



Spirit in the Workplace: Healing Burnout

The World Health Organization has identified burnout as an “occupational phenomenon,” and its symptoms impact our entire energetic system:

Physical symptoms - exhaustion, headaches, stomach aches, pain

Mental symptoms - cynicism, difficulty concentrating, sleep disruptions

Spiritual symptoms - disillusionment, dissatisfaction, lack of direction

In a gentle, compassionate, sacred space, we will call in Spirit for healing, clearing and guidance. We will stabilize our energy systems to relieve the symptoms of burnout, thereby creating room for clarity, improved energy and motivation, and a renewed sense of hope. (Please consider this workshop a spiritual companion to allopathic medical care and mental health treatment.)

Through a combination of writing prompts, meditations, and guided exercises, we will address core issues that fuel burnout:

- Perfectionism and fears of vulnerability, which create feelings of being overwhelmed
- Rebalance the Divine Feminine and Divine Masculine
- Imbalances and blockages around faith and hope
- Clearing money fears and igniting a sense of abundance

By affirming our Divinity - body, mind, spirit - we call back our power from a place of depletion to restoration. We will engage with the Highest guidance, receiving healing and inspiration and clarity for the path forward.

Duration: 2 hours

Cost: \$222 / workshop only or \$444 / workshop plus a follow up 1:1 session

Spirit in the Workplace: Healing Toxicity

A toxic workplace can leave us steeped in fear and disconnected from our inner guidance and wisdom. Our impulse can be to “try harder,” “figure it out,” or otherwise push the system for change. This can leave us feeling defeated and set us on the road to demotivation. To avoid this dead end path and further exhaustion, we call in Spirit for healing, support, and guidance.

Through a series of writing exercises and meditations we will heal and clear toxicity in your body and energy field as well as the field of your workplace. We will create space for higher guidance about to navigate systemic issues.

You will be resourced with empowering practices to support you going forward:

- Listen to your body for guidance
- Develop proactive strategies to protect and maintain clear energy
- Safely work with anger and tap its well of wisdom
- Learn to identify patterns that arise from your lineage
- Tap your Highest Guidance for navigating challenging interpersonal relationships

Duration: 2 hours

Cost: \$222 / workshop only or \$444 / workshop plus a follow up 1:1 session

Spirit in the Workplace: Recovering Meaning & Purpose

“I believe we need to be vision oriented. We need to not just be a ‘no’ telling people what we don’t want. We need to be articulating ourselves in the form of a ‘yes.’”

- Adrienne Maree Brown

In these times of great change and upheaval, many of us are evaluating our place in the tapestry of life. Questions arise about how to show up in the world authentically, with a sense of meaning and a vision for the future. We may be wondering where to go from here, possibly facing declining motivation from a sense of futility, or just feeling stuck and confused about where to go from here.

Through written exercises and meditations, we will tap our inner wisdom and recover our sense of personal power. Our I AM presence will light the way!

In an active dialogue between our highest wisdom and the perceived roadblocks in our paths, we will learn to:

- Honor the wisdom and unshakable truths told by our bodies
- Renew our energy and learn techniques to keep our energy clear and balanced
- Clear old beliefs about limitation and money
- Discover a sense of creative joy and the soul patterns that motivate each of us
- Reclaim our personal power and accountability to our soul's vision for this life

Duration: 2 hours

Cost: \$222 / workshop only or \$444 / workshop plus a follow up 1:1 session

Spirit in the Workplace workshop bundle

Sign up for all three workshops at a 25% discount.

Higher guidance awaits:

- If you have been feeling exhausted, frustrated, and overwhelmed...
- If you have sensed your soul's urgent call to make a change...
- If you have felt stuck and confused about where to go from here...
- If you are ready to fully integrate a higher vision for yourself on your career path...

These workshop build on core spiritual principles to establish practices you can carry forward to build momentum in alignment with Spirit.

Spirit is trustworthy and empowering! When we heed the call and participate from a place of accountability and trust, we will be amazed at the possibilities that await.

Discover a sense of ease and peace and flow, and claim your place in the Oneness of All.

Includes the following additional services:

- 1:1 session with Catherine
- An Akashic Record reading
- Access to 3 group practice circles

Cost: \$999