



# THE INNER COMPASS METHOD

## DISCOVER YOUR INNER COMPASS

Transformational Workshops for Retreats & Teams

OUR WEBSITE

[www.theinnercompassmethod.com](http://www.theinnercompassmethod.com)





# FACILITATOR BIO & BRAND MISSION

## FACILITATOR

*Renee Kathryn is a transformational hypnotherapist, human design expert, and master breathwork facilitator with over a decade of experience. As founder of The Inner Compass Method, Renee has guided hundreds of visionary leaders and creatives to reconnect with their authentic selves, find clarity, and confidently navigate new chapters in life. Her workshops blend practical tools with deep inner work, creating a supportive space for genuine transformation.*

## OUR MISSION

*At The Inner Compass Method, our mission is to empower individuals and groups to navigate life's transitions with clarity, purpose, and confidence.*





## INTRODUCTION

*The Inner Compass Method is a transformational approach designed to help individuals reconnect with their authentic selves and navigate life's transitions with clarity, confidence, and purpose. Developed by Renee Kathryn, this method integrates practical tools and deep inner work—drawing from human design, hypnotherapy, breathwork, and mindset practices—to guide you toward alignment and empowered self-leadership.*

*Whether you're at a crossroads or seeking greater fulfillment, The Inner Compass Method offers a supportive framework for personal growth and lasting transformation.*



# DISCOVER YOUR INNER COMPASS:

## FULL DAY IMMERSION

*Unlock the potential within your group with a full-day immersive experience designed to foster clarity, connection, and empowered self-leadership. Guided by Renee Kathryn—transformational hypnotherapist, human design expert, and master breathwork facilitator—participants will journey through practical Human Design insights, visioning exercises, and somatic practices to reconnect with their authentic direction.*

*This workshop blends personal discovery with collective growth, featuring:*

- *A foundational Human Design workshop (including individual charts and workbooks)*
- *A guided visioning (Higher Self Meditation) and vision board experience to clarify goals and intentions*
- *A powerful Breath of Bliss ceremony to release stress and foster deeper presence and embodiment*
- *Group sharing circles to build trust, enhance communication, and inspire action*



*Perfect for retreats and corporate teams seeking to cultivate alignment, creativity, and well-being, this workshop can be tailored to suit your unique group's needs and objectives. Invite your participants to discover their inner compass and return to daily life with renewed clarity and purpose.*



## DISCOVER YOUR INNER COMPASS

### FULL-DAY IMMERSIVE SCHEDULE

**9:30am – 10:00am**

*Opening & Grounding*

*Welcome and introductions*

*Guided meditation: “Where Are You Now?”*

**10:00am – 12:00pm**

*Human Design Foundations Workshop*

*Explore Type, Strategy, and Authority*

*Interactive group discussion*

*Receive personalised Human Design chart and workbook*

**12:00pm – 1:00pm**

*Lunch Break*

*Time to nourish, reflect, and connect informally*

**1:00pm – 2:00pm**

*Visioning Meditation & Vision Board Workshop*

*Guided visioning process*

*Create personal vision boards (materials provided)*

**2:15pm – 3:30pm**

*Breath of Bliss Ceremony*

*90-minute breathwork experience for embodiment and integration*

**3:30pm – 4:00pm**

*Closing Ceremony & Sharing Circle*

*Group sharing*

*Reflections and next steps*

*Workshop close*



## FULL DAY IMMERSION PRICING

Group Size Minimum 10 Participants	Total (AUD)
10 participants	\$3,300
11-20 participants	\$5,550
21 - 30 Participants:	\$7,770
30+ Participants:	"Price on Enquiry"



# THE PRIVATE BOUTIQUE EXPERIENCE

*A high-touch, intimate immersion for small groups looking to recalibrate.*

*This is designed for private groups of 3–10 people. It's a 2–3 hour journey created to shift the group from the noise of the day into a state of deep connection and self-trust.*

## *Choose Your Journey:*

### *Option 1: The Insight Immersion (Human Design + Breathwork)*

- Perfect for groups looking for clarity on their individual and collective direction. Includes a high-level overview of each person's unique Human Design chart followed by a deep Breathwork session to integrate the insights into the body.*

### *Option 2: The Heart-Led Immersion (Cacao Ceremony + Breathwork)*

- Our most somatic experience. We begin with a sacred Cacao Ceremony to open the heart and soften the nervous system, followed by a transformational Breathwork journey. No "head-work," just pure energetic reset and recalibration.*



*Investment: \$1,555 (Flat Group Fee)*

## OPENING INTRODUCTION & MEDITATION (30 MIN)

Included as a complimentary opener for half day workshop

## HUMAN DESIGN FOUNDATIONS WORKSHOP (2 HOURS)

- Explore Type, Strategy, Authority, and their interplay
- Includes personal Human Design chart for participants and workbook
- Price: \$1,111 ( flat fee up for up to 10 participants)

## VISIONING & VISION BOARD WORKSHOP (1 HOUR)

- Guided visioning process and creation of a personal vision board (all materials provided)
- Price: \$888 (Flat fee for up to 10 participants).

