essence
While you show up for the many,
we show up for you...

our *offer suite:*

1) Transformational Mentorship

2) Creative Direction

3) Team Consulting

"These women are a force of nature. If you're considering an offering like this, know that their work is unparalleled in both skill and depth. If you want the best, they're it."

"You don't want anything less than people who are masters of their craft... and that, Luna, Katie and Songya are."

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out with the *old*...

In the old paradigm where your creative work, professional success and self-actualization are competing and conflicting forces...

- You cycle through burnout, stress, anxiety and dissatisfaction, as you perpetually hustle *towards something*.
- You can't shake the feeling that you, your personal life, or professional status are *never enough*... something is just *missing*.
- You let past limitations define who you are, what's possible, and how you relate to your family, team and audience.
- You sacrifice in an attempt to gain lasting security, success and love... but there's always more to prove, *and* more to lose.

and...

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in with the *new.*

You have that gnawing sense that you are meant to see, create and experience something more meaningful; more true to your essence...

You are at the precipice of your leading edge, and a *feeling* is coaxing you beyond the limit of the map in your hands.

It's time to stop endorsing your fears, so you can design and embody your vision.

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our clients and collaborators

***Note**: due to the nature and intimacy of our work, **many** of our clients are confidential and cannot be listed here.*

editorial

Vanity Fair
Elle
Harper's Bazaar
Glamour
British GQ
Surface
Flaunt
Cosmopolitan
Esquire
Women's Health
VICE
Details
Brooklyn
Magazine

celebrity

Charlize Theron
Sarah Paulson
SZA
Awkwafina
Julianne Moore
Gwyneth Paltrow
Katy Perry
Nicole Kidman
Kerry
Washington
Kate Winslet
Kylie Jenner
Eva Green
Jennifer Aniston
Anderson Paak
Kyra Sedgwick
Jim Carrey
Lauren Cohan

Reese Witherspoon
Normani
Kate Hudson
Chloë Grace Moretz
Emma Roberts
Laura Dern
Rami Malek
Charli x Dixie
D'Amelio
Andy Samberg
Ciara
Joey King
Sarah Hyland
Shia LaBeouf
Kate Bosworth
50 Cent
Ricky Martin

commercial

Google
Gap Inc.
Revlon
Amazon
Citizens of Humanity
Christian Dior
Target
Smart Water
Cover Girl
Dell Computers

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bespoke structures

We customize every detail of your journey according to the vision you have for yourself, art, impact and team.

offer suite, *in detail:*

Transformational Mentorship

Team Consulting

Creative Direction

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ONE-ON-ONE MENTORSHIP

with Essence Founder, Luna Valin

In my decade+ of experience, I've curated my own proven approach that merges somatic therapy, relationship coaching and spiritual mentorship to transform your perspective, *and* reshape your life.

I support you to *live limitlessly*, and experience radical fulfillment in your career, creativity and relationships.

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our deep-dive...

In-Person / Retreat:

For powerful & immediate transformation

I meet you in your world. Whether I'm with you backstage applying breakthroughs in peak-pressure moments, or sharing deep-dive intimate moments in the retreat of your backyard...

I 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.

I'm 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 package includes virtual sessions at our chosen rhythm, as well as messaging support.

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CREATIVE DIRECTION

By merging your therapeutic journey *with* vision and project execution...

We support you to make the most raw, impactful and legendary art of our time. *Straight from your essence.*

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what you're in for:

ONE-ON-ONE SESSIONS LASER-FOCUSED ON:

- Transforming stress & limiting patterns in your creative process from the root level
- De-noising outside pressures & expectations to transcend artistic self-censorship
- Amplifying the power of your imagination, & enhancing your creative genius
- Cultivating authentic leadership, connection & synergy with your team and audience

From this depth of support, fresh energy & clear sight – dive into...

