

## 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...