

WHITESPACE METHOD

Whitespace Method is 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.

Whitespace Method™

A twelve-week decision engagement for accomplished women navigating life's biggest transitions.

BUILT AROUND FIVE INTEGRATED FRAMEWORKS

Pattern Intelligence™

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.
- Therapy, coaching, and journaling have helped, and you are still stuck.

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™
Personal preparation



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

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 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

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™

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

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.