CREATIVE PRODUCTION, TEAM ASSEMBLY & ORGANIZATION, STYLING, SEAMLESS EXECUTION & IMPACT CURATION

ON-SITE FACILITATION OF RELATIONSHIP DYNAMICS, COMMUNICATION & CHEMISTRY

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where we take the lead

some examples of what we execute with you:

Short-Term Seasons

- Creative media: interviews, features, photoshoots & videos
- Events: conferences, galas & award shows
- Celebrations & experiential activations

Long-Term Chapters

- Film & television
- Album recording & tours
- Activism & entrepreneurship
- Long standing creative ventures & life transitions

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ELITE TEAM CONSULTING

With a combined 28 years of experience...

We help stressed executive teams integrate organizational performance and personal transformation to exceed ambitious goals.

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let's get down to business...

Just as DNA is the code that directs how your whole body functions...

Your *executive team* is the template that shapes and directs your *entire organization*.

Every executive team navigates:

PERSONAL CHALLENGES

for example:

Your life is everything you wanted, ***but*** **you feel something is missing.**

RELATIONAL CHALLENGES & TEAM DYNAMICS

for example:

You have great people, ***but*** **miscommunication and conflict impede productivity.**

Your team shows up, ***but*** **deadlines are missed and goals aren't met.**

ORGANIZATIONAL CHALLENGES

for example:

You have stellar intentions, ***but*** **your company culture is at risk as you enter hyper-growth.**

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... from challenge to solution:

After investing hundreds of thousands of dollars in team coaches, org design consultants, skills trainings and assessments... *results remain lackluster.*

- X **FRAGMENTED SOLUTIONS:** Change happens in silos – nothing connects.
- X **SURFACE-LEVEL FIXES:** Leaders learn new frameworks, but their underlying patterns of anxiety, burnout, and reactivity remain untouched.
- X **ONE-SIZE-FITS-ALL MANDATES:** Generic programs ignore your team's unique ecosystem, dynamics, points of resistance, conflicts and challenges.
- X **DEPENDENCY ON EXTERNAL SUPPORT:** Old patterns return because your team never learned to sustain the changes independently.

You're stuck in an expensive cycle of temporary improvements that don't address the root cause.

Individual Transformation *produces* → Transformed behavior, team dynamics *and* results

You can't change your organization without changing your people. We facilitate change within the people that *then* change organizations.

a complete transformation system

Your personal therapeutic mentor and your team leadership consultant are – ***at last*** – a united team and holistic support system.

	Weekly & Monthly →	*Quarterly* →	*As Needed*
Personal TRANSFORM FROM WITHIN Address the unconscious patterns limiting your effectiveness, and develop authentic leadership presence.	1:1 Liberation Sessions & Leadership Coaching	Leadership Self-Assessment	Crisis Coaching Major Decision Guidance
Exec Team MULTIPLY PERFORMANCE Create psychological safety, improve decision-making, and establish communication that drive results.	Team Coaching & Meeting Observations	Strategic Offsites	Conflict Resolution, Communication, & Decision-Making Support
Organization SCALE CULTURE & SYSTEMS Design organizational structures and culture that support sustainable growth, while maintaining your values.	Culture Design, Growth & Scaling Strategy	Growth Readiness Assessment	Change Strategy & Leadership Development Conceptualization

Every package is **100% customized** and adaptable to address your unique challenges, needs and goals.

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the coveted *essence* approach

Regardless of whether you want one-on-one mentorship, team consulting, creative direction, or a combination of them all...

*Luna Valin's proven approach is the **foundation** that makes this the most powerful, comprehensive and liberating journey possible.*

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how it *really* works:

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".

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

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

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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

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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.

Somatic — HEAL & RE-MEMBER

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.

Relational — CONNECT, EXPRESS & UNIFY

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.

Spiritual — RELAX INTO CREATORSHIP & DESIGN YOUR EXPERIENCE

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.

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OUR *values*

DIVERSITY, QUEERNESS & ANTI-RACISM

SYSTEMIC & INTEGRATIVE APPROACHES

CULTURAL EVOLUTION

AWARENESS & LIBERATION

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down to our *core*...

We are a team of 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.

WE BELIEVE "WORK" AND CAREER ARE MEANT TO BE ART FORMS. OUR CREATIVITY 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 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.*

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Email team@essence.is

SCHEDULE YOUR CONSULTATION

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

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Transformational Mentorship,
Team Consulting & Creative Direction

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