



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

our
offer
suite:

- 1)
- 2)
- 3)

Transformational
Mentorship

Creative
Direction

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.”



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, 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...

in with the *new*.

You know that you're meant to experience and create 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.



bespoke structures

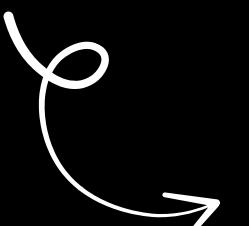
*We customize every detail of
your journey according to the
vision you have for yourself,
art, impact and team.*

offer suite,
in detail:

Transformational
Mentorship

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ONE-ON-ONE MENTORSHIP

with Essence Founder, Luna Valin

I work with the person beyond the persona.

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.



our deep-dive...

In-Person / Retreat:

For powerful & immediate transformation

I meet you in your world – whether backstage in peak-pressure moments, or in the intimate retreat of your backyard.

No matter how much you need to perform for the media, the audience, industry or algorithm... With me, *you get to just be*: the person, not the performance.

Nothing is left unintended – I support you in all dimensions of your work and personal life.

Virtual:

For an integrated evolution

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

Your package includes virtual sessions at a rhythm we choose together, as well as messaging support.

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.

what one-on-one clients say:

"THIS WOMAN IS A FORCE OF NATURE.

Luna's work is unparalleled in skill and depth. If you want the best, she's it."

"Luna's work is the **THE BEST KEPT SECRET.**

I feel like I have the best guidance in the world, and the best hype woman and friend I could ask for."

"I've come to expect that the hardest shit turns into

THE MOST PRODUCTIVE AND HONEST CONVERSATIONS

I've ever had."

An Emmy award winner said:

"THIS WAS TEN YEARS OF THERAPY IN UNDER ONE HOUR.

Count me in for more."

"I attribute not only massive growth within myself, but **HOW BALANCED MY LIFE IS,** to this space."

A client grossing ten figures shares:

"I didn't want anything less than a person who's a **MASTER OF THEIR CRAFT...**

and that, Luna is."

"This mentoring relationship has helped me learn what love, safety and security feel like...

I'VE NEVER BEEN MORE PROUD

to be black, gay and happy."

"Before Luna, I could connect with millions but couldn't communicate with my own partner. Now we've never been stronger... **TURNS OUT YOU REALLY CAN HAVE BOTH.**"

A client of 3 years says:

"This is the real deal. After twelve years of therapy with few results...

THIS CHANGED EVERYTHING."

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.

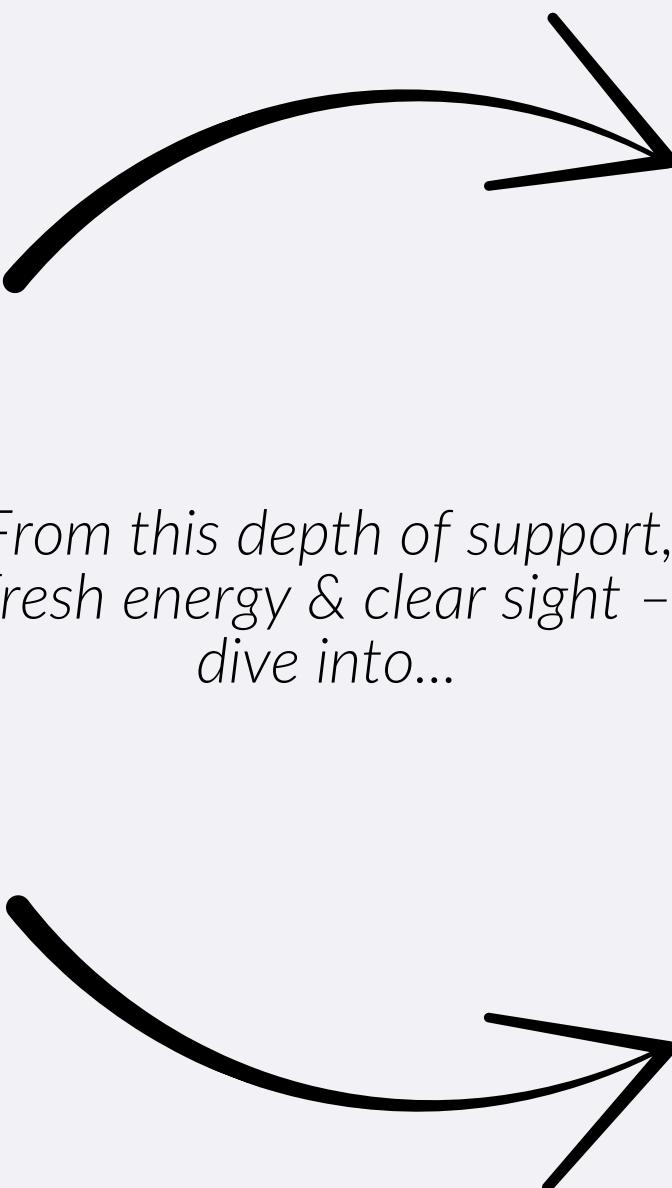


what you're in for:

