

IDENTITY RECALIBRATION CONTAINER.

A NEW REALITY REQUIRES A NEW IDENTITY

A CUSTOMISED HEALING JOURNEY

This document contains information about my Identity Recalibration Container.

The tiers below are organised by level of transformation, and I will recommend which tier is right for you following our connection call.

This work is budget based, so I always offer two tier options, and I'll be transparent about the level of transformation each one can offer. If the tier I recommend isn't accessible for you right now, we'll revisit your transformation together to find what's realistic within your resources.

THE METHOD

This container finds you when there is a significant transformation available to you, at this time in your life, when the universe is initiating you into a season of change.

My Identity Recalibration Method is a fusion of kinesiology, subconscious reprogramming and energetic bodywork, precise and refined over four years of working with hundreds of men and women.

NEXT STEPS

- 01 / If you're interested, please book a connection call [here](#), where we will discuss your suitability for the container based on the results you're looking to achieve and the transformation you desire
- 02 / After the call, I will send you a custom proposal outlining the journey and the tier I recommend
- 03 / Upon agreement of the proposal, we move forward with locking in the container and getting you started as soon as possible

CHOOSE YOUR TIER

TIER 1

IDENTITY RECALIBRATION

• Duration

6 weeks · 3–6 sessions

• Focus

For recalibrating a specific area of your life that's causing you the most frustration at this time. This tier finds the aspect of your current identity (the unconscious belief) that's perpetuating a pattern or cycle, and its resulting behaviour, in the area of your life that's most active and alive for you right now, the neuro-identity block, the unconscious part of your identity that's most ready to be addressed.

Clients often experience residual results across other areas of their life, but this recalibration stays focused on that one pattern or cycle, clearing it fully, which sets the foundation for creating change in the area of your life that needs it most.

\$2,000 AUD

TIER 2

IDENTITY ELEVATION

• Duration

8 weeks · 4–7 sessions

• Focus

This tier is the journey that opens you up to more, across multiple areas of your life. It finds and shifts the unconscious belief that's creating a ceiling in multiple areas of your life, elevating you into an identity you haven't previously had access to and preparing you to jump onto a new timeline. It's a realignment of who you are as a whole.

This identity elevation changes your self-concept, the way you see yourself and what you believe is possible for you. That shift in perspective naturally changes the way you show up and the actions you take, allowing you to move in ways you haven't been able to on your old timeline, in your old identity.

\$3,000 AUD

CHOOSE YOUR TIER

TIER 3

IDENTITY EMBODIMENT

• Duration

12 weeks · 7–12 sessions

• Focus

Identity Embodiment is the highest level of transformation available in this container, working across every part of self: physical, mental, emotional, spiritual and behavioural. This is deep healing, a complete recalibration of who you are, pinpointing the core unconscious beliefs that are keeping you attached to your current reality and identity.

This tier is for someone who is ready to enter and commit to a season of transformation. They are desiring a new chapter, and just know deep down that it's time to evolve into their new identity.

• For female entrepreneurs

If you're an entrepreneur wanting to also elevate and expand your business into its next chapter, this looks like seven self-focused healing sessions followed by four business-focused sessions, with a two-week integration break in between, making the container fourteen weeks long in total, covering:

· **Visibility & safety** — finding safety in being seen online, clearing the fear and resistance that comes up around visibility, so showing up feels like a natural part of who you are rather than something you have to strive for.

· **Aligned messaging & expression** — finding the language that reflects your expertise, clearing the blocks to standing out in your industry, so you're speaking boldly as an authority and attracting the people meant for your work.

· **Calling in the right client** — getting clear on the client you're meant to be speaking to, clearing the energy leaks around them, and removing any misaligned marketing strategy.

· **Strategic alignment** — ensuring your business and the way you operate it are in full alignment with your current energy, capacity and schedule.

Applying everything cleared and rebuilt in the identity work directly to your business and its alignment with who you're becoming.

\$4,000 AUD

WHAT'S INCLUDED

ONE

YOUR 1:1 HEALING SESSIONS

45-60 MINUTES EACH · WEEKLY OR FORTNIGHTLY

Held weekly or fortnightly, working layer by layer to gradually reprogram and rewrite the subconscious. Each session, you are taken through my Identity Recalibration Methodology, working to change your subconscious identity. As a result, your external reality begins to change and reflect the person you have become.

