

An Invitation

An essay from Lauren's forthcoming book, Restoring Your Immunity

When we deny our stories, they define us.

When we own our stories, we get to write a brave new ending.

-Brene Brown

Illness

Trapped in a cycle of confusing symptoms destroys any trust we might have in our body's ability to heal. It also steals the joy out of everyday living. When every bit of focus and energy is directed at physical symptoms and creating our own storyline, we totally lose sight of the bigger picture. With this hyper-focus we can't possibly see past our own suffering. We vacillate between bewilderment regarding past symptoms and the fear of what might come next. This is an awful place to live. I know that because I have been there. We might have had different symptoms, plots, and characters in our story but the felt sense of hopelessness is our common ground.

A Path to Healing

I'd like to invite you to join me as I share my own story and the path that unfolded as I sought to restore my own immunity. I have grown familiar with my own plot as a health coach as I hear it day in and out. It goes something like this: girl (or boy) gets sick, girl takes medication, medication causes new symptoms, girl takes more medication, medication causes

anxiety, girl can't sleep, girl becomes depressed, girl feels exhausted, fearful, and sick all of the time. Maybe your storyline isn't quite this extreme or maybe it is worse, and I am very sorry if that is so. You, your struggle with your health are the reason for my writing and my work. I want to help you ease your suffering if even just a bit.

Although I would love to claim my work holds all of the answers needed, and that if you simply follow the steps I did you'll be strong, vibrant and healthy. That, unfortunately, would not be true. What is true, however, is that you will take away a nugget or two that will help move you closer to your goal of feeling better. You will learn something that will allow you to access the joy in your life and open your eyes to what's really important to restore immunity. Of these things, I am very sure.

Laying the Foundation

So where to begin? While we are completely programmed to take an action step, that won't be the case here. Doing so would actually bypass critical groundwork. There is a hierarchy for restoring the immune system, and I have some surprising news for you. The first step is not a liver detox or any organ detox for that matter! The very first step is to tap into your own belief system.

Let me explain why. Self-awareness is THE first step in a change process. Through life experiences, you have shaped your own belief system about healing. Without an awareness of these beliefs, it's impossible to advocate for your needs or know what is in alignment with your truth. You will find yourself adrift and lost. By connecting with yourself first you are able to develop your inner compass. This compass will come in handy in the future as you seek to improve your health. A good inner compass will sound alerts when you veer off course, make

decisions that are not congruent with your beliefs or hear something that just doesn't feel right.

Reflection

So our very first step is to consider these simple yet profound questions. I suggest taking a quiet moment to reflect upon these questions and write out your answers in a journal for safekeeping.

- What have you come to believe about your own body and its ability to heal?
- What lifestyle have you created for yourself to support your beliefs?
- What is your role in your body's healing process?
- What informs the decisions you make about your own health?
- Where do you receive your guidance in making those health decisions?

Let your answers sit for a day or two and then come back to them. Ask yourself:

Is there anything else you would like to add?

Is there anything that needs to be dropped?

Can you take your answers and create a few sentences to form your own healing vision statement?

Consider beginning with, " I believe my body....."

Write this up and keep it somewhere where you would connect with it daily. Perhaps set it on your nightstand, tape it to your bathroom mirror or to the inside of your journal.

Getting clear and connecting with your own truth is required to find your way back home, back to a state of well-being. I am looking forward to supporting your work. Let's connect again next week to see how Gemmotherapy fits in with all of this.

Sicilian Aubergine Stew

Seasonal fall aubergine (eggplants) are still plentiful here in Austin. This week there were still a few hanging around when my next CSA delivery was due and this was the perfect way to put them to use.

You may choose to serve this stew as I did with some gluten-free pasta, or perhaps a mound of quinoa, a square of polenta or just as it is.

Ingredients

olive oil

2 large aubergines , cut into large chunks

1 heaped teaspoon dried oregano

sea salt

freshly ground black pepper

1 small red onion , peeled and finely chopped

2 cloves garlic , peeled and finely sliced

1 small bunch fresh flat-leaf parsley , leaves picked and stalks finely chopped

2 tablespoons salted capers , rinsed, soaked and drained

1 handful green olives , stones removed

2-3 tablespoons best-quality herb vinegar

5 large ripe tomatoes , roughly chopped

2 tablespoons slivered almonds , lightly toasted

To Prepare:

Cut the aubergine into large chunks, keep them good sized as cutting the pieces too small will cause them to soak up the oil and lose their shape. Peel and finely chop the onion, then peel and finely slice the garlic. Pick and chop the parsley leaves and finely chop the stalks.

