

5 PILLARS

Connection | Presence | Check-In | Movement | Celebration

[Daily practices that ground us while simultaneously activating our potential]

1. Connection

A Practice of Invitation: Interconnectivity is a skill that includes knowing my story, expressing it, and learning to listen to others.

4. Movement

A Practice of Body: Physical release and emotional catharsis can occur by simply accessing the body's wisdom through playful movement.

2. Presence

A Practice of Mindfulness: Taking time for intentional stillness empowers us to be centered and helps us manage our busy lives.

5. Celebration

A Practice of Joy: Rituals of optimism acknowledge gratitude by reminding people of the good thing all around us.

3. Check-In

A Practice of Discernment: The path of emotional intelligence begins with identifying how one feels, finding a safe way to express it, and discovering where it came from.

Building on a foundation
of potential