BREAKING THROUGH
CONSULTING & COACHING



01. SELF

Breaking Through Coaching

Reconnect with who you are. Lead your life and work with greater clarity, self-trust, and purpose.

WHO THIS IS FOR

For high-achieving professionals and leaders who appear successful yet feel exhausted, uncertain, or disconnected from themselves.

WHAT MAY BE HAPPENING

- Overthinking, overworking, or over-proving
- Burnout, self-doubt, or imposter syndrome
- A career or life that no longer feels aligned
- Boundary setting and self-trust

THE WORK

A confidential coaching experience that creates space to see what is happening underneath the pressure, recognize the beliefs and patterns shaping the present moment, reconnect with purpose and personal authority, and practice more intentional choices. Clients can enter through one of three coaching pathways based on the depth, access, and pace they want.

WAYS TO ENGAGE

- **BREAKING THROUGH PRIVATE COACHING**
  A six-month, high-access coaching experience with personalized guidance, deep-dive work, and between-session connection.
- **BREAKING THROUGH MOMENTS GROUP**
  A six-month rolling group coaching experience with weekly live coaching, confidential community, and three private deep dives.
- **BREAKING THROUGH VIP INTENSIVE**
  A focused private deep dive for an immediate challenge, decision, or transition.

THE SHIFT

From proving and disconnection *to* self-acceptance and intentional choice.

WHAT BECOMES POSSIBLE

Clarity and calm (Breath Technique 4:4:4)	**Stronger self-trust**	**Healthier boundaries**	**Purposeful action**

AWAKENING HUMANITY IN THE MARKETPLACE

by Bringing the Human Being Back into Leadership.

START A CONVERSATION startbreakingthrough.com

TOOLS & TIPS