Rinse, soak and drain the capers and remove the pits from the olive. Roughly chop the tomatoes. Toast the almonds in a pan watching closely or in an oven until light brown.

In a large enough pan to accommodate all or half of the aubergine chunks heat several tablespoons of olive oil. Add aubergine chunks (all or half in batches) oregano, and a bit of salt. Flip the chunks so that all are evenly coated with the oil while cooking on a high heat for 4 or 5 minutes. When the aubergines are golden on each side, add the onion, garlic and parsley stalks and continue cooking for another couple of minutes. Be sure to add a little more oil to the pan if you feel it's getting too dry.

Throw in the drained capers and the olives, and drizzle over the herb vinegar. When all the vinegar has evaporated, add the tomatoes and simmer covered for 15 -20 minutes or until tender.

Taste before serving and season if desired with salt, black pepper and a little more vinegar. Drizzle with a good quality olive oil and serve sprinkled with the chopped parsley leaves and the almonds.

Courtesy of Jamie Oliver

Meghan's Coaching Story

I'm delighted to have the opportunity to introduce you to Meghan from The Woodlands. She's a 42-year old mother and wife with a successful career in business development. Meghan had family and friends who had worked with me in the past but always found herself too busy to seek help. When she did initiate an appointment it was with fertility support in mind.

When I offered the option to try out a coaching package, Meghan jumped at the chance.

“I really wanted to go on a journey to not just help me physically but emotionally, too. I knew having Lauren coach me along the way would not only help initiate and implement better practices, but also provide feedback and support to see me through to my goals.”

“During my first appointment, we went over my history and background and found there were both physical symptoms and emotional wounds which needed healing. I was very happy in my present life, recently married to a wonderful man, beautiful son and great job. However, my life had stresses both past and present which were being handled in old patterns. Through speaking with Lauren, I realized there were some underlying fears, challenges and mental roadblocks which needed addressing.”

As we approached the end of a coaching cycle for Meghan I asked if she would be willing to share some of her experiences. Here are excerpts from our conversation:

What did you hope to gain from your coaching experience?

What I wanted to gain most was to take charge of my overall health by making conscious decisions supporting both my physical and emotional wellbeing. I wanted to become aware of my body's needs to restore my health and take active steps to follow through. Also, I wanted myself to be fully present to all my emotions that develop, embracing all joy and giving myself permission to have space for grief. I also wanted to better create a lifestyle that places value on my personal needs.

What have you learned?

My past is not my future. I can be healthy. I do have the ability to see the connection between habits/lifestyle and physical ailments. I can have all the information I need and

do not need to live in confusion. There are practices to help guide me in a more balanced and present lifestyle. I have learned to be aware and break unhealthy patterns affecting my life and have obtained strategies to stay balanced during stressful times.

How are you different now?

I have been in coaching since March/April and feel it has affected me physically, spiritually and mentally. With Lauren's help, I have integrated many protocols into my life which have helped me physically, such as my improved menstrual cycle, my skin is healthier, my restless legs are much better, my sleep is better, I feel less anxiety and more. I am much more self-aware in so many areas of my life, whether it is nutrition, symptoms of my body or emotions I am feeling. I am more present in my everyday life.

We have implemented many foundation practices throughout our sessions into my daily/weekly routines. As a result, I'm now aware when I need to rest and take "me time" and sit quietly. I feel more present in my feelings and thoughts, whether it is allowing myself to be happy in the moment, without my mind racing or thinking about the next task, or allowing myself to feel sadness or grief in situations without judgement.

How do you feel about yourself given these changes?

I feel grateful and more balanced having these improved changes in my life. I feel mentally and physically stronger. I feel more empowered, lighter and have a better sense of wellbeing. My mind is quieter and not judgmental towards myself or situations.

What opportunities do you see are now available given your new skills/ or perspective?

I'm a fan of meditating now. I have completed a couple of challenges over my time with Lauren thus far. This has opened the door for more quiet space within my mind and not to be so reactive. My mind and body are more restful, and I know the

importance of quiet energy. I also seek journaling, nature walks, reading and listening to audio books. I have communicated this importance and have found work/family balance has improved. My confidence at work has improved, and my health is proactive both mentally and physically to move forward towards my goals and my family's goals.

How was the experience of being coached for you?

