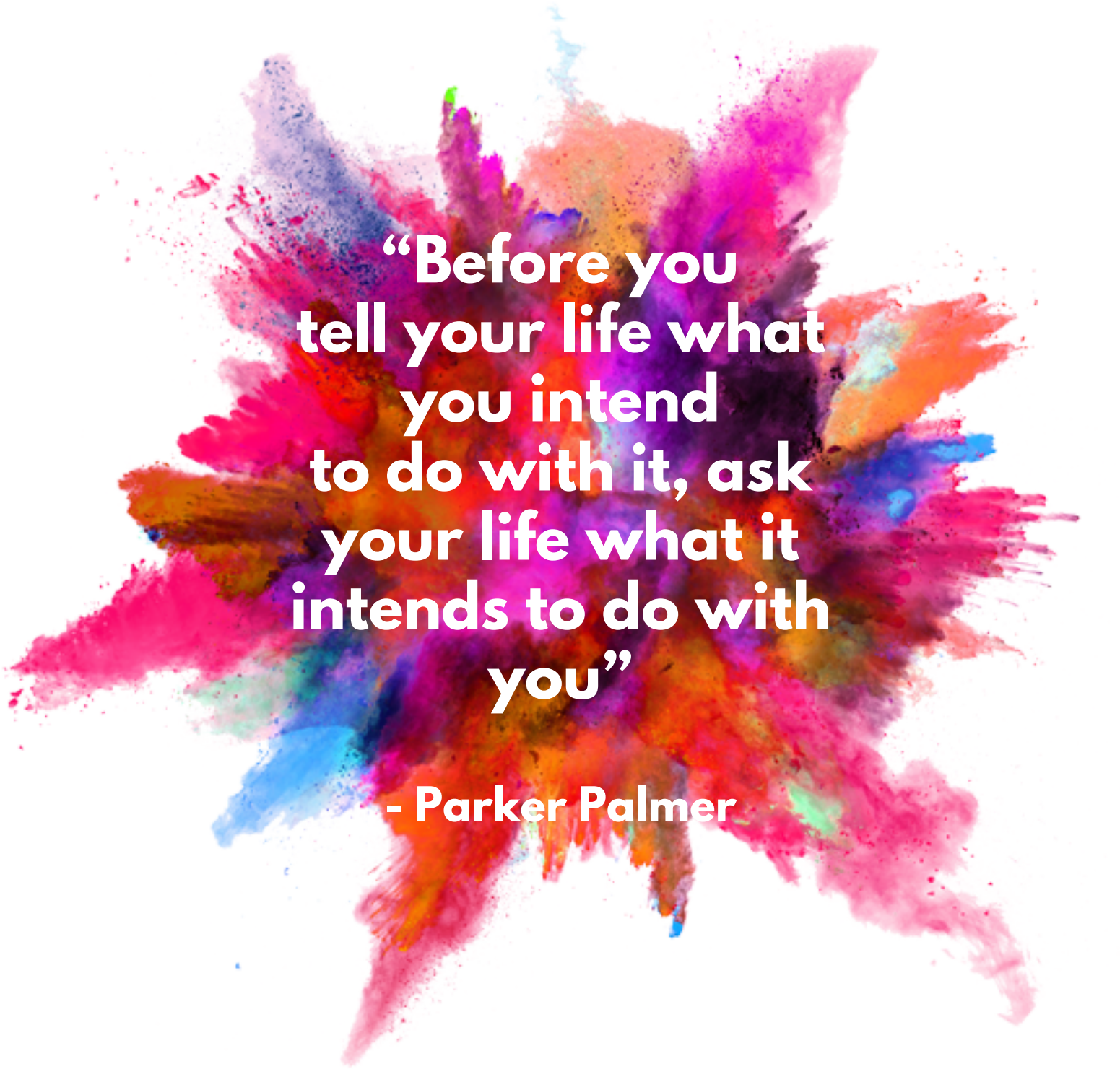


**you are
welcome
here**



**“Before you
tell your life what
you intend
to do with it, ask
your life what it
intends to do with
you”**

- Parker Palmer

Dearest you,

It is such a potent time to be alive, to see so clearly how our external world reflects our internal one, both individually and collectively. To bring about any real or lasting transformation, it must begin within. Within our own hearts, our own being, our own bodies. To stop running from the parts of ourselves that have long since been locked away and to learn to sit in the fire of who we are.

