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™

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, and 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 WORKSHOP WORKS 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 IN-PERSON WORKSHOP

Pattern · Truth · Decision · Action

↓

DAYS 1 TO 90 AFTER THE WORKSHOP

Decision implementation
Identity work
Accountability
Sustainable change

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

BREATHING ROOM **$2,100**	CLEAR SPACE **$3,600**	WIDE OPEN **$5,000**
– Five one-hour 1:1 sessions with the founder – Four validated instruments, selected for you – Pattern Intelligence Report™ – Pattern Map™, Truth Session™, Decision Framework™ – 7, 30 and 90-day action plan – Sessions in-person in San Diego or online	In person. The instruments and the report from Breathing Room, plus – One-to-one coaching sessions during the four-day workshop – Four days at a resort with six to eight women – Meals and drinks are included. – You book your own travel and spa experience.	In person. Everything in Clear Space, plus – Private one-to-one calls across the ninety days of your 90-Day Integration™ Action Plan – A personal mind and body reset plan, with the spa experiences included and booked for you. – You book your own travel.

Every woman goes home with her 7, 30 and 90-day plan, a call from the founder on day 8, and two cohort gatherings.

Email r@whitespacemethod.com to BOOK A CALL.

WHITESPACE METHOD™

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.