come tribe
— with me —
FIND PURPOSE, HEALING & PEACE

The Reset

1 : 1 COACHING · 6 SESSIONS · 12 WEEKS

Settle your nervous system, understand what keeps knocking you off balance, and come back to yourself.

with Dom · Identity & Emotional Healing Coach

Do you feel like you're living a pattern you didn't consciously choose?

You might:

- Feel responsible for other people's emotions and decisions
- Struggle with guilt when you try to prioritise yourself
- Find yourself repeating family dynamics, even when you don't want to
- Second-guess your decisions or look to others for approval
- Feel stuck between loyalty to your family and the life you want for yourself
- Notice your body carrying the stress: tension, pain, exhaustion that rest doesn't fix

These patterns don't start with you. But they can end with you.

MY WORK

Emotional healing with a clear path through it

I help women develop mature self-leadership so they can stop repeating generational patterns and learn to trust themselves. This is about understanding why you think, feel and behave the way you do, and creating the internal shift needed to move forward differently.

Because here's the truth: if you don't address your past, your relationships will. Your parents lacked the skills and resources. You can't teach what you don't know. The patterns aren't your fault. But they are yours to change.

Everything we do together follows one framework: the C.T.W.M Method™, four pillars of work, with self-love growing at the centre.

THE RESET

A focused twelve weeks of support when life is asking a lot of you

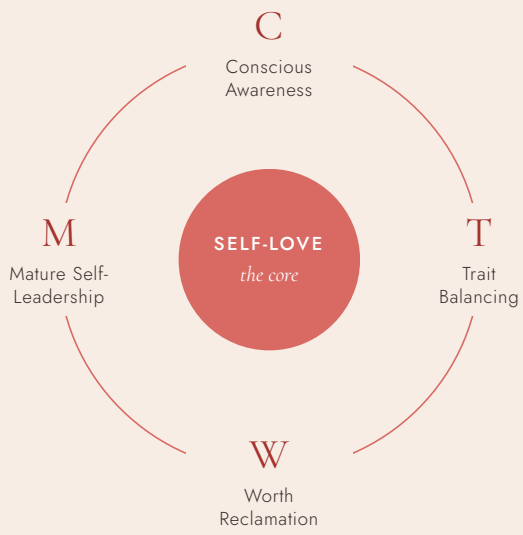
The Reset is the shorter, more concentrated version of my coaching. It's for when something has shifted, a family rupture, a big life change, a season where everything seems to land at once, and you need steady support to process it, rather than a long programme.

We go deep into the pillar you need most right now, with me alongside you between sessions for the moments a trigger actually hits.

THE FRAMEWORK

The C.T.W.M Method™

Four pillars, one journey. Each one builds on the last, and self-love isn't a step you complete, it's what grows at the centre as you move through them. In The Reset, we always begin with Conscious Awareness, then focus on the pillar your life is asking for right now.



C Conscious Awareness

See the patterns clearly. You'll identify the core emotional wounds and family dynamics that shaped you, and learn to catch your patterns in real time, with compassion instead of self-blame. You can't change what you can't see.

T Trait Balancing

Soften the charge. My signature process for balancing the one-sided perceptions you hold of the people who hurt you, dissolving resentment into genuine compassion, without excusing what happened. This is how the past loses its grip on your present.

W Worth Reclamation

Take back your value. Boundaries you can actually hold, saying no without spiralling into guilt, and receiving help, rest and love without earning it first. Healing becomes visible in your real relationships.

M Mature Self-Leadership

Lead your own life. Meet your own needs, make decisions from your grounded adult self, then find the direction healing makes possible: your values, your purpose, your mission. Your focus shifts from "why won't they change?" to "where am I going?"

WHAT WE'LL DO TOGETHER

Your 12-week Reset

Six 1:1 sessions over twelve weeks. The Foundations Course (included) delivers the teaching between sessions, so our time together is kept for what only a session can do: applying it all to your life, right now, while it's happening.

SESSION 1 Welcome & Settling	Where you are, what's landing on you right now, and what you want to feel different by the end. We start with your nervous system, so you have tools from day one.
SESSIONS 2–3 Conscious Awareness	Naming the role you were given in your family and the pattern it left behind. Recognising the triggers as they happen and becoming the observer, instead of being swept up.
SESSIONS 4–5 Your Focus Pillar	Deep work on the pillar you need most. Softening the charge of old resentment through Trait Balancing, or reclaiming your worth with boundaries you can actually hold. We decide this together in Session 1.
SESSION 6 Integration	Anchoring what's shifted, the practices you're keeping, and your next steps. Whether that's continuing our work, or carrying on inside the community.

SUPPORTED EVERY STEP

Between sessions, you're not alone

- Full access to my private community and the complete Foundations Course, every module unlocked from day one
- WhatsApp and email support between sessions (Mon–Thu, replies within 24 hours), for the moments the work actually happens
- A beautiful workbook for the pillar we focus on, to deepen and anchor what we do together
- My guided meditation library, including nervous system reset practices you can use straight away
- A clear next-steps plan at the end, so the Reset doesn't stop when the sessions do

What you'll walk away with

- A clear understanding of the pattern you've been living and where it comes from
- Tools to settle your body when a trigger hits, so you can respond rather than react
- Real movement on the one thing that's been weighing on you most
- Relief from the charge of old resentment, or boundaries you can hold without spiralling into guilt
- A steadier relationship with yourself, and more trust in your own voice
- A plan for what comes next, built with you, not for you

This is for you if...

- Something has shifted recently, in your family or your life, and you need support processing it
- You're carrying more than one big thing at once and your body is starting to show it
- You've done the reading, maybe even therapy, and now you want the change to reach your everyday life
- You want to stop feeling guilty for choosing yourself
- You're ready to do meaningful inner work, in a focused, contained way

Insight got you this far.

The Reset is where it starts to feel different in your body.

HOW IT WORKS

- 6 × 90-minute 1:1 sessions, online, over 12 weeks
- Full membership of my private community, with the Foundations Course unlocked from day one
- WhatsApp & email support between sessions
- Pillar workbook, guided meditations, and your next-steps plan
- A safe, supportive and non-judgemental space, tailored to your pace and your journey
- When our work ends, your community access simply continues at the member rate. No goodbye cliff

YOUR INVESTMENT

£1,300

GBP · approx. $1,750 USD / €1,500 EUR

Paid in full: £1,300

Or a £250 deposit, then

3 instalments: £390 / month

Want to go deeper?

The Deep Work: 12 sessions over 6 months, working through all four pillars and finishing with your master plan for the life ahead. If you complete The Reset and want to continue, what you've paid comes off The Deep Work investment.

YOUR NEXT STEP

1. Sign the Coaching Agreement: forms.gle/GXaUvpRh9svFQEsB9
2. Make payment via the Stripe link I'll send with this package
3. Book your sessions in my calendar: calendly.com/cometribewithme/60min

You don't have to keep carrying it all on your own.
You get to choose differently.

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