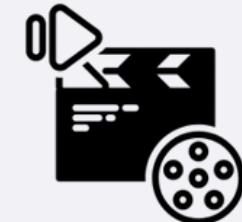


ONE-ON-ONE SESSIONS LASER-FOCUSED ON:

- 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



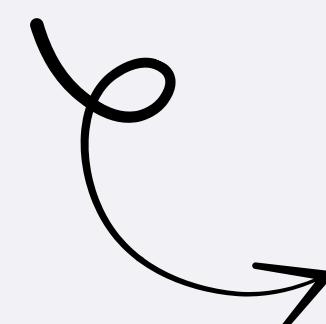
*From this depth of support,
fresh energy & clear sight -
dive into...*



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



ON-SITE FACILITATION OF RELATIONSHIP DYNAMICS, COMMUNICATION & CHEMISTRY



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

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.



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.

ORGANIZATIONAL CHALLENGES

for example:

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

...from challenge to solution:

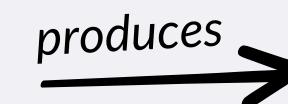
After investing hundreds of thousands of dollars in team coaches, org design consultants, skills trainings and assessments... *results remain lackluster.*

- ✗ **FRAGMENTED SOLUTIONS:** Change happens in silos – nothing connects.
- ✗ **SURFACE-LEVEL FIXES:** Leaders learn new frameworks, but their underlying patterns of anxiety, burnout, and reactivity remain untouched.
- ✗ **ONE-SIZE-FITS-ALL MANDATES:** Generic programs ignore your team's unique ecosystem, dynamics, points of resistance, conflicts and challenges.
- ✗ **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



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.



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

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.



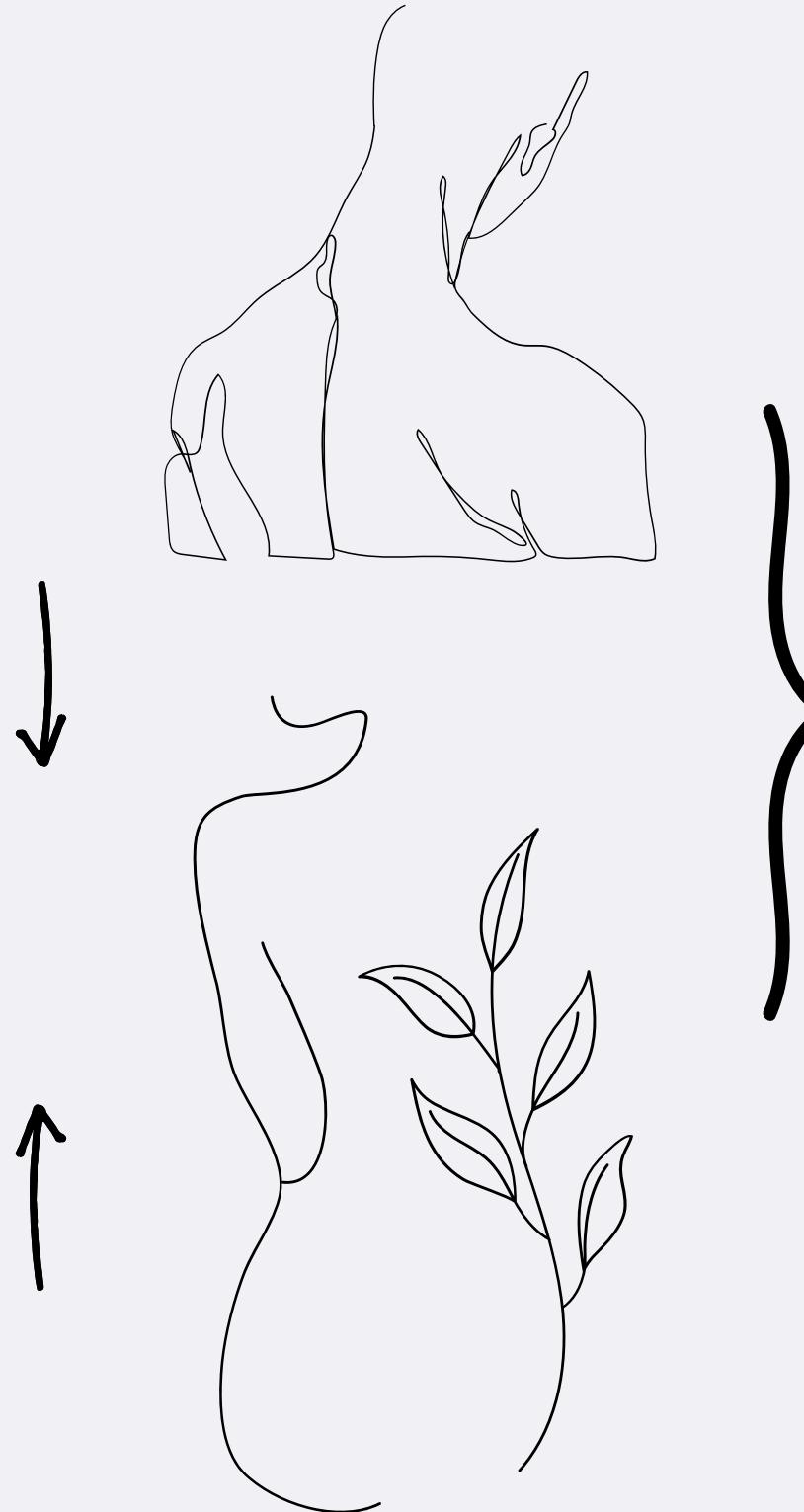
how it *really* works:

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.

