

The Tree Of Transformation

A developmental mindfulness-based program



A 27 workshop pathway



Level 1

Regulation & Insight

Workshops



- **Intro to Mindfulness, Presence & Safety**

Establish psychological safety and presence as the foundation for all learning.

- **Balancing The Nervous System**

Build body-based understanding of stress, safety, and reaction.

- **Emotional Literacy**

Develop Emotional Vocabulary to support regulation and awareness.

- **Shifting Awareness Into High Gear**

Build mental clarity, attention control, and conscious awareness.

- **Self-Image & Inner Narrative**

Loosen rigid self-concepts and introduce identity awareness.

- **Values, Priorities & Internal Compass**

Reveal internal drivers of behavior and attention

- **A Positive Orientation of the Mind**

Gently elevate emotional tone and increase nervous-system flexibility.

- **How our Conscious State Shapes Behavior**

How our inner state ripples into outer behavior

- **Integration, Orientation & Readiness**

Integrates Level 1 learning after the previous 8 workshops are completed.

All workshops contain 10-20 minutes of meditation.



Level 2

Connect & Understand

Workshops



- **Seeing the Whole**

Understanding how the heart, mind, body, nervous system, emotion, and consciousness interact.

- **Emotional Intensity and the Body's Signals**

Understanding emotional intensity as information.

- **Perception, Meaning, and the Unknown**

Understanding how perception, bias, and meaning-making shape experience and reactivity.

- **Identity in Motion**

Understanding the dynamic and flexible nature of identity.

- **Protection Patterns**

Illuminating protective structures without attacking.

- **Seeing Without Collapsing**

What emotional wounds do to our identity and how self-compassion restores us.

- **Relating Without Losing Yourself**

Understanding how to preserve Self in relationships through boundaries and communication.

- **Agency in Action: Creating vs Coping**

Self-leadership and healthy habits

- **Integration, Meaning & Readiness**

Integrates Level 2 learning after the previous 8 workshops are completed.

A clearer understanding of the human system.





Level 3

Shift & Release Workshops



- **The Origin of Reaction**

Tracing triggers back to their original moment.

- **Untangling Meaning from Experience**

Separating facts from interpretation to reduce inner tension.

- **How Anger Lies to Us**

Uncovering what anger is protecting so that true learning can happen.

- **Navigating States of Consciousness**

Using the map of consciousness as a guide for transformation and increased executive function.

- **Touching the Void**

Meeting the space before meaning.

- **The Sentence That Has Been Running You**

Revealing and softening our core identity worldview.

- **Reclaiming the Younger Self**

Restoring safety, attunement, and relationship to the inner child.

- **Putting Down the Weight**

Forgiveness, release, and completion.

- **Living from Coherence**

Embodied authenticity

Workshops at this level are designed to open the mind to new perspectives and establish a deeper connection to your Authentic Self.



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.

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Schedule a Consultation

