

FOUR-MONTH JOURNEY WITH JT

Integrating your mind, body, spirit, and heart to live a shame-free, authentic life.
Discover the wisdom within your challenge.

BULLETPROOF COACHING CONTAINER

- Overview
- Identify patterns
- Vision of your future self

BLUEPRINT YOUR LIFE

- Your life history questionnaire
- Customized inquiry session

DEEP DIVE INTO SOMATIC WORK

- Guided imagery
- Invitation to tap into a deeper knowing through your unconscious
- Gain tools to access this unconscious space on your own

COMPASSIONATE FORGIVENESS WORK

Childhood wounds often create patterns we don't realize hold us back as adults.

- Invitation to compassionate forgiveness work
- Invite huge breakthroughs working with your inner child

WHAT IS TRUE?

- Uncover unconscious beliefs
- Uncover old beliefs that have set you back in the past and present
- Ask your higher self "what is true?"

FACING YOUR FEAR - OPENING THE DOORS TO WISDOM

That which we fear the most often holds incredible wisdom.

- Diving into the wisdom behind the pain
- Learning tools to embrace fear vs push it away
- Learn the deeper desire behind the fear

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DEATH AND GRIEF WORK

Death is a powerful catalyst for the living. Our work together will dive into ungrieved grief.

Death can happen in many forms:

- Death of a relationship
- Death of an identity
 - Loss of friendship or relationship
 - New parent (non-parent self just "died")
 - Realize you are now a member of the LGBTQIA community
 - New "empty nester"
 - Newly single
- Death of a job and way of life you once knew
- Death of abilities (chronic illness taking a toll, aging)
- Death of a loved one(s)
- Death of your own body
- Ungrieved grief
- Many more.....

Death is a powerful catalyst to life ONCE we sit in deep presence together and allow the pain to surface.

SPEAKING TO THE BODY AND THE MIND

Intuitive inquiry is based on speaking to the MIND and the BODY and finding a space of balance and peace. When the mind and body are not aligned we may feel deep chaos, disorganized, physical pain, racing thoughts, inability to sleep, anxious, dis-ease.

We will partner together so that you will move through triggered moments and challenging times by tapping into the wisdom within. You will walk away lighter and clearer on next steps.

✦ WORKING WITH JT ✦

Move from PAIN... through PRESENCE.. into POSSIBILITY.

Often the people who work with me:

- Have already worked with a therapist/coach
- Hold awareness for what they struggle with
- Mentally understand as a kid, "X" happened now they do "Y" (unwanted behavior) as an adult
- Have a pattern or behavior they can't get rid of no matter how much "work" they've done

My specialty is guiding you through your blind spots to find the wisdom within your challenge!



Our work together will:

- Uncover the wisdom behind the pain point as we dive into your unconscious beliefs that cause undesired patterns or behavior
- Discover WHY you keep repeating this pattern on a mental, somatic, and unconscious level
- Integrate the mind, body, spirit and heart
- Help you take action to move toward your intentions and goals for:
 - Your career
 - Your body
 - Your relationships
 - Your health
 - Your connection to your higher self
 - Overall well being

