



— ROSINA BARNETT · CORPORATE HEALER

What if life could feel as good as it looks?

For people who want more out of being alive.

Are you done with getting through your life and ready to start enjoying it?

The Catalyst Day is an exclusive, private day built around you, so you can draw a line in the sand and have more agency in your life.

WHO IT'S FOR

When you keep pushing your feelings down to get through the day, your body starts to tell you. You get a tight chest, wake at 3am or feel tired all the time.

What mattered to us ten years ago may not be what matters now.

People come to me for one of four reasons:

- You want more life in your life.
- You want to stop ending up in the same situation.
- You want to trust yourself again.
- You want to feel like yourself again.

It could mean changing how you respond to people, rethinking your career, having the conversation you know is worth having or recognising that you want something different from this part of your life.



“I came to Rosina as I was kept being pulled into a difficult dynamic at work. Rosina asked questions that were so intuitive it helped us get to the crux of the issue really quickly. She draws on a whole host of techniques so it's not a generic coaching session. I could finally see the story I was telling myself, my own behaviour and how I was perpetuating part of the problem. I no longer feel the need to change the other person.”

EW, EVENTS DIRECTOR

Before we meet.

We start with a call about what's going on, what you'd like to explore and what you want from the day. You then receive your Human Design profile, a personalised hypnotherapy recording and a few simple practices to help you notice what your body is telling you.

NOTICE

Pay attention to what you keep thinking about, what interests you, what surprises you and what keeps coming back. Journal, make notes or record voice clips, whichever suits you.

HOW THE DAY WORKS

We start with your body: where you feel it, what it's reacting to and what it's been trying to tell you.

From there we follow it back to the story you've been telling yourself, where it began and the role you've been playing in it. We work with your body, your mind and your energy. You set the pace.

ONE DAY · IN PERSON OR ON ZOOM

HOW YOU'LL FEEL AFTERWARDS

You leave understanding your situation differently, calmer and with the agency to choose what you want next.

You take home tapping you can do on your own, your hypnotherapy recording and your Human Design profile. We talk again once you've tried things out at work and at home and started listening to your body.

WHAT CHANGES IN THE WEEKS AFTERWARDS

- You stop waiting for other people to change or to give you permission.
- You notice when your shoulders tense or your stomach churns and you know what it's telling you.
- You have the conversation you've been dodging and nobody bursts into flames.
- You say yes because you want to and no without needing to justify it.

Hello, I'm Rosina.

I spent 27 years in asset management. I loved the pace, the clients and the complexity. I also knew the politics, the pressure and the competitiveness that came with it.

For years I kept going through a family crisis, several knee operations and a redundancy, telling myself I was fine. My body disagreed. By 2019 my stomach, my back and my asthma were all telling me to stop. That became my line in the sand.

I kept telling myself I was fine. My body disagreed.

I spent the next few years learning to listen. I worked out the stories I had been living by and the roles I kept falling into. I moved from survival into peace and finally began to feel more alive.

I've always been tuned in to what's going on around me: the dynamics, the undercurrents and what might be driving what we see. I call myself a Corporate Healer because I know from the inside what corporate life can do to people. Now I bring 27 years of experience and a decade of personal work into a single day.



CREDENTIALS

Master NLP Practitioner

Hypnotherapy

Timeline Therapy

Advanced EFT Practitioner

Human Design

Reiki Level 2

EFT Practitioner at The Fountain Centre, Royal Surrey County Hospital

Other ways to work with me.

Focus Session

For one thing you want to get right.

2 TO 4 HOURS

For an interview, pitch, leadership meeting or difficult conversation. We work through what you want to say, what you might be asked and how to handle the unexpected. We also calm the nerves so you can think on your feet on the day. I draw on 27 years of preparing investment, sales and leadership teams for the meetings that mattered.

EFT (tapping)

When understanding alone isn't enough to change how you feel.

You tap on points on your face and body while we talk through the feeling, memory, belief or physical symptom. It calms your nervous system so the same situation stops setting you off.

Human Design Profile

A different way to understand yourself.

A profile written for you on how you naturally make decisions, use your energy and handle stress, work, relationships and money. You might read it and think "Well, obviously." Equally, you may read sections and think "Really?" It's something to explore and come back to over time.

Reiki

For when you need rest more than talking.

A Japanese energy practice that settles your nervous system, using light touch or hands held above the body while you lie fully clothed. In person in Guildford.

"Rosina has uncovered an overlooked, yet incredibly important, aspect of my wellbeing - my emotional wellbeing. To date, I had only considered my physical and mental wellbeing, without explicitly considering my nervous system and the critical role it plays. It has definitely made me feel better and the insights from the Human Design report resonated and affirmed my belief in this approach. They provided practical steps to help progress in a personal and professional context."

A.S., INVESTMENT CONSULTANT

TEAMS

Close the gap between the values on the wall and the culture people live.

ONE-DAY WORKSHOPS · IN PERSON

Most organisations know what they want their culture to be. Under pressure, people fall back on old habits, hold back what they think and spend more energy on each other than on the work.

Workplace wellbeing tends to focus on the mind. I also work with what stress does to people's bodies, reactions and working relationships, drawing on the muscle memory of 27 years in corporate environments.

THIS IS FOR YOUR TEAM IF

- Tensions are running high
- Change is unsettling people
- A few personalities are dominating
- Relationships are strained

"We left with a better understanding of our innate strengths and why we sometimes lock horns. It's made working together smoother and we have more respect for how each of us operates."

LEADERSHIP TEAM · FINANCIAL SERVICES, UK

GET IN TOUCH

Start with a conversation.

If not now, then when?

WHERE

Guildford, Surrey · Nationwide UK and Europe · Online worldwide

EMAIL

rosina@rosinabarnett.com

WEBSITE

rosinabarnett.com



We spend a fortune adding years to our lives. Let's put some life into those years.