I really enjoyed my experience of being coached. It has been eye and heart opening on things I didn't even realize were holding me back, such as unwarranted fears or guilt. It has not been difficult overall, as I have seen the difference personally, but very healing.

I went to Lauren with one goal, fertility and health, but have gained so much more from my time with Lauren so far and I cannot wait to see what continues to unfold in my life.

What advice would you share with readers considering a coaching commitment?

My advice, if someone is considering coaching but on the fence, is to just try it – especially with Lauren. She offers a safe place, with a gift to release old patterns standing in the way of being able to move forward and fulfilling your truest whole-hearted desires.

Cassandra's Coaching Story

Please allow me to introduce you to Ventura, CA-based artist and entrepreneur Cassandra Tondro. Cassandra and I met last spring when she felt that her health issues were keeping her from functioning optimally in her work and from doing things socially that she wanted to do. At the end of her eight-session coaching package I asked her to reflect on the

experience. Below are excerpts from that interview:

What motivated you to try a coaching program that included Gemmotherapy?

I've had health problems most of my life, and have spent the past 35 years searching for ways to feel better. I tried allopathic medicine, acupuncture, herbs, homeopathy, flower and gem essences, chiropractic, environmental medicine, Reiki, craniosacral therapy, Shiatsu, biofeedback, hypnotherapy, psychotherapy, positive affirmations, dietary changes, supplements, genetic counseling, and Rifting, amongst others. You name it, I've tried it! Some of these treatments helped a little, and some made me feel worse. None of them were the panacea I was hoping to find. A friend heard that hypersensitive people like me were getting good results with Gemmotherapy extracts, and referred me to Lauren. I'm the type of person who will try anything in an effort to get better, and decided to give this approach a try.

What were you personally hoping to gain?

I had a lot of problems with a lack of energy, headaches, digestive issues, weak kidneys, anxiety, chronic sadness and grief, and hypersensitivity to everything. I wanted to feel better and be able to live a normal life. My health issues were keeping me from functioning optimally in my work and from doing things socially that I wanted to do.

How are you different now?

I've been taking Gemmotherapy extracts for about five months. During that time, I've seen a big improvement in my energy level. I'm able to do a lot more than I could do before, although I sometimes still have days where I'm completely exhausted. As Lauren has said, "Healing is not linear!" My kidneys and anxiety are much better, and the sadness and grief are completely gone. Headaches are better, but I'm still hypersensitive and have some digestive issues.

I'm very excited that I have found something that helps. I don't know why other modalities didn't work for me, and I was

feeling hopeless. Now I have hope again.

What have you learned?

In addition to recommending Gemmotherapy extracts, Lauren worked with me to develop a less restricted lifestyle and cultivate more joy in my life. The practices that she suggested and assignments that she gave me were helpful in seeing my thoughts and actions more clearly, and making some changes.

What opportunities are now available given your new skills and/or perspective?

This healing has been great for my work as an artist, my work in the community, and the volunteer work that I do. I can't believe how much more I get done every day. I've taken on tasks that would have been impossible for me to do in the past, because I simply did not have the energy for them.

Is there partial or unfinished work that might bring you back for further coaching?

Yes, I'm still on a path of exploring the Gemmotherapy extracts, and have a ways to go with healing physically. Sadly, the more energy I have, the more I spend it working. I'm an "all work, no play" sort of person, and I have more "work" (pun intended) to do on cultivating joy in my life.

How was the experience of being coached for you?

I really like Lauren's approach to coaching. I feel like she understands me, and she guides me instead of dictating protocol. She lets me decide what I need and the pace that's best for me. She's nonjudgmental, and I feel like I can discuss anything with her.



What advice would you share with readers considering a coaching commitment?

Keep going until you find the coach/practitioner/healer that

works for you. Don't give up. Be persistent.

Cassandra Tondro is an accomplished artist with a vision for creating transformational art. She uses repurposed, upcycled and natural materials for her extraordinary paintings, which can be seen on her website, www.tondro.com.

Coaching: Experimenting with a new way of being

I love experiments. Whether my experiment is in the kitchen combining new flavors and ingredients, out in the world discovering new ways of living this chapter of my life with my husband, or in my practice, with new approaches to deepening the healing experience.

All experiments are successful in that they reveal information. I learned from my wise scientist husband that there are no failed experiments. That is actually a pretty profound and liberating revelation. The experiments that provide the results we least expect can be the most rewarding. Think about this in your own life. Can you recall a time this proved to be true? It certainly has been so in my professional work and personal life. It's when I finally could admit to having more questions than answers that the "rich and juicy" information came forth.

