



Embodied Essence: The Practice of Intrinsic Living

Embodied Essence is the practice of living from the inside out. It involves a profound shift from "fixing" what is broken to "listening" to what is present, bridging the gap between science and soul to embrace a new paradigm of being. This is the path to uncovering innate vitality and achieving an optimum equilibrium.

This way of life is not imposed; it emerges from within. It is not a search for comfort, nor is it a subtle change. It may be disruptive, yet it represents an entirely embodied upgrade—expressed and lived from the very centre of one's being. This path is clear, concise, and feels "right" because it is an authentic reflection of the self.

This twelve-session, structured across four intentional phases, this journey is designed to guide the individual toward their **optimum self**.

Throughout this process, our coaching relationship serves as a **Safe Harbour**—a protected space where you can unearth and celebrate your uniqueness, identify where new alignments can be made, and gather the reserves needed for the next chapter.

PHASE 1: THE FOUNDATION

FOCUS: Current State

SESSION	Title	Focus
1	The Discovery	Establishing the current state. Creating the coaching alliance and the "Rules of engagement." Understanding the iterate and interconnective nature of the eight points.
2	Acceptance & Vision	Engaging with the three core tenets underpinning this work – conscious acknowledgement and acceptance of: <ol style="list-style-type: none">1. I am a Miracle,2. I am Health3. I am Knowingness and Love (Beauty) – Shaking off our conditioning.





PHASE 2: THE NARRATIVE SHIFT

FOCUS: The Eight Points of an Intrinsic Lifestyle

SESSION	Title	Focus
3	Be	Beyond purpose: Ponder the "I am state. Who did you come here to be?
4	Flow	Hydration: The effects of water and flow throughout your systems and what true hydration looks and feels like.
5	Fuel	Sustenance: Assessing the energy and source of food (soil health/microbiome) rather than just macros.
6	Breathe	How we accelerate our biology and awareness of respiration.
7	Move	Movement: Finding joy in the physical body rather than "exercise" as a chore. Turning on the regenerative capacity of cellular communication.
8	Rest & Play	Rest: For all aspects of who we are body, mind, and spirit, and deep circadian alignment.- The Field: Environmental orientation, a shift beyond competition and into creative possibility and fun.
9	Connect	Connection: Relationship with self, nature, and community.





PHASE 3: THE DISCOVERY ZONE

FOCUS: Future State

SESSION	Title	Focus
10	Microbiome & Nature	Assimilation: Exchange on "re-wilding" progress (e.g., time spent in soil, forest bathing, or diverse fermented foods).
11	Emotional Resilience	Emotional Immune System: Regaining balance after setbacks. Establish a plan to fall forward, a 'safe harbour'.

PHASE 4: INTEGRATION & ACTION

FOCUS: The One-Degree Shift

SESSION	Title	Focus
12	Align & Celebrate	Golden ratio: What is the one small, non-negotiable change that feels expansive rather than restrictive? – What are we here to witness?

Investment & Commitment

Choosing to invest in this unique embodying coaching experience is a commitment to your long-term innate vitality and optimum equilibrium. This programme is designed as a bespoke partnership, providing the space and support necessary to nurture and support an intrinsic way of being. To ensure we maintain the momentum required for this transformation, the following investment applies:

Professional Fees

Service	Investment (excl. Vat)
Embodied Essence – Twelve (60Min) Intrinsic Coaching Session Package	€ 2400.00
Applicable vat (23%)	€ 552.00
Total investment	€ 2952.00





Terms of Engagement

- **Payment:** To secure your placement in this cohort, full payment or the first instalment is required prior to our inaugural session.
- **VAT:** Value Added Tax is charged at the prevailing rate for ROI-based clients. If you are a business client based in Ireland or internationally, please provide your VAT registration details for appropriate invoicing.
- **The Safe Harbour Guarantee:** Your investment covers 12 scheduled sessions, bespoke resources, and interim support, ensuring you have a consistent, protected space to explore your options without distraction.

Disclaimer:

The suggestions above are for educational and motivational purposes only as part of your coaching journey. These are not medical prescriptions. Please consult your doctor or healthcare provider before making significant changes to your diet or lifestyle, especially if you are currently taking medication.

