



Lion's Breath Counseling

Experiential Nature-Based Psychotherapy

**Get the most out of
coworking...**

**Become the best entrepreneur
you can be!**

The secret lies inside you. Find out how mindfulness, contact with nature and the experience of your own 5 senses can help you grow the business you're dreaming of.



- 🌀 Address procrastination
- 🌀 Communicate more effectively
- 🌀 Develop your life mission statement
- 🌀 Understand what makes other people tick
- 🌀 Design a work-life routine that works for you
- 🌀 Gain tools to increase innovation and creativity
- 🌀 Identify and release fears that hold back success



I have a unique background in international development with over 10 years experience helping social entrepreneurs and community groups transform their dreams into reality. I combine this with an MA from Naropa's Wilderness Therapy program and a desire to support people to reconnect with the land around them. I am inspired by work that brings together my mind, heart, body and soul, as well as, my trust in everyone's intrinsic wholeness.

**Call today for a free 30 minute consultation to see if we would be a good fit
(303) 997-2267 or find out more at www.lions-breath.com**

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