



WHITESPACE METHOD™

For the decision that never closed.

Whitespace Method™ names the pattern you have been living inside, holds the truth you have been protecting yourself from, and puts the real decision in front of you.

BUILT AROUND INTEGRATED FRAMEWORKS

Behavioral Loop™

Truth Session™

Decision Framework™

90-Day Integration™

IS THIS YOU

THIS IS FOR YOU IF

- You carry a lot, and people rely on you to keep carrying it.
- You are successful by every external measure, but something does not fit.
- There is a decision about your relationship, career, money, or identity you have been circling for a year or more.

THE FOUR DAYS WORK ON

- The pattern you have spent years living inside.
- The truth you have been protecting yourself from.
- The decision you have been postponing.
- The first ninety days on the other side of it.

THE TWELVE WEEKS

WEEKS 1 TO 3, DISCOVERY

Private onboarding
Assessments
Pattern Intelligence™



FOUR-DAY PRIVATE RETREAT · 27 TO 30 SEPTEMBER 2026

Pattern · Truth · Decision · Action



DAYS 1 TO 90 AFTER THE RETREAT

Decision implementation
Identity work
Accountability
Sustainable change

The decision gets made either way.
Left alone it gets made by default.

MOST CHOSEN
ALL-INCLUSIVE

\$5,000

- Four validated instruments, selected for you and read against each other before you arrive
- Your Pattern Intelligence Report
- The Pattern Map™, the Truth Session™ and the Decision Framework™ 90-Day Action Plan
- 1:1 coaching sessions during the retreat
- A four-day private retreat with six to eight women
- Private room for the full stay and chef-prepared meals
- A mind and body reset experience

WHITE GLOVE

\$8,000

Everything in All-Inclusive, plus:

- Priority scheduling and cohort placement
- A personal mind and body reset plan booked
- Private 1:1 calls across the 90-Day Integration™

Email r@whitespacemethod.com to BOOK A CALL.



FOR WOMEN READY FOR WHAT'S NEXT

Whitespace Method is a coaching engagement. It is not therapy, counseling, or a diagnosis, and it is not a substitute for any of them.