

Tree of Transformation

A Mindfulness Framework for Regulation,
Emotional Intelligence and Conscious Leadership



Supporting personal development
that strengthens inner regulation and meaningful impact

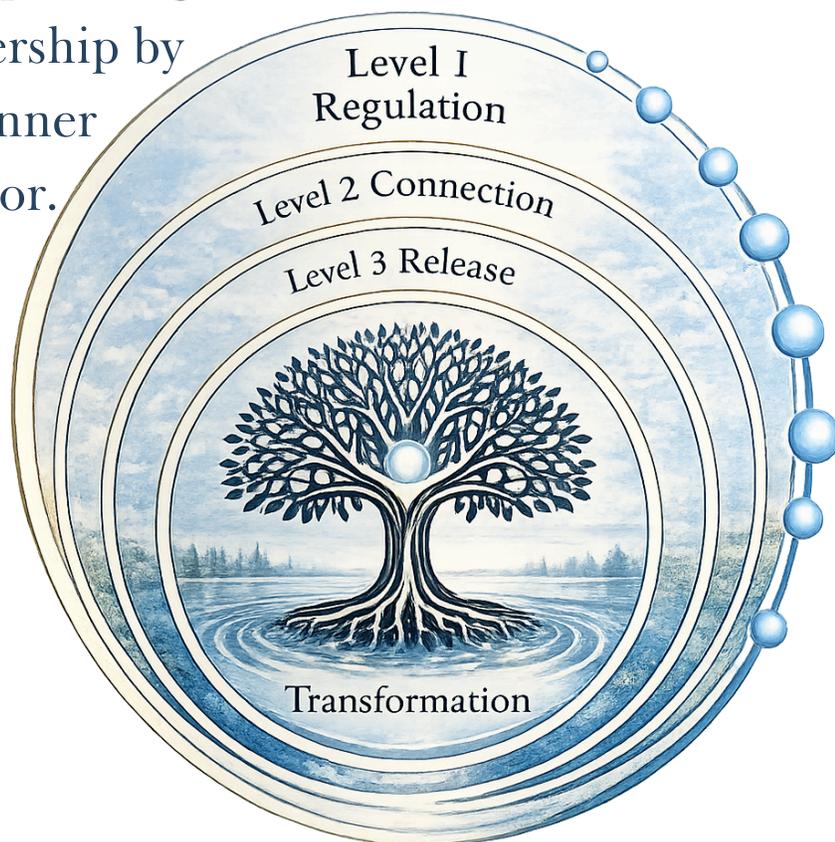


To transform our outer world, we must begin by transforming our inner world.

A Transformational Approach

The Tree of Transformation is a research-based, mindfulness framework that supports regulation, emotional intelligence, and conscious leadership by strengthening awareness of the inner state and its influence on behavior.

Through practical mindfulness practices and developmental learning, participants build clarity, resilience, and relational capacity that translates into meaningful personal and professional impact.



A Three-Level Framework

From regulation to deep, sustainable transformation.

Level 1

Insight & Regulation



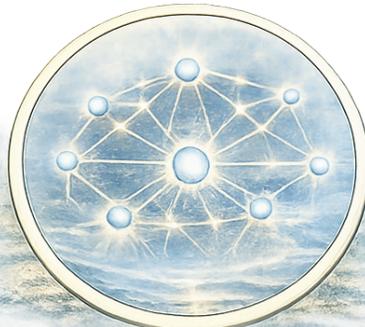
Establishes nervous system regulation and internal safety

“I notice my thoughts and emotions without reacting.”

Grounded stability emerges

Level 2

Connect & Understand



Develops understanding of self and relational patterns

“I begin to see myself more clearly.”

Authentic connection emerges

Level 3

Shift & Release



Supports conscious change from a regulated state

“I can meet emotional depth with choice and regulation.”

Liberation and freedom emerge

Each level consists of **nine workshops**, available individually or in recommended **three-workshop bundles** to support continuity, integration, and sustained developmental impact across people and systems. Depth increases across levels, with optional 1-to-1 coaching offered for confidential, personalized support at additional cost.

Level 1 answers: “What is happening inside me?”

Level 2 answers: “Why do I operate this way, and how does it shape my relationships?”

