



What if life could feel as good as it looks?

For people who want to get more out of being alive.

The Catalyst Day

A dedicated day focused entirely on you so that you can draw a line in the sand and have more agency in your life.

— WHO IT'S FOR

By midlife, most of us have accumulated a fair amount of experience: careers, relationships, families, responsibilities, successes and disappointments mean we've learned a few things the hard way. We know how to get things done, how to deal with what life throws at us and how to keep going. It's exhausting.

What mattered to us 10 years ago may not be what matters now.

So what happens when you start questioning some of the things you've been accepting? When you give yourself permission to look at your life, relationships, work and yourself with fresh eyes?

The Catalyst Day gives you the time and space to explore what's really going on beneath the surface, make sense of what you discover and begin to see what could change.

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.

In the lead up to your Catalyst Day, we'll have a call about what's going on for you, what you would like to explore and what you want from the day.

You'll also receive a Human Design profile. This gives us an independent view on how you operate, what comes naturally to you and where you may find yourself going against your own instincts.

That first conversation is where the work starts. You'll have time afterwards to reflect on what we've discussed ahead of your Catalyst Day and I encourage you to pay attention to anything that arises.

It can be surprisingly revealing.

HELPING YOU TO PREPARE

I'll send you a short personalised guided hypnotherapy meditation, to help you prepare and connect with yourself.

I'll suggest some simple mindfulness practices you can use in your every day.

NOTICE

Notice what you find yourself thinking about. Pay attention to what interests you, surprises you or keeps coming back.

You may wish to journal, make notes or record voice clips. Whatever works for you.

HOW THE DAY WORKS

A whole day gives us time to deeply explore the challenges you are facing and begin to change your story.

We will delve into how you think, feel and respond as well as the beliefs and patterns that shape them.

Your day is personal and we'll work intuitively, drawing on body-based practices, emotional techniques and work around core belief and identity.

You'll go away with the tools you need to help you integrate and feel more like you. Expect more insight in the weeks that follow and possible ah-ha moments.

HOW YOU'LL FEEL AFTERWARDS

Your experience is your own. You might find your leave with more peace about what has been, have more confidence in yourself, feel excited about what could be or you've reclaimed the power to choose what happens next.

Hello, I'm Rosina.

I spent 27 years in asset management. I loved the work: the pace, my clients, the complexity. I also knew the politics, pressure and competitiveness that came with it. Over time my health suffered, my stress levels rose, I couldn't sleep and I found myself increasingly combative, frustrated and misunderstood. The environment didn't bring out my best side. I thought there was something wrong with me and my inner critic was scathing. I was desperate and craved peace.



Let go of the stories you are telling yourself.

In 2016 I was made redundant, bullied, mismanaged and pushed out. At the same time I was carrying a deeply personal experience I couldn't talk about, with no idea how much shame and embarrassment were shaping the way I related to myself and everyone around me. My body was struggling too: multiple knee surgeries, stress, poor sleep. In 2019 I reached rock bottom. That was my line in the sand moment.

I became curious about why certain people got under my skin. Why I kept finding myself in conflict. Why did I feel disconnected when I should have felt happy?

These questions opened Pandora's box. I invested a decade in understanding myself and others.

As the stories I was telling myself unravelled, the beliefs and values I'd built my identity around fell away and the toxic relationship patterns I kept repeating were replaced with healthy boundaries.

I had more space, more perspective and a clear vision for my life. I moved from survival into peace. I finally began to feel more alive.

I've always been tuned in to the emotional landscape around me. I notice the dynamics, the undercurrents and what might be driving what we see on the surface.

When I reflected on my journey I realised that I felt the most impact when I immersed myself in intensive sessions. Getting out of the day-to-day and connecting deeply with myself was the catalyst for significant and lasting change. That realisation informed what I offer you now.

I bring my 27 years of professional experience, a decade of deep personal work and everything I have learned along the way into the work I do with you.

There may be more to explore than you thought.

Ways we can work together.

STRATEGY & IMPACT

Focus Session

For one thing you want to get right.

Do you have an interview, presentation, pitch, negotiation, or difficult conversation you need to nail? We work out what you are going to say, how you want to say it, and what you will do if it goes somewhere you hadn't planned for.

For most of my 27-year corporate career I prepared leadership, investment and sales teams ahead of important meetings, interviews and pitches.

TAKE CHARGE

Emotional Freedom Technique

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

EFT, or tapping, is a somatic practice that works with the body as well as the mind.

We use gentle tapping on specific acupressure points while focusing on what you're experiencing, whether that's a feeling, belief, memory or pattern you'd like to change.

EFT is a simple technique that some people find helpful when something feels emotionally charged. We use it to explore what you are experiencing and where appropriate take some of the intensity out of it.

PERSONALISED PROFILE

Human Design

A different way to understand yourself.

Your Human Design profile looks at your natural strengths, decision-making style and energy. You might read it and think, "Well, obviously." Equally, you may read sections and think, "Really?"

It gives you another way to consider what comes naturally to you and what you have learned along the way from your environment and childhood conditioning. It is something to explore and come back to over time.

PEACE & CALM

Reiki

For when you need rebalancing.

A restorative session for when you need rest rather than analysis. This deeply relaxing session gives you space to settle and integrate without having to talk it through.

If you want to go deeper and work towards lasting change, then the Catalyst Day is for you.

A healthier, happier and more unified workplace.

I bring this work to teams and small groups through facilitated conversations, workshops and speaking gigs.

My corporate experience means I know a thing or two about what happens between people in competitive, pressured environments when team spirit breaks down. I combine that experience with behavioural, emotional and body-based approaches.

I help your team to foster a stronger sense of harmony, to communicate better and have the conversations they may be avoiding so that they can take ownership of their contribution to the office dynamic.

These sessions give them the skills to respect each other, welcome a diversity of perspectives and encourage an inclusive culture.

THIS IS FOR YOUR TEAM IF

Tensions are running high, personalities are dominating, productivity is down or relationships are strained.

GET IN TOUCH

I'm here to help you navigate this.

If something you've read here got you thinking, tell me what's on your mind and we can talk about how we can work together.

Did someone come to mind as you were reading? Send this their way.

EMAIL

rosina@rosinabarnett.com

WEBSITE

rosinabarnett.com



Curious? Let's talk

