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

The Deep Work

1:1 COACHING · 6 MONTHS · THE C.T.W.M METHOD™

Develop mature self-leadership so you can stop repeating generational patterns — and come home 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

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.

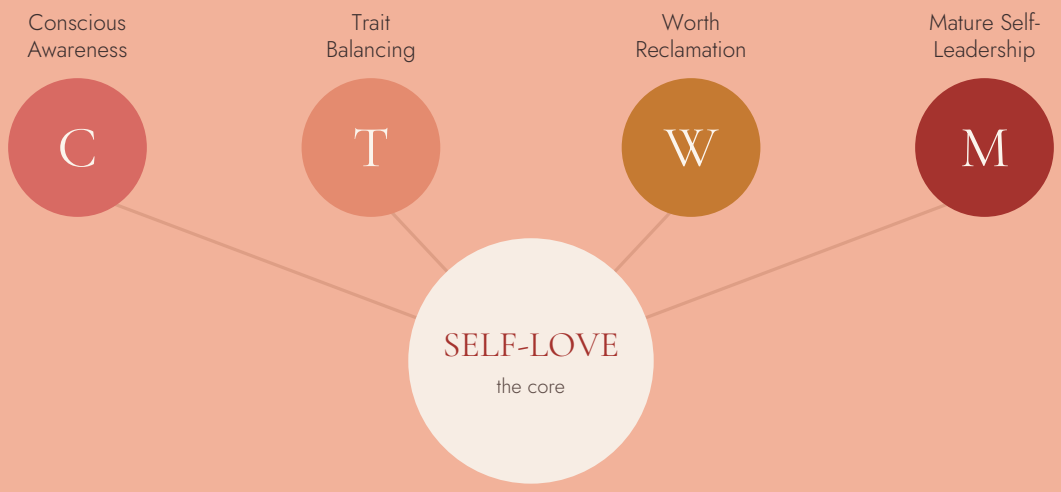
Because here's the truth: if you don't address your past, your romantic relationships will. Your parents lacked the skills and resources — you can't teach what you don't know. The patterns aren't your fault. But they are yours to change.

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 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.



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, 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?"

Your 6-month journey

Twelve 1:1 sessions over six months. The four pillars give your journey its shape, and 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.

Welcome SESSION 0	Where you are, what you want, and how we'll work together
Conscious Awareness SESSIONS 1–3	Recognising your patterns, understanding their origins, becoming the observer
Trait Balancing SESSIONS 4–6	Naming the charged traits and balancing them — until the resentment softens
Worth Reclamation SESSIONS 7–9	Boundaries in real life, working through the guilt, learning to receive
Mature Self-Leadership SESSIONS 10–12	Your purpose — born from your deepest healing — your soul's values, and your mission, vision & master plan

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 support between sessions (Mon–Thu, replies within 24 hours) — for the moments the work actually happens
- A beautiful workbook for each pillar, to deepen and anchor what we do together
- My guided meditation library, matched to each stage of your journey
- A master plan for your life — your mission, vision and next steps, built together in our final sessions

What you'll walk away with

- A deep understanding of your emotional patterns and where they come from
- Freedom from the charge of old resentments — compassion without excusing the hurt
- The ability to regulate your emotions and respond rather than react
- Boundaries you can hold — and relationships renegotiated around your worth
- Confidence in your decisions and trust in your own voice
- Clarity on your values, purpose and direction — and a life that's truly yours

This is for you if...

- You're ready to break patterns that have been passed down through your family
- 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 trust your own voice and decisions
- You're open to doing meaningful inner work that creates real change

Insight got you this far.
This journey is where insight becomes a different life.

HOW IT WORKS

- 12 × 90-minute 1:1 sessions, online, over 6 months
- Full membership of my private community, with the Foundations Course unlocked from day one
- WhatsApp & email support between sessions
- Pillar workbooks, guided meditations, and your master plan for the life ahead
- 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

£2,400

approx. $3,250 USD / €2,770 EUR

Paid in full — £2,400

Or a £400 deposit, then

5 instalments — £450 / month

Prefer to start smaller?

The Reset — 6 sessions over 12 weeks, focused on the one pillar you need most — £1,300. Or begin with a single 90-minute intensive session for £250.

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 repeating the same patterns.
You get to choose differently.

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