## BREATH OF BLISS CEREMONY (2HR)

- Transformational group breathwork session, movement and heart opening
- Group activities to create connection
- Price: \$1111 ( Flat Fee up to 10 participants)

## CLOSING CEREMONY & SHARING CIRCLE (30 MIN)

Included as a complimentary closer for half day workshop module

# MODULAR WORKSHOP OFFERINGS & PRICING

### Half-Day Workshop - 3.5hrs

(Choose any two main modules, e.g., Human Design + Visioning) or Breathwork with Opening and Closing  
\$2,222 (Flat fee for up to 10 participants)

### Single 2-Hour Workshop (e.g., Human Design or Breathwork):

\$1,111 (Flat fee for up to 10 participants)

### Add-ons:

Opening/closing ceremonies are included with any half day workshop booking.

### Notes:

- All pricing includes materials (charts, workbooks, vision board supplies).
- Minimum booking remains 8 participants.
- Travel/venue quoted separately if needed.
- Custom combinations or shorter sessions can be priced on request.

# TESTAMONIALS

*Renee holds a powerful & safe therapeutic & healing space with grace, integrity, wisdom & a deep resource of knowledge.*

*Through working with her, I have been able to access nervous system release & support that I have not been able to achieve through other somatic practices. I was astounded by the depth of the practice and the benefits to me and my family. As a healthcare practitioner, I never hesitate to refer patients to her. Renee is a delight to work with & I am so grateful to have come by her guidance.*

**Madeleine, Wu Wei Medicine ( Acupuncture)**

*Participating in this 4-part Breathwork series was truly a transformative experience. Through Renee's powerful guidance and presence, I was able to access and process deep emotions that had been sitting beneath the surface for a long time.*

*Renee held the space with such strength, compassion, and intuition. This series has been a pivotal part of my healing journey, and I am deeply grateful for the care and wisdom she brings to her work*

**Emma, Graphic Designer**

*Renee truly lives and breathes the practices and modalities she teaches which is a rare thing. She holds an incredible level of integrity and has the ability to cut through all of the minds stories and lead people lovingly into a deeper state of connection with themselves. I truly believe Renee is fully embodying and living her life's work. She is a shining light in this world and healing so many, from a place of empowering other rather than power over. I cannot recommend working with Renee highly enough. She is a true visionary, a warrior of the heart and a deeply authentic, kind, compassionate being.*

**Clare, Owner of Soultribe Yoga Studio**



# HOW TO BOOK: DISCOVER YOUR INNER COMPASS WORKSHOP

*Booking your transformative workshop with Renee Kathryn is simple and seamless. Here's how you can secure your spot or arrange a custom group experience:*

## 1. Choose Your Workshop Option

- *Full-Day Experience: Enjoy the complete Discover Your Inner Compass journey.*
- *The Private Boutique Experience*
- *Half-Day or Modular Sessions: Select from Human Design, Visioning, or Breathwork modules to suit your group's needs.*

## 2. Gather Your Group

- *Minimum - 3 people for Private Boutique experience*
- *Minimum - 10 people for Full day, half day or Modular Sessions*
- *Perfect for retreats, corporate teams, leadership groups, or community circles*

## 3. Submit Your Booking Request

- *Fill out the Workshop Enquiry form below*
- *Or email Renee Kathryn directly at [admin@reneekathryn.com](mailto:admin@reneekathryn.com)*
- *For urgent bookings, call 0472 984 683*

## 4. Confirm Details

- *Renee will contact you to confirm your preferred date, location (in-person or online), and workshop format*
- *Receive a personalised quote based on group size and selected modules*

## 5. Secure Your Booking

- *Pay your deposit to reserve your date*
- *Receive a confirmation email and all pre-workshop information*

## 6. Prepare for Transformation!

- *Gather your group and get ready for a powerful, supportive experience*

*Questions? Contact Renee Kathryn for more information or to discuss custom options.*

*Empower your group to reconnect, realign, and discover their true north with The Inner Compass Method.*

# THANK YOU FOR YOUR COLLABORATION

*We deeply appreciate your partnership and the opportunity to work together in creating transformative experiences. Your collaboration with The Inner Compass Method helps us empower more individuals and groups to reconnect with their authentic selves, find clarity, and step confidently into new chapters.*

*Whether you've considered hosting a workshop or partnered on a special project, your support makes a meaningful difference. Together, we are fostering a community of purpose-driven leaders and visionaries.*

*We look forward to working with you to inspire positive change and guide more people toward their true north.*

*With gratitude,  
Renee Kathryn  
The Inner Compass Method*



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