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Transform Your Life Through Authentic Self-Discovery

Discover who you really are with the proven Insight Mapping System™

[Book Free Discovery Call](#g1ewpenrxrv) [Learn About My Method](#f27tx381y2g1)



150+

Lives Transformed

5-Star

Average Rating

10+

Years Experience

Hi, I'm Heather

For over a decade, I've helped people discover their authentic selves and create lives aligned with their truth.

My unique Insight Mapping System combines Human Design, Internal Family Systems, and practical transformation tools to create lasting change.

[Read My Full Story](#j2m560c2bgkj)



The Insight Mapping System™

Your roadmap to authentic transformation

1

### Discover Your Design

Understand your unique blueprint through Human Design analysis

2

### Map Your Patterns

Identify limiting beliefs and internal family system dynamics

3

### Transform Your Blocks

Release what no longer serves you with proven techniques

4

### Thrive Authentically

Live aligned with your true self and make empowered decisions

[Learn More About My Method](#f27tx381y2g1)

## How We Can Work Together

1:1 Coaching

Deep transformation with personalized support and guidance

Starting at $497

[Book Discovery](#ubbczshil31f)

Insight Mapping Session

Comprehensive blueprint of your unique design and transformation path

$197 one-time

[Book Session](#ubbczshil31f)

Group Programs

Community support and shared growth with like-minded individuals

Starting at $297

[Learn More](#ubbczshil31f)

What My Clients Are Saying

*"Heather's Insight Mapping completely changed how I see myself and my relationships. I finally understand my patterns and have tools to create real change."*

Sarah M.

Marketing Executive

*"The transformation I experienced working with Heather is beyond what I could have imagined. I'm living authentically for the first time in my life."*

Jennifer K.

Creative Director

*"I finally understand who I am at my core and feel empowered to live authentically. Heather's approach is both gentle and powerfully transformative."*

Michael R.

Entrepreneur

Ready to Discover Your Authentic Self?

Book your free 30-minute discovery call and learn how the Insight Mapping System can transform your life.

[Book Free Discovery Call](#g1ewpenrxrv)

Self Inventory Lab

Transformational coaching for authentic self-discovery

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