

# EMPOWERMENT NAVIGATION

with **Josetta Thomae, PhD**

# INVESTMENT



## SINGLE 1:1 SESSION

A focused, 60-minute private session to explore a current challenge, gain clarity, and reconnect with your inner compass. Ideal for navigating a specific decision, moment of transition, or emotional block. You'll walk away with insight, grounding, and actionable next steps.



.....

## 5 1:1 SESSION BUNDLE

Five personalized sessions designed to support deeper transformation over time. Whether you're moving through burnout, identity shifts, or major life transitions, this bundle offers space to unpack, rebuild, and realign. Includes tools, practices, and ongoing support to help you step into your next chapter with confidence.



.....

## EMPOWERMENT PACKAGE

A three-month experience for people ready to reclaim their voice, purpose, and power. This package includes:

- 6 biweekly 1:1 sessions (or 3 months at 2/month)
- Personalized tools + reflection prompts between sessions
- Email support throughout



Together we'll work to rebuild trust in yourself, rewrite limiting patterns, and navigate forward with clarity and self-leadership.

**This is for the person who's outgrown who he/she was-and is ready to grow into who he/she truly is.**

READY TO TAKE THE FIRST STEP?

LET'S CONNECT!

[WWW.EMPOWERMENTNAVIGATION.COM](http://WWW.EMPOWERMENTNAVIGATION.COM)

