1. **Birthdate, time and location of birth for Human Design**

December 27, 1986 | Boston, MA | 1:34pm

1. **How familiar are you with living according to your Human Design type and strategy and authority?**

I’ve looked up my human design before (generator, and I think heretic/hermit) and this has resonated with me, but I’m only familiar with what I have read online. I believe I have sacral authority as a generator, and my husband is a manifesting generator, my oldest daughter (almost 4) is a projector and our youngest daughter (8 months) is a manifestor.

1. **What challenges, if any, do you experience when trying to live according to your Human Design strategy?**

I do think that I’m a recluse and an introvert and I need to be alone to recharge. I also have a personality type that pushes boundaries and challenges the status quo and does so unapologetically. Recently, I listened to the Keren Eldad episode on TBM podcast and that has also resonated with me. I had a lot of pain growing up and I do try too hard (perfectionism, overachievement) and also have emphasized financial stability over my true callings even as it has caused me to feel burned out now that I am a mom of two.

Also, as a small child (2-3) I loved witches and identified with all of the witch characters in kids movies (Sleeping Beauty, Wizard of Oz). I have always felt that I am a witch and my mom let me be a witch every Halloween. However, when my dad was angry at me he used to scream at me and call me a witch. I have had to do shadow work around this and shame around feeling powerful, different, or scary to others.

1. **What are your top 1-3 personal or professional goals you want to achieve through coaching?**
2. **Becoming an author:** I have written poetry from elementary school and my mom and stepmom are published writers. I have finally completed a collection of poetry about being a mom that I am ready and in the final stages of setting up to self-publish in March. I have worked hard and invested in this collection over a few years. I am taking my last 6 weeks of paid maternity leave in March and April and am trying to get some distance and reset. I need help clearing blocks and fears around publishing and promoting this work.
3. **Quitting my corporate job:** This is scary to write, and I am not ready to do this right now. My husband and I own a small 40-year-old business supplying operations equipment and supplies to wineries mostly on the West Coast, which brings in a lot of income. However, we have only owned the business for a year and half ourselves and do not yet feel it is stable enough to support us as we are trying to invest in growing it. My corporate job as an ops director managing a team of 12 is enough for our family to live off of including our mortgage, childcare, and provide excellent cheap health insurance. The health insurance and benefits would be terrifying for me to give up…
4. **Why are these goals important to you?**

My career no longer feels aligned with my authentic self. I am looking into switching jobs internally at my company and have applied for one job at my old employer. However, my job is extremely stable and I am well-respected at it and know it well as I have been there for seven years. I get six weeks of vacation a year and amazing benefits like a European company. I cannot shake the feeling that I need to figure out how to move on, be free, and spend more time with my kids while they are young…

1. **What specific outcome would you like to achieve by the end of our coaching?**

Figuring out what type of career or path is a better fit for me and more aligned. Figuring out how to take practical steps to get there.

1. **What theme is your goal related to? (in bold)**
2. **Needing clarity on what the goal is or how to get to the goal**
3. **Shifting identities and/or Letting go of an identity that doesn't fit any longer**
4. **Motherhood support**
5. **Career**
6. Abundance and/or lack mentality
7. Self worth and/or confidence
8. **What personal development or internal work have you done in the past? (in bold)**
   1. Internal Family Systems or parts work therapy- never
   2. **Therapy**
   3. **To Be Magnetic**
   4. **Journaling**
   5. **Reading self help books**
   6. **Meditating**
   7. **Coaching**
   8. **Other (I lived in Nepal and India and started work apprenticing as a Tibetan Buddhist in the Nyingma tradition when I was 20-22, during the same general time before age 24 I also got certified as a yoga and meditation instructor, and also worked as a mental health counselor before switching to a corporate career and getting my MBA)**
9. Are you currently doing any other personal development work or program?
   1. **YES**/NO **Currently doing craniosacral therapy and bodywork to help me heal postpartum. I am also in grief counseling because my stepsister died of cancer last summer at the age of 40 and then her husband took his own life a few weeks later. This really shook me to my core, I am still recovering, and was a big wake up call for my own life to live more authentically.**
10. **Do you want to incorporate that into our work together?If so, what is it?**

I am seeking career coaching and life coaching because of the experiences I wrote about above over the past year. The losses I have experienced, plus having a second child (not planning more), have made me reevaluate my life. I need help figuring out what is next, and clearing blocks. I don’t need to incorporate anything specific into the session, but I would like to learn more about my human design.

1. **What have you uncovered and learned about yourself through your personal development work that has been enlightening or revealing? What would be helpful for me to know ahead of time for our session?**

So much as stated above. I started therapy when I was 11 years old before my parents divorce. I have been on a self-improvement journey for what feels like my entire life. I thought by meeting my husband and settling down in this phase that everything was calm, but am now shaken up and realizing I have turned 38 last month that I need to realign some things for this next phase with my career and lifestyle. It is so hard to manifest for myself personally with a husband and as a mom… I can’t just pick up and leave and figure things out for a few months alone.

1. **Do you ever feel conflicted about pursuing your goals?**

**YES**/NO I have a lot of fear and shadow about being a witch or a creative or whatever it is that I am (not entirely clear). At times I do feel I can know intuitively what people are thinking or I am able to read people very easily, and I have always felt I had to hide this. I used to get comments that I had a creepy look sometimes looking at people, and I have had to change that behavior. For example, I had a stranger once come up to me in business school after a workshop learning about meditation and tell me that she had watched me and she knew that I had special awareness. I just pretended moments like that in my life didn’t happen and moved on.

