

## Consulting & Coaching Programs

### What we Do:

We Consult, Mentor on the Mind, Body, Business, Spirit interconnection, as a Whole as if one is out of sync it affects the whole. All of our Platforms are Multi-Sensory and Interactive using a blend of Eastern and Western Philosophies, Methodologies and Techniques taught in a very grounded way that has daily practical applications.

We take You on a Journey from Cocoon to Flight thru Learning, Playing and Growing thru Creative Conscious Co-Creation.

It takes Your Willingness to want to Soar- come out of your Cocoon, and then Choose Change - Transmutation and your Collaboration in Co-Creating with Us, as this Journey is about You... We are part of your team and Collaborators on Your Journey.

### **SERVICES: Consulting, Coaching, Courses**

### **The Art of Conscious Business Collaborations**



## **Conscious Business Collaborations**

**Conscious-** Being aware of the impact of our Ripple Effect in what we say, post, write, do etc...

**Business-** Treating what we do like a business otherwise people tend to do more things without prior thought to the results or outcomes of their actions.

**Collaborations-** It is thru collaborating with others that we Learn, Play, and Grow which ultimately leads to being better able to serve others.

### **\*\*\* You will Learn:**

- \*How to be a Leader without a title
  - \*Conscious Hiring principles and techniques
  - \*When to Let go
  - \*The Art of Tribe-Team building
  - \*Ways to have Fun, Creative Brainstorming
  - \*The Art of Color Your world with Creativity & Marketing
  - \*The Art of Social WE Media
  - \*The Art of Saying NO & Referrals
  - \*Why it is so important to Give
  - \*Why it is so important to Receive
  - \*How to effectively Give and Receive Feedback and Negotiate
  - \*Effective Time and Organization Management
  - \*The Art of Effective Communication
- and much more...

## **The Art of Social WE Media**

### **Social WE Media LOVE**

**Social** - Engaging, Communicating with others

**We** - Teamwork

**Media-** Using various media modalities for those that are more Visual thru Video, more auditory thru podcasts,

more analytical thru writing blog posts such as this, Images for a quick visual on what you are attempting to convey.

**\*\*\*You will Learn:**

- \*How to be Yourself and still be Authentic
  - \*We Marketing
  - \*What is Shareable Content
  - \*How to effectively use Picture quotes
- \*How often to post based on your business or niche
- \*How to ask Thought provoking engaging Questions
- \*What platforms to Focus on based on Your niche or business
  - \*When to Automate and the Balance
  - \*When and how to hire a WE Team

**\*\*\*Sharing your Personality, Passions, Who Are You, What do You do, Social Media Tools and much more...**

**The Art of Communication**

**Compassionate Passionate Communications**

Don't React - Watch your body language

Have Compassion

Listen

Be Open

Be Engaging

Be Passionate

Hand Write Thank You Notes

Thank People

THANK YOU

We are all interconnected

Link Locally  
Connect Globally  
CarlyAlyssaThorne.com

Know when to stop talking

Take the time to call

**\*\*\*You will learn:**

- \*How to Give and Receive Feedback
  - \*How to be Open to all Points of View
  - \*The different Communications Styles
  - \*NLP- Neuro Linguistic Reprogramming
  - \*Body Language
  - \*Color Your World Creative Brainstorming
  - \*How to run effective Master Minds and why it is so important to be in one.
  - \*The Art of Leadership communication without titles
- and much more...

### **The Art of the Multi-Sensory Self**



#### **\*\*\*You will Learn:**

I have two levels of this course-Beginners and Advanced

#### **In the Beginners:**

- \*How to expand your awareness in Seeing, Hearing, Communicating, Feeling
- \*How to apply this in all areas of Your Life.
  - \*Basics of Energy Vibration
  - \*Basics of Feng Shui
  - \*Basics of Energy Management

#### **In the Advanced:**

We get deep into:

- \*Psychology, Philosophy, Theology
    - \*Energy Healing
    - \*Energy Management
  - \*The meaning of colors & Sounds
    - \*The role of the unconscious
- and much more...

## The Art of Letting Go and Truly Celebrating Life

**The 5 Stages of Mourning, Letting go & Reclaiming Your Power in any area of Your Life**

**ONLY OPEN TO 11 PEOPLE**

*We are all interconnected*

**INBOX TO APPLY NOW**

**[www.CarlyAlyssaThorne.Com](http://www.CarlyAlyssaThorne.Com)**

\*\*\*You will learn:

- \*How to stand up for Yourself
- \*How to let go
- \*How to move forward
- \*What is victim energy
- \*How to get out of victim energy
- \*How to deal with phantom limb pain
- \*How to Celebrate a Loved one
- \*How to Celebrate Life
- \*How to Truly Live again  
and Sooo much more

## The Art of Love, Peace and Gratitude



**\*\*\*You will Learn:**

- \*The impact of a Ripple Effect
- \*Paying it Forward authentically
- \*Authentic Giving
- \*Being open to Receiving
- \*Energetics behind Manifestation-Laws of Attraction
- \*Values and Belief's alignments

**The Art of the Mind, Body, Spirit Inter-Connection**



**\*\*\*You will Learn:**

- \*The Mind, Body, Spirit Connection
- \*That NO one model fits all Bodies
- \*Whole Body Fitness
- \*Preventative Health
- \*How to use both Eastern and Western to achieve optimal Wellness
- \*How to use and blend the many Psychologies, Theologies out there.
- \*Basic to Metaphysics
- \*The Unconscious story telling
- \*Harnessing a Healthy Ego
- \*Basic Energy Modalities and Energy Management  
and much more...

## **The Art of Multi-Sensory Productions**

### **- Events, Interviews, Platforms**



### **\*\*\*You will learn:**

- \*How to use NLP on Stage and in the event set up
- \*How to use the Multi-Sensory on stage and in the event set up
- \*How to use Color, Sound, Vibration
- \*How to interviewed
- \*How to interview others
- \*What to put in a power point
- \*How to use body language that is NOT Staged
- \*How to use Feng Shui in event and event set up  
and much more...