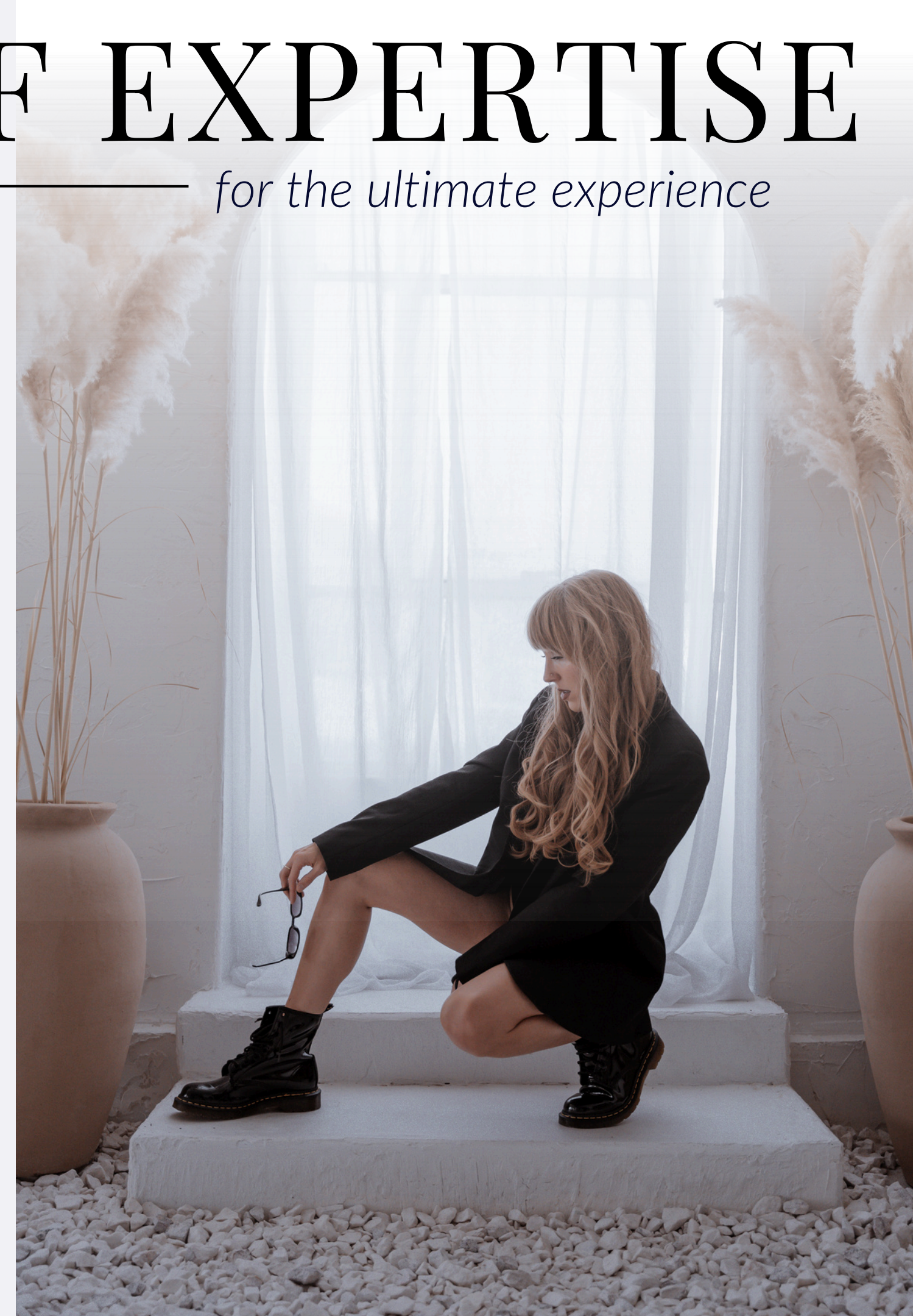
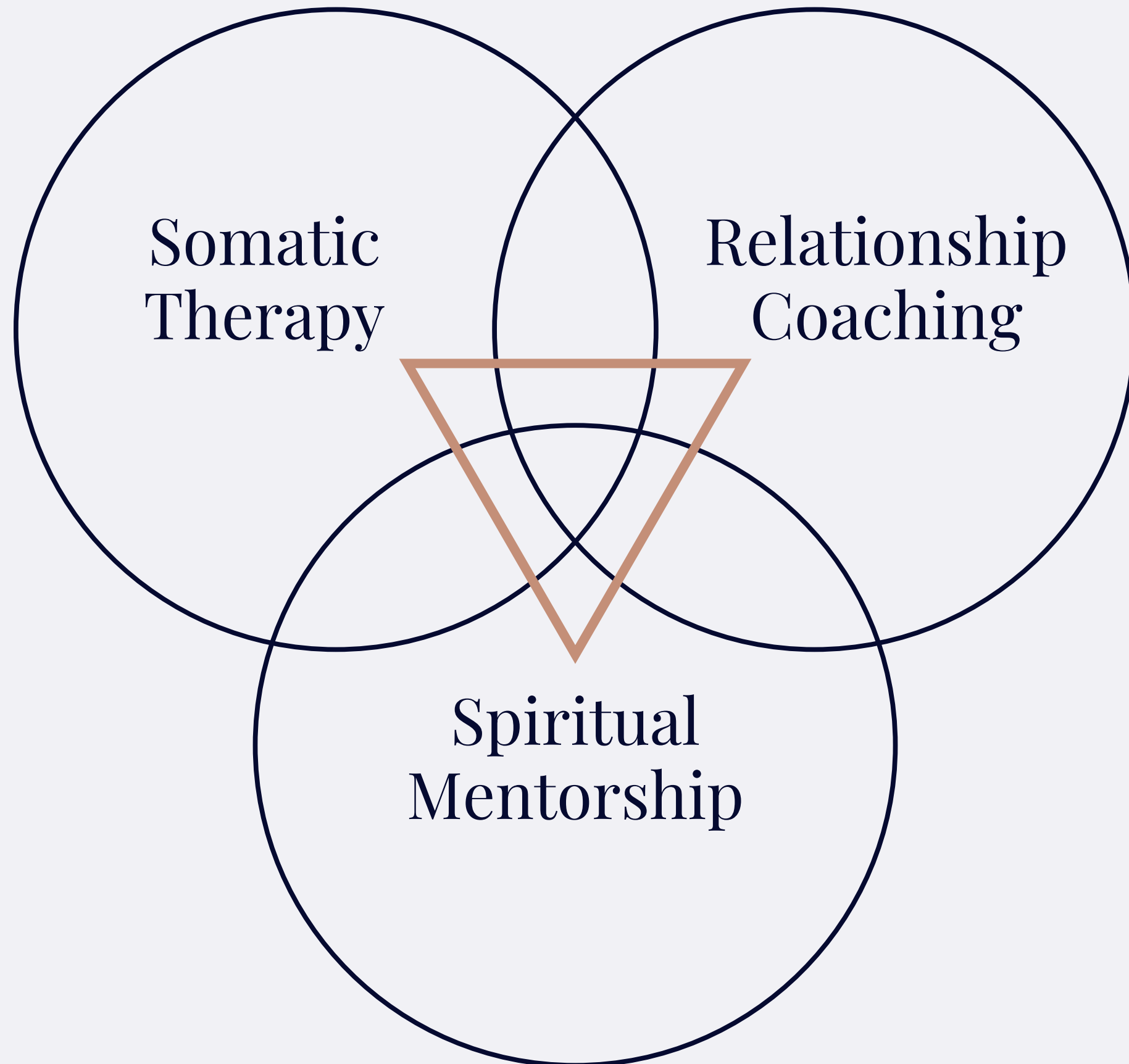
We seamlessly blend laser focused 1:1 sessions for all team members, and whole-team integration work. We design the full experience according to what will elevate and evolve the entire team.

