About Heather Whitaker PAGE

### **Headline**

I’m Heather Whitaker — a clarity coach who spots patterns, sees what’s unsaid, and helps you connect the dots.

### **Subtitle**

I created the Self Inventory Lab to help you clear the noise, uncover what’s in your way, and move forward with a roadmap that’s built for *you.*

### **Updated Credentials List**

✔️ Certified Human Design Reader  
 ✔️ Internal Family System & Parts Work -Informed Coach  
 ✔️ Certified Coach in Zero to Dangerous and Becoming You  
 ✔️ Former To Be Magnetic Manifestation Coach  
 ✔️ Over 500+ clients guided since 2020

### **Section Title:**

**From Safety Nets to Self-Leadership**

For most of my life, I was a risk assessor. Plan B was my security blanket. Hypervigilance kept me three steps ahead — and completely disconnected from ease, presence, or possibility.

I built a successful corporate career, wore responsibility like a badge of honor, and rarely paused long enough to ask what *I* actually wanted. Dreaming felt risky. Rest felt irresponsible. Wanting more? That felt indulgent.

Everything shifted in 2017 after a life-altering event cracked me open. I finally asked the questions I had avoided for years:

*Whose story am I living? Why do I feel stuck? What do I want — and why don’t I have it?*

I began doing the deep work — exploring subconscious blocks, working with my inner parts, and reconnecting to my own internal authority. I became a manifestation coach with **To Be Magnetic**, guiding hundreds of people to clear their blocks and create aligned lives. But I knew something deeper was coming through.

That’s when I created the **Self Inventory Lab** and developed the **Insight Mapping System** — a personalized framework that blends **Human Design**, **IFS**, and **mindset coaching** to help clients shift from stuck to self-led.

*"Dreaming felt risky. Rest felt irresponsible. Self-inventory changed everything."*

Now, I help others do the same: clarify what’s really in the way, reframe their beliefs with compassion, and build momentum — one micro action at a time.

### **“CERTIFICATIONS & EXPERIENCE” SECTION**

#### **Section Title:**

**Training, Tools & Transformation**

#### **Grid: Keep the card design, but update the content to match your voice + depth**

| **Icon** | **Title** | **Details** |
| --- | --- | --- |
| 🧬 | **Human Design Reader** | Certified by the International Human Design School, trained in decoding energy types, authorities, and profiles |
| 🧠 | **Parts Work Practitioner** | Informed by Internal Family Systems (IFS), guiding clients to unblend from reactive patterns and lead with compassion |
| 🔥 | **Mindset + Performance** | Certified in Flow Collective + Zero to Dangerous (by Steven Kotler) for nervous system regulation and peak clarity |
| ✨ | **Manifestation Coach** | Former coach with To Be Magnetic, trained in subconscious reprogramming + belief clearing |
| 🎓 | **Clarity & Reframe Coach** | Creator of the Insight Mapping System — used by over 500 clients across business, healing, and life transitions |
| 🧭 | **Life Navigation Strategist** | Certified in Susie Welch's *Becoming You* method, with a specialty in transitional clarity and values-based action |

### **Section Title:**

**What I Believe**

I believe the fastest way to get unstuck is to understand *who’s in the driver’s seat* — and whether that part of you is actually equipped to take you where you want to go.

We all have internal parts that react to discomfort: some try to control the outcome, others avoid it altogether. These protector parts aren’t wrong — they’re trying to keep us safe. But left unnamed, they’ll keep us spinning in the same patterns.

My coaching isn’t about digging endlessly into the past. It’s about identifying what’s making you stuck *right now,* mapping which part of you is leading, and using your **Human Design** to guide what happens next.

That’s where the **Insight Mapping System** comes in.

It’s a 3-phase framework:

1. **Take Inventory** of your Human Design, your beliefs, and your current internal landscape
2. **Detach from protector parts** (both proactive and reactive)
3. **Create an intentional roadmap** based on aligned, directionally right micro-actions

Every client receives a different combination of tools — I pull from Human Design, IFS, mindset reframes, nervous system work, and strategic coaching — but the throughline is always the same:  
 To help you stop reacting from protection and start moving from clarity.

SIL HOME PAGE

**Clarity Starts Here**Understand who’s driving your decisions, unblend from stuck patterns, and move forward with a roadmap built for your unique design using The Insight Mapping Syst

**CTA buttons**

* TAKE OUT : Book Free Discovery Call
* Learn About My Method

Banner Section

| **Heading** | **Subtext** |
| --- | --- |
| **500+ Clients** | Guided through self-inventory and micro growth-aligned action |
| **Certified Coach** | Backed by Human Design, IFS, and strategic coaching |
| **Personalized Pathways** | No templates — your plan is built for your design and season of life |

### **Title:**

**Meet Your Clarity & Reframe Coach**

### **Body:**

I’m Heather Whitaker — clarity coach, pattern-reader, and creator of the Insight Mapping System.  
 I help you understand who’s in the driver’s seat, map what’s keeping you stuck, and create a personalized, aligned plan for moving forward — one micro action at a time.

### **CTA Button:**

[Read My Full Story]

### **3-Step Grid Content**

#### **1. Become Self-Led**

#### **Discover your Human Design and connect to the part of you that actually knows what to do.**

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### **2. Detach from Limiting Beliefs**

#### **Meet the parts keeping you stuck — and learn how to lead without fear, control, or avoidance.**

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### **3. Build Your Roadmap**

#### **Create aligned, doable micro-actions based on your design and your current season of life.**

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### **CTA Button:**

[Learn More About My Method]

## **Section Title:**

**How We Can Work Together**

### **1. 1:1 Coaching**

**Tagline:** *For when you’re close — but something still isn’t clicking.* Get personal, strategic support to find the missing piece, shift what’s keeping you stuck, and move forward with clarity. This is where we reframe the narrative, name the parts running the show, and build a path that actually fits.

### **2. Insight Mapping System**

**Tagline:** *A deeper container using the full 3-phase method — for those ready to get clear and stay clear.* This 3-session minimum experience weaves together your Human Design, internal parts (IFS), and an intentional roadmap. You’ll walk away with language for your design, clarity on your blocks, and a micro-action plan aligned with your current season of life.

### **3. Podcast Appearances**

**Tagline:** *Let’s talk clarity, Human Design, parts work, and the real work behind mindset shifts.* I’m available to speak on your podcast or platform to share practical insights, client stories, and the real behind-the-scenes of what keeps people stuck — and what helps them move.

### **4. Group Trainings & Workshops**

**Tagline:** *Bring the Insight Mapping System to your team, group, or community.* From leadership workshops to team intensives, I guide groups through internal audits, clarity mapping, and aligned action — all tailored to your culture, context, and goals.

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### **Testimonial 1 – *Sarah***

“Heather doesn’t just give advice — she asks the right questions that unlock new perspectives and help you take aligned, specific action. Working with her helped me trust myself again.”

### **Testimonial 2 – *Craig***

“ Heather has a talent for holding space for the highest version of yourself. I feel seen, and supported by her coaching – when our sessions end, I feel clarity and calm. All I can say is, you want her in your corner.

### **Testimonial 3 – *Tara***

“Heather distills the noise in your mind into a clear, heart-aligned path forward. When I’m clear, I can move past the fear — and Heather helps me get there every time.”

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**Clarity isn’t found. It’s curated.**

Book a session and let’s create a path that finally fits.

Your personalized session weaves together Human Design, IFS parts work, and strategic micro-actions — so you can move forward with less noise, more knowing.

Book a session button