

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, more business, and a network of referrals.

*** 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

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



*****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



***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 Beliefs 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...