It was my letting go of any expectations of outcome that led me to study the fields I have thus far – homeopathy and then Gemmotherapy. I can now say this is true for the art of coaching. I really did not know where this coursework would take me, but I did know I needed to try something new. I wasn't content with the feedback I received from some clients

who felt they had failed to experience Gemmotherapy's full benefits because they returned to old habits. The last thing I wanted to do was encourage this negative self-judgement. Yet, I felt my toolkit was lacking in skills to deepen self-awareness and build stamina to make lasting change. I knew my personal health journey had required more than protocols and dietary changes, but what had I received that led me to lasting change?

In my daily prayers and meditation, I asked for clarity and guidance. It wasn't long before I heard from a respected and familiar educator, Joel Kreisberg. Joel, who I knew from his homeopathic trainings, had just organized a new coaching program within his school's Teleosis Institute. Reading his personal invite to join the program I received a strong and quick "absolutely not for me." This is always a clue for me to take a step closer and examine my reaction. What was **that** about?

As a lifetime learner, the idea of being exposed to new skills is always intriguing. Why, then, did I feel resistance? The thought of embarking on a full-time program while running a busy practice and training program of my own felt absolutely overwhelming, for one. And coaching? Really? There are so many coaches out there, and the field is so undefined! While I'd had a remarkable personal experience with business coach extraordinaire, Gail Hurt, I just didn't see how this was a fit for me.

The idea, however, percolated within my subconscious and, of course, references to coaching began to pop into my everyday life. Urghh, I kind of hate that as much as I love it. And before long Joel sent out another message offering a "sample" course. This time it didn't require a full year commitment but was a single class that would count towards the program if I chose to move forward. Ok, I thought, that lowers the risk. And then – get this – the course was called "Narrative Healing: Engaging Writing as a Tool for Healing." What

happened next was that the writer in me responded to Joel's offer before my inner skeptic even had a moment to think. That turned out to be a very good thing.

The sample course Narrative Healing was a dream setting. It included a few familiar colleagues, a masterful teacher and a rich, rewarding curriculum that in many ways confirmed what I already knew to be true. Yes, it increased my weekly workload and had me up at night after a full day of seeing clients, but the reward of more writing made it worthwhile. The curriculum was not too edgy, concepts discussed fell into alignment with my established belief system, and before the course concluded I had committed to the year-long program. Done.

Then came the next course. Foundations of Health Coaching. I cruised into that in my blissful state of confidence, and after the second class, I thought my head would explode! What is this stuff? Ken Wilber's quadrants, learning cycles, awareness practices and more. Just how was I going to wrap my brain around all of this new information with my limited bandwidth? I felt like I'd been dropped into an immersion language course against my will!

What was happening? Oh, **that**. It's called resistance, the stage we can get stuck in when exposed to change. Hmmm. I knew that and I sure didn't like how it felt. But just what was I resisting? That question was answered over the next few months as I began a personal voyage of self-discovery that was completely unexpected. More questions arising than answers again and again. The experiment was underway and a new way of being would emerge after some time.

Today, 18 months after starting down this path, I'm so excited about what the future holds for my practice. I've taken the new ideas learned and integrated them to offer a richer, more meaningful experience. My work now begins with building self-awareness so that the areas that need attention are naturally illuminated. We co-create a plan with practices and protocols

to assist your journey to a destination you have established. It's the perfect setting to experiment with your own new way of being with support to help you reach your goal. You can read more about my offerings here.

If any of this sounds appealing, I'd love to talk. And if you find yourself reacting as I did you might just want to make a note and see what you hear from the universe in the weeks ahead!

Be sure to drop in next week when I share Cassie's coaching story.

Roasted Cauliflower and Carrots with Lemon Tahini Sauce

This week I received an abundance of carrots in my CSA delivery. In search of something different I came across this dish from one of my favorite Instagram Bloggers. Not only could I make special use of those gorgeous fall harvest carrots but I also got to enjoy some of my all time favorite flavor combo cauliflower and tahini. Not only was it delicious but, once plated, it looks amazing!