TWO

CUSTOM MEDITATIONS & INTEGRATION SUPPORT

Custom meditations, integration support and accountability work tailored to what came up in the sessions. On the weeks we don't have a session, these tools carry the healing forward, so the work never actually pauses, it just changes form.

THREE

OPEN SUPPORT, QUESTIONS & COMMUNICATION

A dedicated Slack channel for your notes, home support and a space to be mentored by me and check in whenever you need. This is where you get acute, in-the-moment support, moving through a block the second it shows up rather than carrying it until the next session.

THE CONTAINER

HOW DOES THE CONTAINER WORK?

You are held in close proximity to me for the duration of your healing journey. When you enter into this curated container with me, the healing energy is working on you consistently, rather than just in the sessions. Your entire life becomes focused on supporting the desired transformation.

Being in this container is an energetic exchange. For the entire duration, I am energetically tuned into you, and our work together lives just as much in the space between sessions as it does within them, this is why it's an accelerated journey. It's a held, intentional space with a beginning, a middle and an end, designed to walk you through a full journey rather than patch things as they surface.

A NOTE ON TIMING

Depending on how you're progressing, I will sometimes push out sessions if I feel you need more time to integrate. We refine the timing as we move through it, so it isn't always fixed, it can expand by two to three weeks depending on how you're responding to the healing work.

TRACKING YOUR PROGRESS

In our first session, we set clear, measurable intentions and outcomes together, so we both know exactly what this container is working towards. At every stage, I check in on your progress and our data markers, adjusting the container to keep you moving forward, because it's my highest priority to give you the biggest transformation possible.

WHY IDENTITY IS THE MOST IMPORTANT HEALING WORK

The reality you're living right now is capped at the ceiling of your current identity. Your identity is the set of beliefs your subconscious holds about who you are and what's possible for you. Your beliefs dictate your thoughts, your emotions, your actions and the results those actions get. You can't outperform your subconscious identity, you can't take actions that don't reflect it, and you can't get results or manifestations that don't align with it.

Your identity was created by default, not by choice, mostly between the ages of zero and seven, absorbed from the people and environment around you. It now runs around ninety percent of your behaviour without you noticing. Everything in your life reflects it, your brain filters reality to confirm it, so you keep meeting evidence that you're exactly who you already unconsciously believe you are.

This is why the answer to change doesn't always lie in doing more. You can run the best strategy in the world, but if your unconscious identity is "I can't be successful," you'll hit the same invisible ceiling every time. The ability to receive more than what you're experiencing right now begins with changing your unconscious identity so it supports where you desire to go, rather than where you've already been. This is the work we do in the Identity Recalibration Container.

When you change your identity, your reality has no choice but to reorganise to match it. What you're experiencing now is simply a mirror of who you are beneath the surface. If you want to change what is being mirrored, you need to change who is looking into the mirror, first.

BEFORE WE BEGIN

CLIENT SUITABILITY

A loving reminder that this container is not suitable for individuals who are currently navigating the aftermath of a traumatic experience, processing significant unresolved emotional trauma, or experiencing severe psychological challenges such as PTSD, clinical depression, chronic anxiety, or intense nervous system dysregulation. I encourage you to seek support from a qualified mental health professional if you are in a period of acute emotional or psychological distress.

I do not work with clients experiencing severe psychological trauma, crisis, or instability (including, without limitation, sexual abuse, birth trauma, PTSD, or complex trauma). Clients in such circumstances must seek appropriate medical or psychological care. I may refuse or discontinue services during the container if a client's needs fall outside my scope of practice.

By entering into an Identity Recalibration Container with me, you:

- Confirm that you are in a sound and stable mental and emotional state, capable of providing informed consent to participate in this work
- Understand that energetic or emotional healing can bring forward memories, sensations, or feelings as part of the integration process, and take full responsibility for navigating and regulating your emotional responses following the session
- Feel confident in your ability to emotionally regulate, move through any emotions that surface, and have a support network around you that you can talk to about your journey