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.

A CONVERGENCE OF EXPERTISE

for the ultimate experience



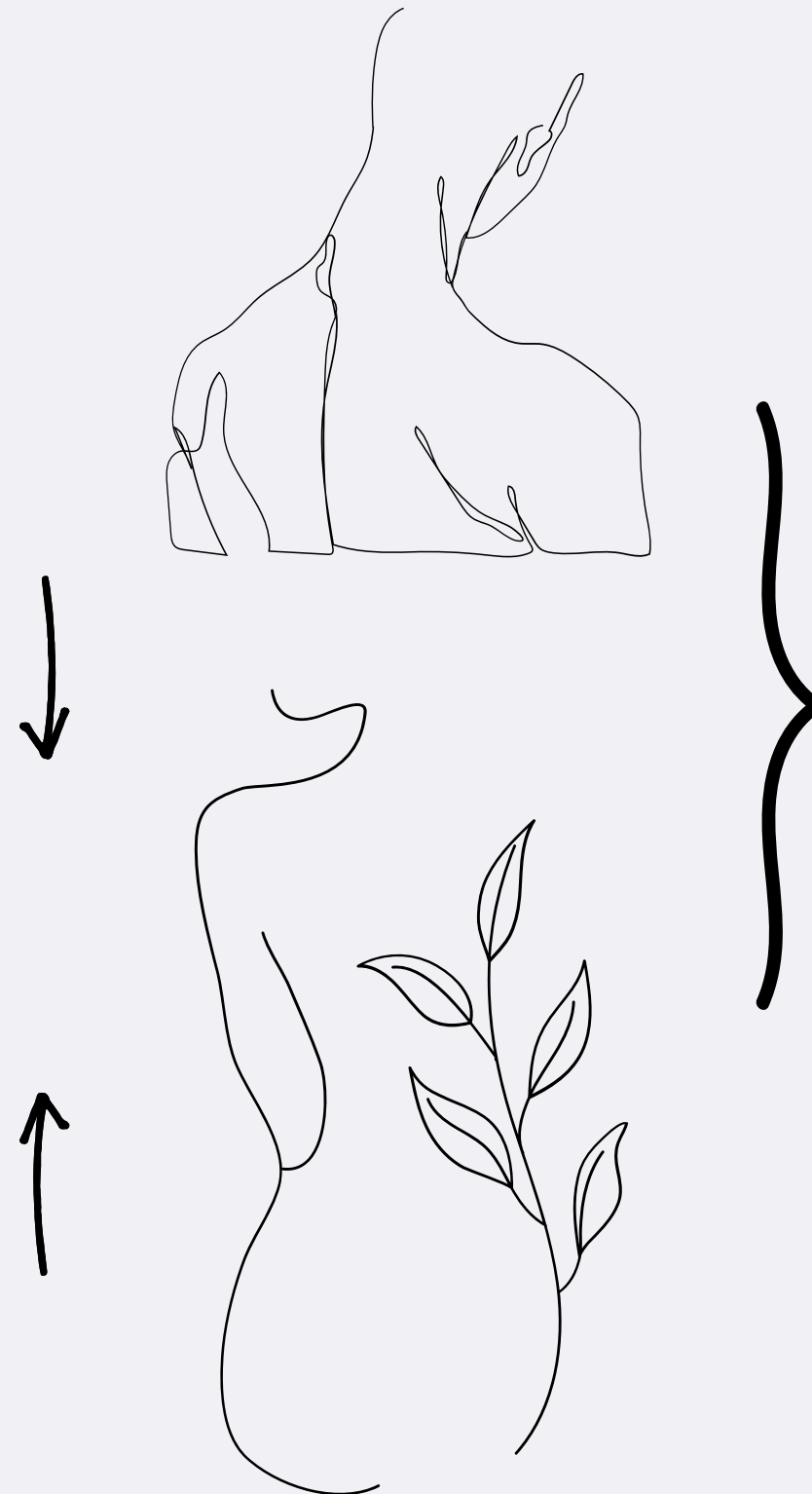
HOW THIS APPROACH WORKS

This is *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.



The Essence 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.

