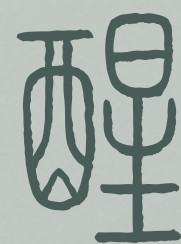


Xing

TRANSFORMATIONAL MENTORSHIP
& TEAM CONSULTING



We help creative business leaders
scale their impact through
integrated organizational design
and deep personal transformation
— bridging the gap between
self-actualization, team culture,
and business excellence.



STEADY HANDS FOR SHAKY TIMES

We are seasoned professionals with 28 years of combined experience facilitating liberation from limiting patterns – within self, team, work and impact.



LUNA VALIN

Multi-Disciplinary Mentor & Somatic Therapist

- 12+ years working with industry leaders, A-list artists, teams and LGBTQ+ couples
- Founder of Essence & Co-Founder of Satori: global mentoring & creative consulting companies
- Certified in Integrative Somatic Trauma Therapy, Intimacy & Relationship Coaching, & trained in over two dozen holistic modalities & disciplines
- Taught her custom methodology to thousands of individuals: leading-edge perspectives on integrative spirituality, queer artistry, leadership & healing
- Ceremonial Facilitator, Pleasure Activist, Foodie, Goofball and Kitty Mama



SONGYA KESLER

Organizational Design & Leadership Consultant

- 16+ years across startups, scale-ups & global orgs (US, EU, Asia)
- 200+ founders & C-suite leaders coached
- Designed and delivered 9 custom leadership development and cultural transformation programs, which includes founding Emerging Leaders Training to empower top talent
- Stanford engineer × Cambridge MBA × PCC-certified coach x Leadership Faculty at Univ. of Colorado Boulder
- Professional Dominatrix, Tantric Buddhist, Taiwanese Tea Ceremonialist, Mother to a Tiny Human

Together, we are trauma-integrated, systems-aware, spiritually grounded, and deeply human advisors to A-List public figures, artists and top execs.

WHAT INSPIRES US:

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

DIVERSITY,
QUEERNESS &
ANTI-RACISM

SYSTEMIC,
INTEGRATIVE &
EMBODIMENT-
FOCUSED
APPROACHES

AWARENESS &
LIBERATION

We are devoted to working with you as a *whole human* — body, mind & soul — & your team as a living ecosystem.

THE WORLD IS CHANGING

As we've worked with industry leaders and executives for a cumulative 28 years, this is what we've seen:

PAST EXPERIENCES RUN OUR CURRENT REALITY:

Dedicated individuals and teams attempt to transcend societal norms and oppressive systems *from the same state of stress* that originally powered those systems. Hence, action is an *expression* of stress, *not* a solution to it.

They operate under the illusion that they can separate the personal from the professional. In reality, they're playing out unresolved dynamics from their past through work relationships. They think they are in control, but they're not. Team culture is shaped by unconscious programming, rather than chosen intentionally in the present.

MOST WELL-INTENDED EFFORTS AREN'T WORKING:

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. This is akin to repainting the walls of a crumbling house.

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.

When teams learn to work from wholeness rather than habit, the tide of culture starts to change for the better...

WE SEE YOU...

You already...

- Understand that the most effective leaders have the strongest support systems
- Know that humans are running your organization, and hence, those humans are the key to transforming and evolving your organization
- See the business “working”, but can’t shake the feeling that something is missing
- Value personal development and spirituality
- Tried other conventional coaching or consulting services

But you’re struggling to...

- Translate business success to personal fulfillment – and visa versa
- Liberate yourself and your organization from confining industry standards
- Balance the creative and strategic
- Scale without losing soul
- Work in a way that regenerates you
- Unify team culture and communication

A GLIMPSE AT WHAT WE DO:

Lasting transformation isn't just mental – it's *embodied*.
We seamlessly blend laser focused 1:1 sessions for all executive team members, and whole-team integration work.

PERSONAL TRANSFORMATION:

- **Liberation Sessions:** Experience transformation through a blend of somatic therapeutic modalities, relationship coaching and spiritual mentorship
- **Leadership Coaching:** Find solutions to real-time people challenges & explore embodied leadership practices

TEAM TRANSFORMATION:

- Strategic Offsites
- Team Evaluations
- Team Coaching
- Team Workshops

ORGANIZATIONAL TRANSFORMATION:

- Leadership Development & Manager Enablement
- Cultural Transformation & Design
- Growth & Scaling Support

WHAT SETS US APART

Your personal therapeutic mentor and your team leadership consultant are, at last, *a united team and unstoppable support system*. We took all the goods from traditional team consulting, threw the rulebook out... *and this is what sets us so far ahead of the curve*:

High-Touch Access

From deeply personal sessions each week...

to as-needed practical team workshops, and multi-day off-sites...

We're truly present with you in all areas of your private and professional journey.

Highly Adaptable

Every package we create is 100% customized for what you need, *and we adapt everything* we facilitate as we go.

We know from experience that if we hold rigid to an initial assessment or curriculum, we miss the opportunity to truly *evolve with* your team as a living ecosystem.

In essence, we meet your team as it is *becoming*, not as something static.

Outside-the-Box

We are creatives, innovators, integrators and leaders... We *don't fit in any singular box*, and we know you don't either.

Because our personal lenses and lifestyles are so multi-faceted, we are able to fully embrace, understand and hold the *complex nature* of you, your organization and vision.

WHAT'S POSSIBLE

You are creatives devoted to seeking freedom and meaningful impact.
Most organizations fail because they don't scale in a way that's *both* exponential for the business, *and* sustainably expansive for the individuals powering its engine...

IMAGINE WHAT YOU AND YOUR TEAM CAN
AND *WILL* ACCOMPLISH WHEN EVERYONE IS:

- 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
- An authentic embodiment of your organization's values

next *steps*

The question isn't whether you
can afford to invest in conscious
transformation –
it's whether you can afford *not* to.

Complimentary Consultation

Understand your vision and
current challenges

step 1

Systems Assessment

Deep dive into your leadership
ecosystem and organizational
dynamics

step 2

Package Design

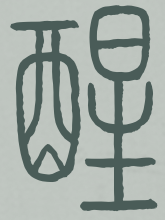
We create a bespoke structure with
adaptable programming

step 3

Partnership Agreement

Commit to your conscious
growth journey

step 4



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Email team@essence.is to

SCHEDULE YOUR CONSULTATION

We work with a select number of organizations
each year that we're deeply inspired to support.