



DEEPEN YOUR IMPACT: LEAD FROM YOUR VOICE

An immersive nature-art-movement program to help you connect with your voice and follow its leadership

SPECIAL PROJECT OPPORTUNITY

Starting April 2020

Like so many around the world during the COVID-19 crisis, we are in process of refocusing, and learning new ways to think, work and relate.

We are figuring out a way to virtually deliver our signature retreat, *Deepen Your Impact: Lead From Your Voice*.

Might you be interested in joining our R&D Team?
This will require your participation, feedback, and ideas.

When you join, you will:

- Deepen Your Impact on YOURSELF and get the full benefits of a private or group coaching and movement experience,

and

- Deepen Your Impact on OTHERS by helping us perfect the program.

Read on to learn more about program content, goals and expected outcomes as well as how you can participate!



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PROGRAM CONTENT:

Deepen Your Impact: Lead From Your Voice (DYI) is a series of four 75-minute body-mind sessions facilitated by Julia Karpeisky and Nancy Sanchez.

DYI helps participants better access their own voice, physically and metaphorically, with the result of a deeper and wider impact on self, family, colleagues and community.

OUR APPROACH:

We use the body to access the mind, and the mind to access the body. We rely on art, nature and community [when possible] to make the process deep, effective, and fun.

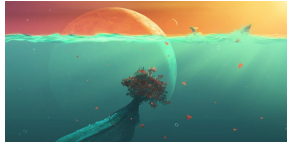
BENEFITS:

You will walk away:

- With physical and mental practices to help make your VOICE clear, easy to understand, and impactful.
- Feeling energized, excited and hopeful.
- With a renewed sense of calm, clarity, and power.
- Clarity about what area of your life requires most attention.
- Vision of how you want the future to be in that area of your life.
- Having taken practical steps towards that vision.
- An improved awareness of your body, and ease/comfort in movement.

PROGRAM OVERVIEW:

www.deepenimpact.com



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The work takes place in a beautiful, local outdoor location.

You join us either

- virtually on the ZOOM app, or
- in-person with us while maintaining a safe, social distance.

Each session includes:

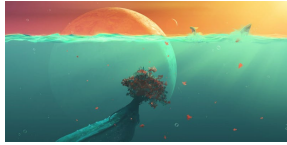
- Movement, breathing, meditation, silence, talking, exploring, learning, commitment, and accountability.

After each session you take home:

- A set of physical and mental practices to try on your own to help you stay connected with your voice and express it in an effective way.

In between sessions:

- We are available via email to answer your question



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PROGRAM CONTENT:

Session 1: Discovery and Vision

- Determine what area of your life and your health are in most need of attention right now. Discover what you would like to change, and imagine your desired future. Learn body practices that will help you stay connected to your own VOICE.
- Commit to one practice and one step that would take you closer to the vision.

Session 2: Celebrate, explore, commit

- Learning: Extract the lessons from homework.
- Exploration: Connect with the Voice even deeper; removing obstacles that stand between you and your vision.
- Commitment: Commit to one practice and one step that will take you closer to your vision.

Session 3: Celebrate, explore, commit

- Learning: Extract the lessons from homework.
- Exploration: Connect with the Voice even deeper; remove obstacles that stand between you and your vision.
- Commitment: Commit to one practice and one step that will take you closer to your vision.

Session 4: Closure

- Review everything that we learned.
- Make a plan to continue the work on your own.



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HOW YOU CAN HELP:

1. Choose your program type:

(spaces are filled on a first-come, first-served basis)

- INDIVIDUAL (1x1):

We are looking for three people.

- GROUP (3-5 PERSON):

We are looking for 3-5 people

2. We appreciate any contributions to our efforts as we refine this new, virtual coaching and movement program that integrates body and mind, nature, art and technology.

Consider \$120-200 for the 1:1 program (\$30-\$50 per session), and \$40-120 for the group program (\$10-\$30 per session).

3. If you'd like to join, or have questions, please contact us at:

julianancy@deepenimpact.com

Thank you!