I did start to think about building my own self-help system in 2021 based on Buddhism, and filmed a few videos and shared with friends for feedback. It was a good experience, but it didn’t feel entirely authentic to my gifts. I have also written poetry my whole life, and am about to publish, but only my closest friends and family know that about me. I just shared more about my poetry on social media in the past two weeks and it required a lot of inner work to do it.

1. **Are there any specific fears, doubts, or limiting beliefs that come up when you think about achieving your goal?** See above. I tend to work on fears and doubts when they come up, and usually overcome them in relation to my immediate goals. However, I feel like in this phase of life I’m up against bigger changes that I need more clarity on in order to unblock and heal.
2. What internal patterns seem to repeat when you try to work toward your goal?
   1. Procrastination - **I work hard, always achieve my immediate goals, and rarely procrastinate as an adult**
   2. **Perfectionism - I have worked on this, it has gotten better**

What you can expect in your coaching session is a focus on “what is the way right now, of your goals/manifestations” versus the overwhelm of trying to unblock all of the things at once.

Before your session get to know your human design blueprint and the concept of becoming **self led**

* Human Design(HD) gives you a personal strategy for how you work best.
  + **Energy Type:** how we’re designed to most effectively use our energy
  + **Strategy:** how we’re meant to create opportunities
  + **Authority:** how we’re designed to tap into our intuition and move out of indecision
  + **Profile:** how we’re wired to manifest our purpose and share our offerings with the world
  + **Becoming Self led**: This is the ultimate goal, to operate from your true authentic self- the unfiltered version of you. It’s when your thoughts, emotions, and actions are in sync with what you truly believe and value. No masks, no fear of judgment, just the purest, most aligned version of who you are. It’s about showing up for yourself unapologetically, even when societal norms or external pressures try to steer you off course. Human Design provides the blueprint to become self led, to become your authentic self.Living in alignment with your **Human Design** isn't just about figuring out how you're wired—it's about stepping into a self-led life, where every decision and interaction feels like it's coming from your most authentic, empowered core.

In session you will discuss your goal/manifestation you are wanting to achieve as well as why you feel stuck or have limiting beliefs on reaching your goal.

Before your session, become familiar with Internal Family Systems (IFS) and how it will be a crucial part of your journey.

* IFS/parts work helps you clear up mental clutter and internal conflicts that slow you down.IFS is a way to understand yourself by seeing your mind as an "inner family" made up of different parts, like the proactive manager AKA perfectionist or the reactive Firefighter AKA the procrastinator. Each part has a purpose, even the ones that seem to sabotage you, and IFS helps you listen to them, understand their needs, and detach from these parts being in the drivers seat to ultimately become Self-led.
* The definition of an internal part called the Manager:These proactive parts aim to protect the system by managing emotions, relationships, and behaviors. They anticipate challenges—whether emotional, social, or practical—and intervene to steer clear of discomfort or harm. It’s like having a built-in project manager for your internal world, constantly striving to keep things balanced and under control.
* The definition of an internal part called theFirefighter: These reactive parts react to overwhelming emotions by stepping in to protect the system. They act when you get triggered, using intense strategies like numbing out, distraction, or even lashing out. While their methods can seem extreme, they’re trying to shield you from emotional overload.
* In session your parts will be named specifically based on your limiting belief of why you cannot reach or have your goal/manifestation.
* **Session prep work journal questions** 
  + **How are you feeling about stepping into being Self-led through Human Design?** Excellent, I have never had human design coaching before, but I am hoping it can help me find clarity.
  + **How far off from your authentic self are you?** I have done a lot of work the past few months following my daughter’s birth and my stepsister’s death of becoming my authentic self. I feel that I am there, but in doing that work I found that the career part of my life just doesn’t fit anymore… my husband is an incredibly authentic person and we were older when we met. I feel like my family and life in Sonoma County and access to nature here is very authentic for me and where I want to lean in. We have made great friends here that I really enjoy and look up to. Recently, we were visiting our friend's airbnb house in Dillon Beach and I realized that being closer to the ocean (we are about 20-30 min away) is probably in my future, or visiting it more frequently and having more time there.
  + **What fears are coming up about getting to know the protector parts?** Not clear on what this is yet.
  + **Come to the session prepared with questions you have around your limiting belief or what is keeping you stuck from receiving.**
  + What is most aligned with my authentic career? Is it our small business and poetry? That feels right to me… but I need coaching work to really identify it. I know I need more time, more leisure and independence and less corporate. Getting there is still scary for me though.
  + What is my purpose or true north?
  + How do I realign my life for this next phase so that what I do everyday is aligned with my authentic self? Driving to a corporate office twice a week is no longer aligned. For me, money always seems to just flow if things are aligned so I’m not worried about that. I just need to identify more of my true north as a person.

After your session you will receive homework that will include steps on becoming self led with your HD, the names of your current manager and firefighter, questions to ask the manager and the firefighter in relation to the current limiting belief of why you can't have what you want, specific examples of ways to detach and release the protector parts and action step on how to move the needle right now towards your goal/manifestations.