

An Orientation for Coaching at a Threshold

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Opening

You may be here because something in your life or identity has reached a point of change.

Not fully collapsed.

Not fully resolved.

But no longer entirely true.

And what comes next is not yet clear.

This is a real threshold.

What This Work Is

This coaching is not designed to move you quickly toward answers, clarity, or a new identity.

It is a space to:

- orient to where you actually are in your process
- recognize patterns that are still shaping you
- stay in relationship with what is emerging, even when it is not yet formed

Rather than working toward a fixed outcome, we work with the threshold you are already inside.

What shifts is often subtle.

A change in how you see.

A loosening of what no longer fits.

How We Work Together

Whether we work together for **4, 6, or 8 sessions**, the structure is held lightly.

We are not moving through a fixed sequence.

We are responding to what is most alive in your process.

At different moments, we may:

- **Locate you in the living context of your life**
- **Notice patterns of a survival identity**
- **Sense into what is emerging**
- **Stay with the threshold itself**

These are not steps.

We may return to the same place more than once.

The Coaching Containers

The number of sessions shapes the **depth of the container**, not the outcome.

4 sessions

Opens a doorway and helps you locate yourself in the process.

6 sessions

Allows more space to stay with what is unfolding.

8 sessions

Supports deeper integration and a sustained relationship with the work.

None of these are designed to complete the process.

The threshold itself is the deeper container.

Investment

Sessions are 60 minutes.

You are invited to choose a rate that reflects your current financial reality:

\$225, \$250, or \$275 per session

Each rate supports the same work.

You can choose the container that fits your current threshold:

- 4 sessions
- 6 sessions
- 8 sessions

Some people prefer to pay session by session.

Others divide payment across our time together.

We can decide what feels most supportive when we speak.

If you feel called to this work but are unsure about finances, we can explore what is possible.

What You May Notice

You may notice shifts in how you see yourself.

Or you may recognize more clearly what has been there all along.

At times there may be insight.

At other times the work may feel quieter.

It is possible that nothing resolves in a visible way during our time together.

This does not mean the work is not moving.

After Our Time Together

What tends to stay is not a set of steps, but an orientation you can return to:

- noticing when an old identity is organizing your experience
- recognizing when something new is beginning to emerge
- allowing your process to unfold without forcing clarity

From here, some continue on their own.
Others choose further support.

An Invitation

You do not need certainty to begin.

It is enough to recognize that something in you is no longer who you were,
and not yet something you can name.

If that resonates, this work may meet you where you are.

Next Step: A Conversation

If you are considering working together, the next step is a brief conversation.

This is not a strategy session.

It is a space to sense:

- where you are in your process
- whether this work supports what is unfolding
- whether we are a good fit

[Schedule a Chemistry Conversation](#)