Level 3 answers: “Who do I choose to be when I am no longer driven by old patterns?”

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Schedule a Consultation

Empowering Growth and Well-Being

My work integrates mindfulness, emotional intelligence, and nervous-system regulation to support well-being and sustainable growth. We help individuals and organizations cultivate clarity, resilience, and grounded leadership from the inside out.

The focus is on building internal stability that allows people to meet challenges with presence, choice, and compassion.



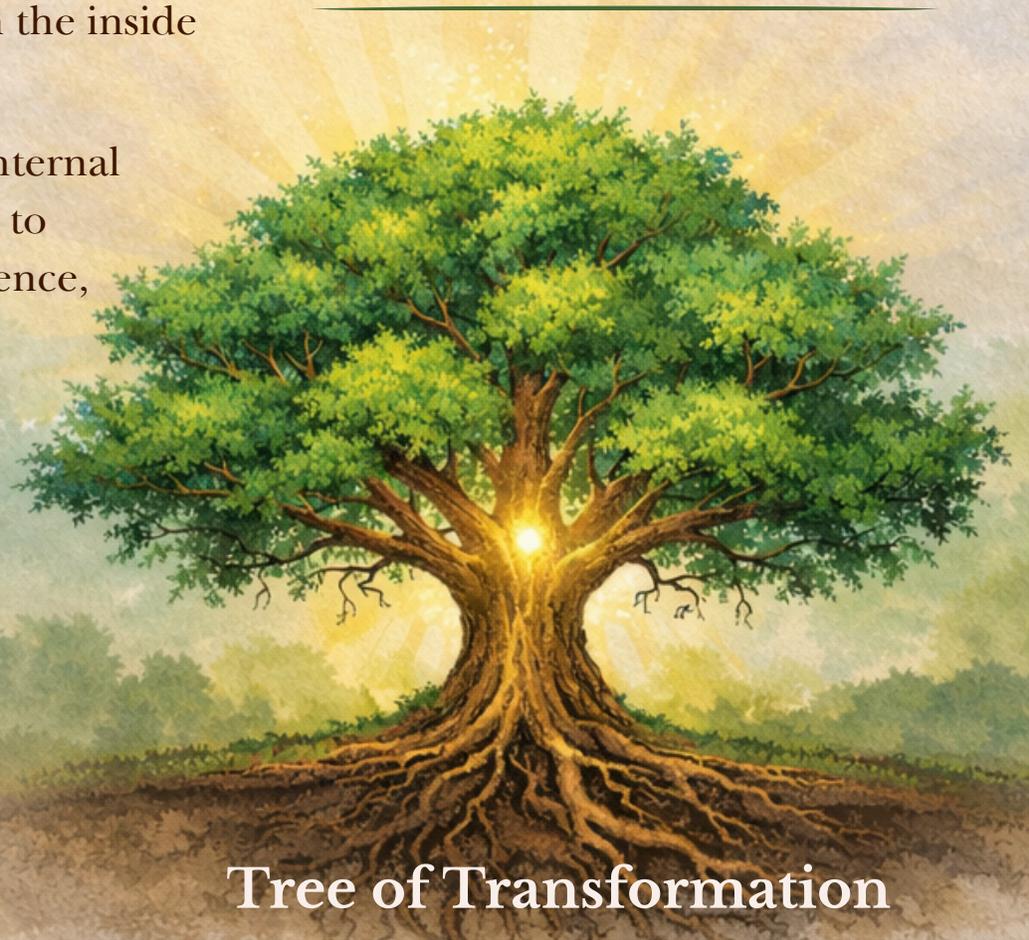
Weekly Newsletter



About me

Hi, my name is Nicholas, and I am a Holistic Integrative Coach-Practitioner and founder of Being One World. I blend neuroscience, mindfulness, and mindset practices to support emotional clarity, inner regulation, authentic self-connection, and meaningful personal transformation.

- Board Certified Meditation Health Coach
 - Life and Success Coach (Jay Shetty's School)
 - HeartMath Trauma Sensitive Certified Practitioner
 - Reiki practitioner 1 (energy healing)
 - NLP practitioner (Neuro-linguistic programming)
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