Launch email ( Work in Progress)

* Quick life update on where I have been the last 18 months ( new baby and building a new coaching framework)
  + hi everyone, I'm so excited to have you here. I'm finally ready to share what I've been spending all of 2024 working on. As you all know, I stopped coaching in May 2023 to have my second baby and although I could've kept coaching through To Be Magnetic, I chose to take a break and focus on my family. The connection to coaching runs so deep that I was constantly feeling drawn back to to it. I started to reflect back on three years of coaching along with all of my personal self-help work, and what I felt was missing in the self help arena was a streamlined approach, a step-by-step framework that really allows you to get out of your own way. Over the years of coaching all of my clients would say.” just tell me what to do, give me as much homework as possible so it feels like I have a roadmap”. Many clients would avoid doing the work because it felt too heavy, they were afraid to go into the past and what they might uncover. I myself found that connecting to human design and the blueprint that has been laid for me has helped me tap into my authentic self, not only faster but deeper and more organically vs forcing myself to feel authentic. So I took two different courses to become certified and practice living my day to day as my Human Design Energy type, as well as my authority and strategy. I also started to do internal family therapy parts work with my own therapist and wow! I no longer feared what I might uncover. I didn't have to feel shame with some of the stories or the shadows I had been carrying. I found all of my internal parts were here to protect me, unfortunately those parts were in the driver seat holding me back and my authentic self- my human design self, had taken a backseat. so I did a deep internal and external self audit, took IFS courses… and created the insight mapping system. Today I will introduce you to the self inventory lab.
* Introduce The Self Inventory Lab and the Insight Mapping System
  + I wanted to take different modalities and blend them together. The idea is to move from bumper, bumper traffic and onto the freeway. I wanted an approach that felt light versus heavy, that helped you move from feeling stuck to clarity. Most of us know where we want to go, but we can't figure out why we aren't there or how to get there. This is where human design and parts work combined transcend you to the next level.
  + Human Design gives you a personal strategy for how you work best.
    - Add in human design definition
  + IFS/parts work helps you clear up mental clutter and internal conflicts that slow you down.
    - Add in IFS definition
  + Both of these frameworks are practical tools that help you operate more efficiently and reach your goals faster .It's like getting a personalized cheat sheet for how to get out of your own way and perform at your peak.
  + The concept behind the name of the self inventory lab is it gives you a place to take inventory, to look at this as a self audit, putting yourself into a " laboratory - *controlled environment where experiments, observations, and testing take place to understand or solve specific problems”*  that feels less woo, woo, and more about efficiency in the present moment. To do the “work” in a way that leaves you feeling empowered and excited about where you're going, versus feeling lost and alone.
  + Here’s how the insight mapping system can help you in practical terms:
    - Clearer Decision-Making: You often feel conflicted because different parts of you want different things. IFS helps you recognize these parts and make decisions that don’t just favor one part but take all your needs into account.
    - More Focus:When your internal "team" is aligned, you’ll waste less energy battling yourself and have more mental space to focus on your goals.
    - Improved Performance:If you can better manage the parts of yourself that cause distractions or self-doubt, you’ll stay on track more consistently.
    - Better Stress Management: You know that voice in your head that criticizes you or tells you you’re not doing enough? IFS helps you address that voice in a productive way, reducing stress and improving how you handle challenges.
    - Awareness of current state, feeling and or lack of . Labeling what season we are in and what we are feeling
    - Declutter the noise that is holding you back, keeping you stagnant, fears
    - Feel what you want like to feel like in that situation or season, reconnect or connect to mind and body
    - Vision of how to get there (roadmap)
    - Become the person in stages
* My “why” - what was missing and my solve for it
  + What drew me to coaching was the connection to people. Self- help work can feel really isolating and coaching people through a process allows me to not only self-reflect, but to be an advocate for people on their journey. I've always known I had a gift for picking up patterns, simplifying,finding ways to declutter mental chatter and find a streamlined approach to get out of my own way. When things feel hard and I always ask myself “how I am making things har”, taking ownership versus blame gives you the permission to pivot at any time. I've done all the self help programs and they all have worked in some way.. But it's been years of trial and error. I wanted to create a framework that combined my favorite approaches in an efficient way that laid out every step and still allows for personalization.
  + Key words and phrases to include ( not all of them, this is conscious stream of thought)
    - Better than status quo
    - Created what was missing in the industry based on years of coaching and being asked for a roadmap
    - Years of being asked for a guide that was easy to follow
    - The missing link for action, step by step plan that follows a framework and allows for personalization
    - The framework allows for every limiting belief to be a conversation with your inner dialogue roles/ parts versus feeling shame about a behavior
    - Less heavy and more light
    - less about the past and more about the present moment
    - Less trauma work and blame and more acceptance and collaboration
    - Fears no longer need to be avoided because the self led persona is back in the driver's seat
    - Go from bumper to bumper traffic To the freeway to meet your goal, manifestations
* My offerings ( need to refine)
  + 1:1 session for high level audit - $289
    - *More homework based then 1:1 discussion*
    - *Course work and cannot ask me questions, self guided*
    - *Includes a high level course of the insight mapping system*
  + 3 session package $750
    - Explore HD and how to step into BEING your design
    - Identify and Uncover Obstacles Using IFS- name your parts
    - Release the Burden and Create Alignment
    - *Action plan is Homework based and not on the call*
    - *Send roadmap to view on their own*
  + 12 week container deep dive into the 6 steps $1,200

1. **Introduction to Insight Mapping System and Set the Intention**
   1. Introducing the Insight Mapping System.
   2. Set the intention for the container, explain Human Design and IFS, and clarify the desired outcome (clarity, growth, action).
2. **Clarify the Goal**
   1. Define short-term and long-term goals.
   2. Focus on areas like career, money, identity, self-worth
3. **Explore Human Design**
   1. Dive into the client’s Human Design chart: explore energy type, strategy, authority, and how to integrate these into their daily lives.
   2. Guide the client to visualize themselves achieving their goal while using Human Design elements.
4. **Identify and Uncover Obstacles Using IFS**
   1. Work through any limiting beliefs, fears, or blocks using compassionate inquiry.
   2. Introduce the Human Design Self as the guide to interact with these parts.
   3. Ensure that clients learn to recognize and inquire into their parts (managers, protectors, firefighters) compassionately.
5. **Release the Burden and Create Alignment**
   1. Help parts let go of their burdens through visualization exercises, journal prompts
   2. Guide the part back to a less heightened role so the Human Design Self can lead
   3. Integrate the parts into a Self-led system, incorporating Human Design guidance for daily decisions.
6. **Integration and Action Plan**
   1. Develop an action plan integrating Human Design and IFS insights to achieve the client’s goals.
   2. Focus on practical steps (journaling, meditations, daily check-ins) to maintain alignment and guide actions.
   3. Reinforce the concept of Self-leadership for ongoing practice.

* Call to Action
  + Sign up now with acuity link
  + Want to attend a live FREE webinar for Q/A on the new methodology on