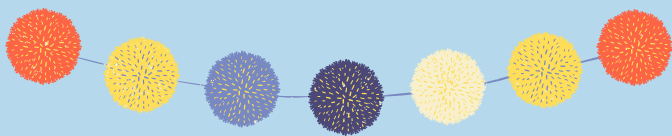


CREATIVE REFLECTION

Your truth. Your pace. Your path.

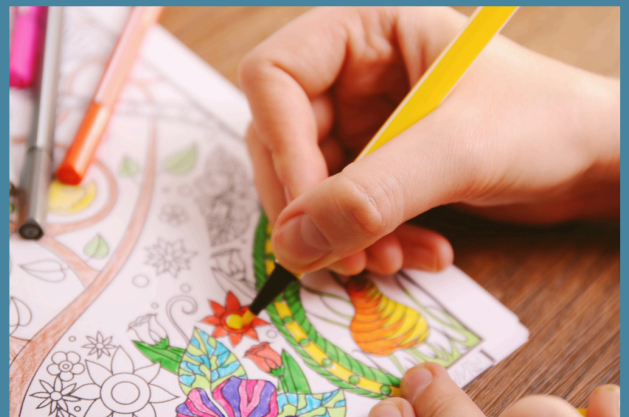
A unique coaching experience that combines reflective conversation with hands-on crafting.

Whether you're navigating change, seeking clarity, or simply craving a deeper connection with yourself, this session invites you to explore through color, texture, and guided dialogue.



Crafting taps into the subconscious, helping you bypass mental blocks and access deeper truths.

Combined with coaching, it becomes a powerful tool for self-discovery and transformation.





Inspired by the principles of craft therapy, these sessions invite you to explore emotions, insights, and intentions through tactile creation.

- Engage in meaningful conversation tailored to your personal goals
- Use simple craft materials to express thoughts and emotions
- Discover insights through metaphor, symbolism, and creative play
- Leave with a tangible piece that reflects your journey

No artistic skill required—just a willingness to create and connect.

📍 Location: available in-person or online

🕊 Sessions tailored to your pace and goals

📁 All materials provided for in-person sessions

🌱 For creatives, and curious souls ready to explore personal growth in a fresh, embodied way.

Ready to explore your creativity and clarity?

Book your one-to-one session today and let the transformation begin.



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Email: swhitaker@blackstarhr.com