



tami mensh
TRANSFORMATIVE
LIFE COACH

THIS SERIES IS DESIGNED TO AWAKEN PARTS OF OURSELVES WE MAY NOT EVEN KNOW WE HAVE!

Each “Awaken” exploration uses multi-disciplinary approaches such as: music, polls, prompts, guided visualization, teachings, play and more to tap into and expand group consciousness. Choose from these focus modules below for a monthly, quarterly or stand alone session:

✧Awaken Creativity✧

An exploration of creativity and where it comes from. Learn the barriers to creativity, and how to allow it to effortlessly flow.

✧Awaken Intuition✧

Tune in and turn up your inner guidance system and organs of perception. Uncover your unique intuitive gifts to develop a new superpower.

✧Awaken Innovation✧

Improvisation, play and invoking the ‘fool’ archetype to see new perspectives and create new possibilities. Participate in an innovation practice to find a different solution to a current process or problem.

✧Awaken Purpose✧

Divine guidance to finding your sacred groove and what is indigenous to your soul. Work with the Japanese Ikigai system to uncover your zone of genius.



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✧Awaken Clarity✧

Break through from chaos to clarity. Using the four phases of Kaleidoscope Theory, identify where you are strong, and how and where you may get stuck. Learn creative decision-making tools that bypass overthinking.

✧Awaken the Wild Soul✧

Using rituals of rewilding, elements in nature and oracle as our guide, enter into a sacred circle experience and container of trust, sharing and intention setting.

I OFFER CUSTOMIZED PRESENTATIONS FOR:

- Summits and Conferences
 - Keynotes
- 1/2 or Full day Workshops
 - Retreats
- Circles and Councils
 - [Women's circles](#)