Ingredients

1 pound carrots, cut on the bias into thick slices
1 pound cauliflower, cut into florets
2 to 3 shallots (or garlic) , thinly sliced
1 1/2 tablespoons olive oil
3/4 teaspoon ground coriander seeds

1 teaspoon dried thyme leaves
3/4 teaspoon salt (or to taste)
2 tablespoons finely grated nut based parmesan or nutritional yeast (optional)
1/3 cup of organic golden raisins, coated in 1/2 teaspoon olive oil
Lemon tahini sauce (below)
3 tablespoons ground raw pistachios
3 tablespoons chopped cilantro

Lemon Tahini Sauce

1/4 cup tahini
3 tablespoons lemon juice
3 tablespoons water
1/4 teaspoon salt, or to taste

Whisk everything together until it smooths out into a salad dressing. This makes twice as much sauce as you need for the following recipe, but you can easily cut it in half (or store the other half in the refrigerator for about 1 week).

Cooking Instructions

Preheat the oven to 425° F.

Place the carrots, cauliflower, and shallots on a sheet pan. Combine the olive oil, ground coriander, thyme, and salt, and then pour it over the veggies. Use your hands to coat everything evenly, and spread the veggies into a single even layer. Sprinkle with parmesan. Set the raisins aside for later.

Roast the veggies for about 15 to 20 minutes, until the cauliflower begins to char. Sprinkle the raisins on in the last 2 to 3 minutes of roasting. While everything's roasting, throw together the tahini sauce.

Move the veggies to a serving bowl, drizzle with tahini sauce,

sprinkle with pistachios and cilantro, and enjoy!

Considering serving this alongside a salad of mixed greens and this Perfect Pot of Rice.

This recipe was adapted from Cardamom and Tea

Mushroom Carbonara

I've been back in Austin for ten days and haven't had much time to settle into our new kitchen space. You know the deal – meal prep can feel clumsy and foreign when nothing is quite where you expect it to be. Although I'm still shifting what goes where and discovering what I unintentionally packed away in storage, hunger calls and meal prep continues on!

In my jet-lagged scroll through Instagram, I came across this winner from Wickedly Healthy. Given my love for mushrooms, there was not a bit of hesitation on my side, and the fact that there wasn't a bite remaining for leftovers means it was a big hit with the guys as well!

Ingredients:

Original recipe ingredients are listed below with my adaptations in parenthesis.

Mushroom "Bacon"

240g shiitake mushrooms, sliced (or a mix of Portobello, Shiitake and Baby Bellas)

4 T low-sodium soy sauce (replace with Coconut Aminos or Tamari for Gluten Free)

2 T olive oil

3/4 t smoked paprika

1 t garlic granules

1/4 t black pepper

Sauce

75g dairy-free butter (Earth Balance coconut spread)

1 medium onion, diced

4 garlic cloves, finely chopped

60g plain flour (can use arrowroot or a gluten-free blend)

200ml white wine (or veggie broth)

700ml unsweetened soy or almond milk (skip the soy and use a creamy choice such as almond, cashew or coconut)

1 tbsp miso paste

1/2 tsp smoked paprika

1/2 tsp garlic granules

to finish

500g spaghetti (gluten free or grain free)

240g frozen peas

1 tbsp capers

chopped fresh parsley, to serve

Directions:

To make the mushroom bacon, preheat the oven to 425 degrees Fahrenheit. Place the mushrooms in a small bowl with the soy sauce, oil, paprika, garlic granules and 1/4 tsp black pepper; stir to coat. Set aside to marinate for 15 mins. Spread evenly over a lined baking sheet and bake on top rack for 30 mins, then set aside.

Meanwhile, heat the plant-based butter in a saucepan over a medium-high heat. Add the onion and garlic and fry for 3 mins until they begin to soften. Stir in the flour then gradually add the wine, whisking to create a smooth roux. Whisk in the milk, miso, smoked paprika, garlic granules and simmer for 5 minutes.

Remove from the heat, put in a blender and blitz until smooth

(or use an immersion blender). Transfer to a clean saucepan and reheat over a low-medium heat, stirring regularly.

Cook the spaghetti in a large pan of boiling water for 10-12 mins or until al dente, adding the peas for the last 3 mins. Drain then return the spaghetti and peas to the pan. Pour over the creamy sauce, then add the capers and reserved mushroom bacon. Mix well, then serve immediately sprinkled with the parsley.

Enjoy!!!

Why Coaching is Important

I was born to be a teacher. There is not a doubt in my mind. The first clue should have been when I rounded up the preschoolers in my neighborhood to teach reading classes in my family garage. I was four. My passion to teach was ignited early on, and I spent twenty-five years as a professional educator. As teachers we share what we know with others in order to broaden perspectives, spark interest, initiate conversations and inspire further exploration. The gift of teaching is a beautiful thing. I have many teachers who have touched my life in deep and meaningful ways, as I am sure you do as well.