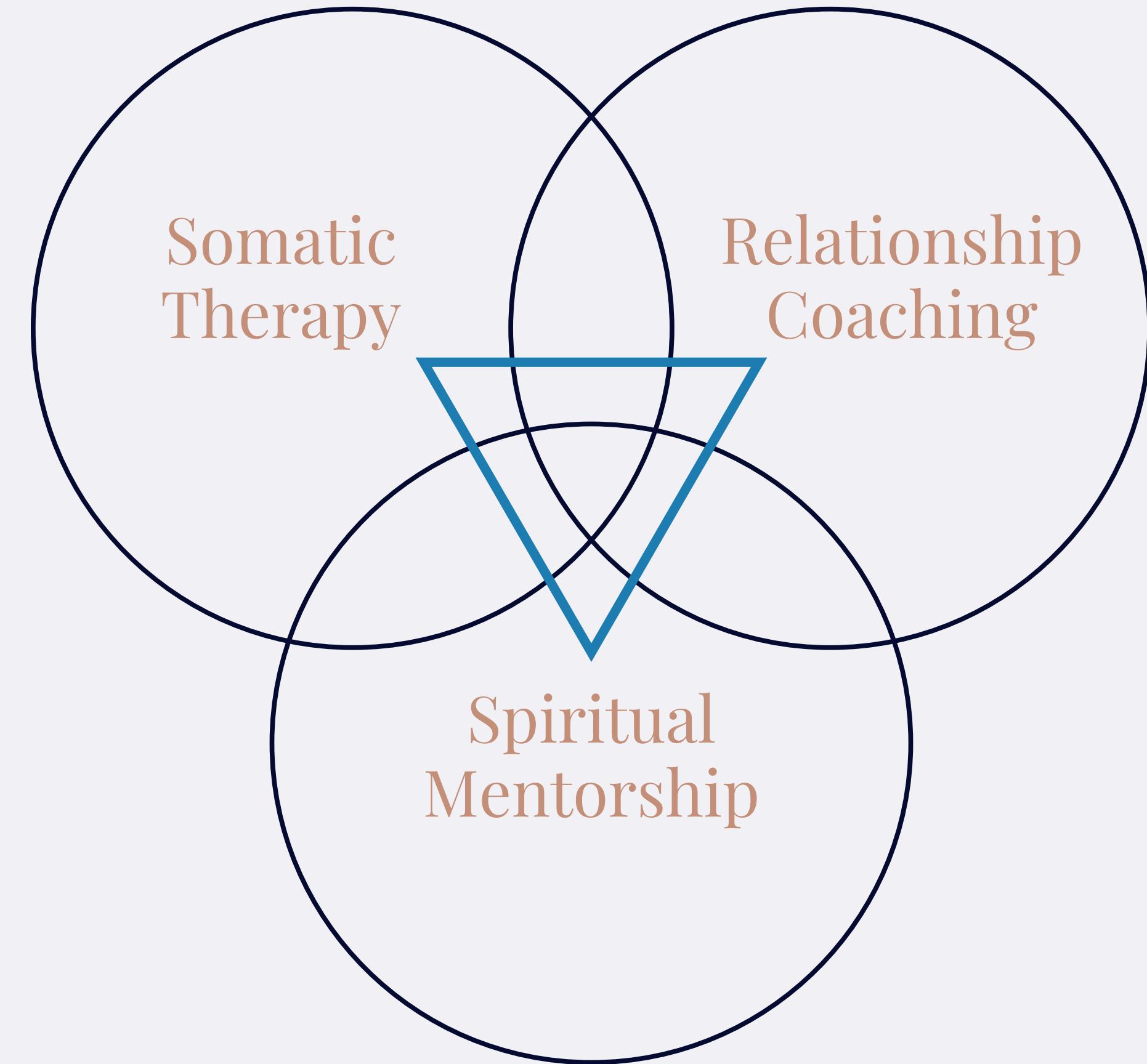
I work with you as a *whole human*: body, mind & soul.

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.

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.

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.

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.

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

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.

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



OUR *values*

DIVERSITY,
QUEERNESS &
ANTI-RACISM

SYSTEMIC &
INTEGRATIVE
APPROACHES

CULTURAL
EVOLUTION

AWARENESS
& LIBERATION

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.*



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.

essence

Transformational Mentorship,
Creative Direction & Team Consulting

team@essence.is