For some, the light is easier, not wanting to feel the grief, pain, resentment, anger, shame or guilt that has long since been locked away. For others, it's the joy, the delight, the peace, the wonder, the playfulness that can seem impossible to stand.

Both are valid, both are real - and so is everything in between.

In my own journey, I have burnt out multiple times, been crippled by fear and have had an almost impressive ability to lose myself in relationships. Each time, I have been called closer towards my Self.

You may have heard whispers of what life is wanting to show you - if those whispers have been ignored, you may have heard shouts or even screams. Life has an astonishing way of getting our attention if we want to avoid what it's really asking of us.

Life itself is transformational, if we know how to listen to it. Every call, a beckoning home, to both our own sovereignty and our inherent interconnectedness.

If you are feeling brave enough to face yourself, your real Self, the whole of you, with all the pain and shame and glory and beauty and mess that it comes with, to live your true purpose - then the path is waiting for you.

While I can't make the journey for you, I can companion you as you remember and become more of who you are.

With love,

Ilana

*"I wish I could show you when
you are lonely or in darkness the
astonishing light of your own
being."*

- Hafiz

TRANSFORMATIONAL COACHING

EMPOWERING YOU TO ACCESS THE INSIGHT,
KNOWLEDGE AND WISDOM YOU ALREADY HAVE, TO
HEAL LIMITING PATTERNS AND TO BECOME FULLY
EXPRESSED AS WHO YOU REALLY ARE.

Ilana provides a space for your unique journey of both remembering and becoming more of your Self - by working creatively and intuitively integrating knowledge, tools and practices from ancient wisdom, modern science, the creative arts and energy work.

Having coached leaders and pioneers for 15 years, Ilana has also led multiple global initiatives and facilitated over a thousand programs in transformational leadership and the relationship between systems change and inner work.

[FOR TESTIMONIALS](#)

INITIAL PACKAGES

YOUR COMMITMENT INVOLVES 1-1 SESSIONS PLUS TAILORED HOMEWORK PRACTICES AND SUGGESTED ADDITIONAL EXERCISES SO AS TO FURTHER INTEGRATE THE WORK WE DO.

3 MONTH INTRODUCTION - 1 SESSION PER MONTH

3 MONTH IMMERSION - 2 SESSIONS PER MONTH

3 MONTH INTENSIVE - 3 SESSIONS PER MONTH

*ONCE WE HAVE COMPLETED AN INITIAL PROGRAMME, INDIVIDUAL SESSIONS ARE AVAILABLE AS NEEDED.

INTRODUCTION

3 MONTH INTRODUCTION - 1 SESSION PER MONTH

- ORIENTATION REFLECTION QUESTIONS
- 3 X 75 MIN PHONE / ZOOM SESSIONS (INCLUDING MEDITATION & GROUNDING)
- TAILOR MADE REFLECTION & PRACTICE
- 3 X MID-MONTH CHECKINS (VOICENOTES/WRITTEN DEPENDING ON PREFERENCE)
- A PERSONAL COMMITMENT LETTER

IMMERSIVE

3 MONTH IMMERSIVE - 2 SESSIONS PER MONTH

- ORIENTATION REFLECTION QUESTIONS
- 6 X 75 MIN PHONE / ZOOM SESSIONS
(INCLUDING MEDITATION & GROUNDING)
- TAILOR MADE REFLECTION & PRACTICE
- A PERSONAL COMMITMENT LETTER

INTENSIVE

3 MONTH INTENSIVE - 3 SESSIONS PER MONTH

- ORIENTATION REFLECTION QUESTIONS
- 9 X 75 MIN PHONE / ZOOM SESSIONS
(INCLUDING MEDITATION & GROUNDING)
- TAILOR MADE REFLECTION & PRACTICE
- A PERSONAL COMMITMENT LETTER

NEXT STEPS

ONCE YOU HAVE HAD TIME TO REFLECT AND
CHOSEN AN INITIAL PACKAGE,
YOU WILL RECEIVE:

- A COACHING AGREEMENT
- SUGGESTED DATES FOR OUR 1ST SESSION
- ORIENTATION QUESTIONS TO BE COMPLETED BEFORE WE BEGIN

Thank you

**“i carry
your heart
with me
(i carry it in
my heart)”**

ee cummings