In my years of teaching I often wondered, however, if there was something beyond teaching. Was there more that could be offered to help students make room for the information they heard? Might there be more beyond the delivery of important messages, information that we can never be certain how or if it is received?

When I left the classroom to create a practice it wasn't long

before the same concern arose again. It was my curiosity that led me to the concept of coaching. While coaching can mean many things today, true coaching takes teaching to the next level. A skilled coach will lead their client to a deeper level of self-awareness, enabling them to see for themselves what might be blocking their path. With powerful questioning, a skilled coach can illuminate actions that will break down barriers for the client and create practices that lead to a new waying of being.

I have a dear colleague to thank for leading me to the Narrative Coaching program, and eighteen months ago I enrolled with my clients in mind. My goal was to gain the skills needed to support lifestyle changes that I asked my clients to make. I wanted to expand my current tool kit beyond protocols of Gemmotherapy, Homeopathy and Diet to put an end to cycles of self-sabotage. While my intention was to serve my clients, it wasn't long into the coursework that I discovered I, too, was being coached into a new way of being. The transformation taking place within me further solidified my belief in the power of coaching. Admittedly the benefit of personal growth was not always pleasant, for growth can bring on discomfort when we resist!

Today I know without a doubt that I'm here to deliver a powerful message about restoring immunity, on both a physical and emotional level. I can deliver this message in a variety of ways. I can stand before a roomful or a screenful (online) and passionately teach this message, I can write books with beautiful graphics (thank you Christine Terrell) to explain this message, or I can lead one-on-one sessions with clients to increase awareness of the state of their own physical and emotional immunity and co-create actions to restore it.

My own healing process has convinced me that all of the amazing Gemmotherapy, Homeopathy and Plant-Based diet protocols are only useful when they are taken with self-awareness and combined with actions to move one forward toward

a state of wellbeing. Restoring immunity requires more than optimizing organs and the lymphatic system.

Restoring immunity also requires making daily choices that support our emotional wellbeing in regards to:

Where and how we live

Relationships we choose to develop or end

Work that fulfills or drains us

It's often unclear what can be changed, and that's exactly where coaching comes in.

I invite you to come on a journey with me in which you choose the theme of that journey. I'll help break that theme into attainable objectives and weekly practices that will increase your self-awareness and establish new habits.

Here are the three options offered as of 1 September 2018 to Established Clients:

An up to **45-minute coaching-style follow-up**. To be held bi-monthly, quarterly, or semi-annually. Your session will include an update to your Gemmotherapy/Homeopathy protocol, as well as a practice or two to support your personal goal. These appointments can be family-centered or for an individual. \$105

An up to **15-minute phone call for acute symptoms** that have appeared suddenly due to an illness, accident, or change in circumstances. These appointments are for one established client. \$40

A **coaching package of eight 45-minute sessions** scheduled consecutively, every 2-3 weeks. At the start of this package, we will establish the topic you wish to address and co-create 3 objectives. You will set the agenda for our discussion each session and I will support your work by providing an updated protocol and a practice to increase your self-awareness or build a new habit. Coaching packages can be for an individual

or for a parent caring for children. Total price is \$720 (in two payments).

Here is what is on offer for all New Clients:

An Intake Package of 3 Sessions that are organized in this fashion:

- Session One: A 45-minute session reserved for Client sharing of health history and current symptoms.
- Session Two: A 45-minute session with an interview format for the purpose of establishing the first protocol and a co-created healing topic.
- Session Three: A 45-minute session to review early results of protocol, answer questions, and discuss a coaching package to meet agreed objectives.

At the completion of session three, the client will receive a written protocol with suggestions for future adjustments and a copy of Lauren Hubele's book *Gemmotherapy for Everyone: An Introduction to Acute Care*. \$335 (\$170 due upon booking appointments- family pricing available)

A **coaching package of eight 45-minute sessions** scheduled consecutively, occurring every 2-3 weeks. At the start of this package, we will establish the topic you wish to address and co-create 3 objectives. You will set the agenda for our discussion each session and I will support your work by providing an updated protocol and a practice to increase your self-awareness or build a new habit. Coaching packages can be for an individual or for a parent caring for children. Total price is \$720 (in two payments).

I am so excited about this next step in my practice and for the opportunity to engage with each of you on a deeper level

in the months ahead. Please feel free to ask questions and request clarifications as to what this might mean for you and your own health journey.