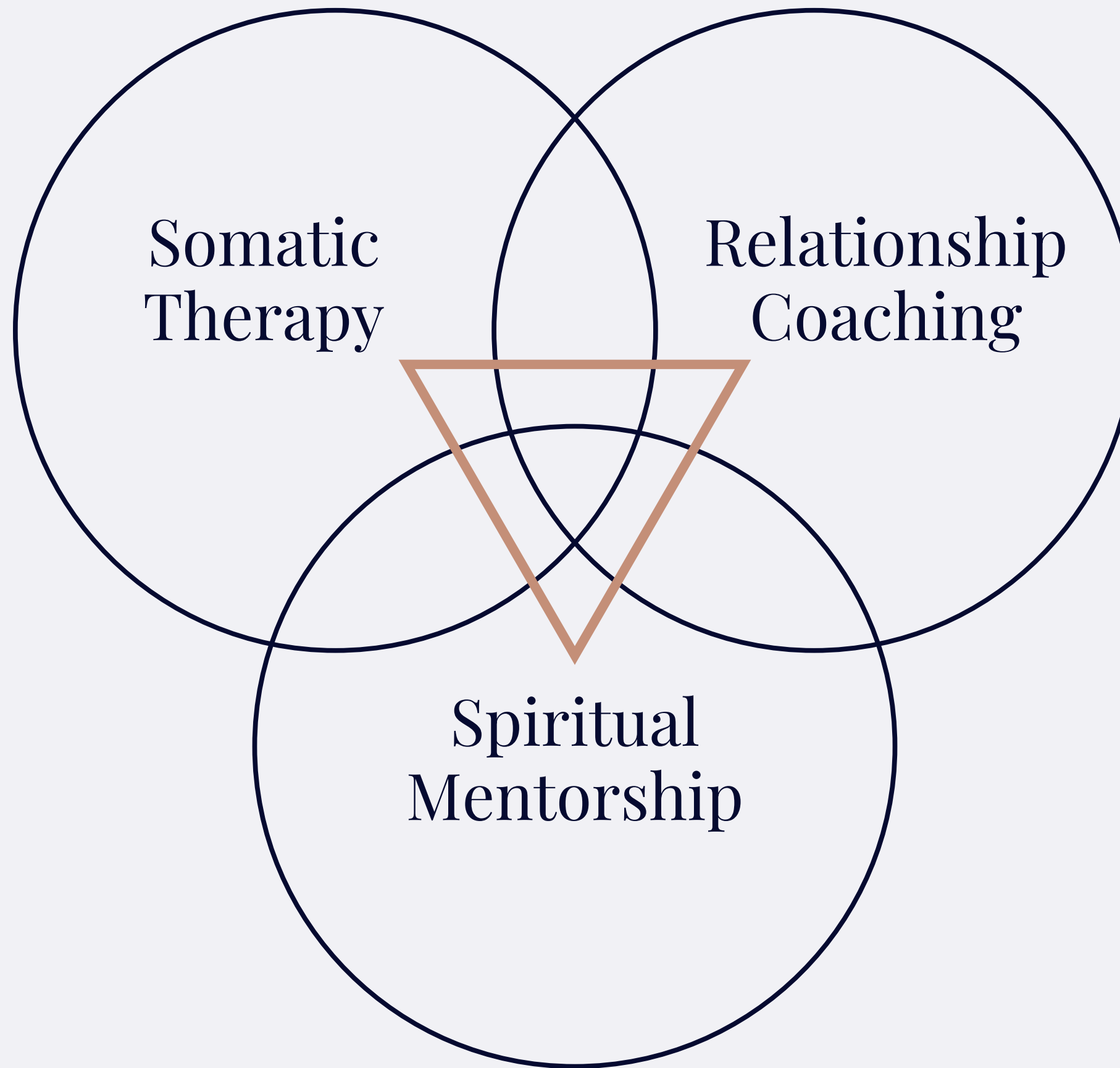
FROM

Stress, anxiety,
self-censorship, forced
perfectionism, and
past trauma



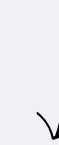
TO

True presence, personal
liberation, authenticity
and agency



FROM

Inconsistency, conflict,
and chronic relationship
patterns

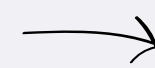


TO

Empowered creative
execution, skillful
communication, and
legacy leadership

FROM

Perceived limitation,
separation and
victimhood



TO

Purposeful living,
liberated love and
conscious reality design

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 RELATIONSHIPS:** Become a masterful communicator that listens & responds consciously. Celebrate the wins, & embrace moments of friction & conflict as opportunities to evolve.

4) **CONSCIOUS LEADERSHIP & IMPACT:** Become a global exemplar 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:** Embolden your unique purpose & inhabit true fulfillment in the present moment. Source your energy in a sustainable way & direct it with laser-like precision.

6) **CREATE & INNOVATE:** Become the true architect of your reality. Ignite your limitless imagination, pleasure & play to experience creative freedom from the inside-out.

HEAL &
RE-MEMBER

Somatic

CONNECT,
EXPRESS
& UNIFY

Relational

RELAX INTO
CREATORSHIP &
DESIGN YOUR
EXPERIENCE

Spiritual



INNOVATION

is not about breaking rules.
It's about writing your own.

- LADY GAGA

AN INFINITE TOOLKIT

We have extensive training and fluency working with the following modalities and disciplines for the last decade:

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™
- Breathwork
- VITA Method™: Vital and Integrative Tantric Approach
- 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
- Five Element Chinese Medicine

Relationship Coaching

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

Spiritual Mentorship

- Quantum Essence Embodiment Method™
- Somatic Reality Animation
- VITA Method™: Vital and Integrative Tantric Approach
- State Shifting and Manifestation
- Quantum Physics “Nature of Reality” Knowledge and Application
- Purpose and Wealth Embodiment
- Shamanic Journeywork and Ceremonial Retreat Facilitation
- Embodied Visualization Techniques
- Energy work
- Perceptual and Archetypal Alchemy
- Desire to Delight Transformation
- Gene Keys, Human Design and Astrology
- Traditional Tantric Wisdom and Philosophy
- Ritual Arts
- Temple Building and Stewardship

Email team@essence.is

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.