

Training Offerings

From virtual to intensive in-person workshops!



Your Vision Awaits





Consciously Unbecoming Training + Development

A Foreword from Consciously Unbecoming Founder!




Hi, I'm Jess — founder of Consciously Unbecoming. I help teams and leaders shift from internal resistance to high-impact, aligned performance. By rewiring limiting beliefs, behaviors, and communication patterns, I guide organizations toward a culture of collaboration, innovation, and authentic leadership.

With a foundation in neuroscience, psychology, and nervous system regulation, my work creates lasting change by aligning personal values with organizational vision. For over 7 years, I've helped teams turn mindset into momentum, enabling them to think differently, lead consciously, and achieve meaningful results.





THE FULL REWIRE



3-Day In-Person Intensive Workshops: A deep dive into belief-shifting, value-alignment, and vision-building through immersive, facilitated team workshops. This transformative experience is designed to break down barriers, ignite authentic collaboration, and craft a clear, unified roadmap for achieving your team's highest potential.

Pre-Workshop Belief Survey: Unlock insights into your team's dynamics, resistance points, and communication patterns to tailor training that addresses your unique needs and shifts the beliefs shaping your culture.

Leadership Discovery Call: Strategic goal-setting and alignment prior to the workshop, ensuring clarity on objectives, addressing key challenges, and tailoring the training to meet your team's specific needs.

This is our most comprehensive offering – designed for organizations ready to shift culture from the inside out.

The Full Rewire isn't just a workshop series; it's a strategic, science-based transformation container for teams committed to rewiring the beliefs and behaviors that drive performance.

Virtual Consulting Hours for Leadership: Three 60-minute sessions with leadership to map out the ongoing training plan, ensuring content is aligned with your team's goals and needs for lasting impact.

Virtual Team Training Sessions: Three Monthly follow-up training sessions to integrate learning, deepen communication, and anchor behavior change.

Outcomes You Can Expect:

- Greater psychological safety and emotional intelligence across the team
- Aligned values and a shared, actionable organizational vision
- Increased innovation, ownership, and team resilience
- A measurable shift in how individuals show up – with clarity, confidence, and commitment





THE CORE SHIFT



1 Full-Day In-Person Workshop: This intensive, one-day workshop is designed for teams seeking to recalibrate their mindset and re-align their efforts. Focused on breaking through limiting beliefs, enhancing communication, and reinforcing a shared organizational vision, this experience delivers immediate, high-impact shifts in how your team collaborates and communicates.

Pre-Workshop Belief Survey: Unlock insights into your team's dynamics, resistance points, and communication patterns to tailor training that addresses your unique needs and shifts the beliefs shaping your culture.

Leadership Discovery Call: Strategic goal-setting and alignment prior to the workshop, ensuring clarity on objectives, addressing key challenges, and tailoring the training to meet your team's specific needs.

This tier is designed for teams in need of a meaningful reset – fast.

Through one powerful day of immersive training followed by virtual support, your team will shift the way they think, communicate, and collaborate.

Virtual Consulting Hour for Leadership: One 60-minute session with leadership to map out the ongoing training plan, ensuring content is aligned with your team's goals and needs for lasting impact.

Virtual Team Training Session: Follow-up training to integrate learning, deepen communication, and anchor behavior change.

Outcomes You Can Expect:

- Improved communication and collaboration across departments
- Renewed energy, purpose, and psychological safety
- Clear alignment between individual goals and organizational direction
- Practical tools to sustain and build on momentum





THE JUMPSTART



Half-Day Virtual Workshop: This focused, high-impact session is designed to help your team reset, realign, and re-energize. In just a few hours, we'll dig into the limiting beliefs holding your team back, elevate communication, and reconnect your people to a shared purpose. Think of it as a mindset tune-up – short, powerful, and immediately effective.

Leadership Discovery Call: Strategic goal-setting and alignment prior to the workshop, ensuring clarity on objectives, addressing key challenges, and tailoring the training to meet your team's specific needs.

This powerful virtual training is your team's energetic reset button.

The Jumpstart introduces your people to the foundational tools of belief rewiring, culture alignment, and vision clarity – all in one high-impact, half-day experience.

Virtual Leadership Debrief: Post-training strategic feedback and next steps.

Outcomes You Can Expect:

- Increased self-awareness and clarity around team dynamics
- Stronger foundation of shared values and vision
- Elevated energy, focus, and a renewed sense of team purpose





Rewiring Limiting Beliefs: The Data That Matters



37%

Reduced Goal Achievement: Teams with members harboring limiting beliefs about their abilities are **37% less likely** to achieve their goals compared to teams with more positive self-beliefs.

60%

Stagnation in Innovation: Organizations that fail to challenge outdated operational assumptions are **60% more likely** to stagnate in innovation compared to those that prioritize adaptive thinking.

60-75%

Enhanced Decision-Making and Confidence: Organizations that implement mindset-focused training report a **60-75% increase** in performance metrics such as sales and decision-making confidence.



Meet some of our clients:

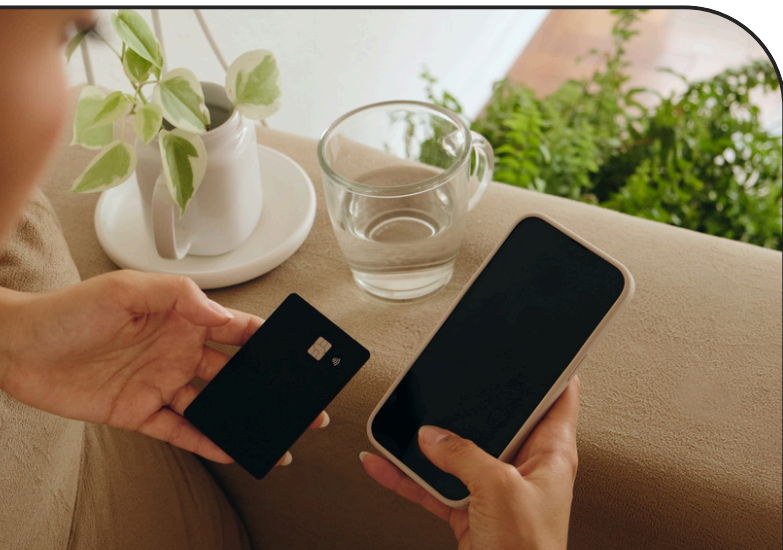
- Thrive Mortgage
- Wells Fargo
- State Farm
- Coldwell Banker
- Keller Williams
- State Farm
- Aflac
- Northwestern Mutual
- Caliber Home Loans

"A team can only rise as high as its beliefs allow. Shift the story, and you shift the future."



"Leaders who invest in rewiring beliefs don't just build stronger teams – they unlock human potential that strategy alone can't touch."

- Allstate
- New American Funding
- ADT
- Donahue Chiropractic
- American Family Insurance
- Crown Exteriors
- Varsity Tutors
- Equifax



Ready to Transform Your Team?

Whether you're craving a bold culture shift or just need a meaningful spark of momentum, our training tiers are built to help your team unlock its highest potential — by starting at the root: what they believe.

Because behind every miscommunication, burnout cycle, or stalled project...There's a belief system quietly shaping how your team thinks, collaborates, and leads. We don't just throw inspirational quotes at the problem and call it a day.

We dig in. We rewire.

We turn limiting patterns into aligned performance — using neuroscience, psychology, and straight-up human connection.

Let's turn your vision into a culture people actually want to show up for.



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