Cultivating Presence: Your Input Requested

Hello Cultivating Presence Group,

I hope you're all doing well.

I'm reaching out during a time when grounding practices seem more crucial than ever. Whether experiencing a familial health crisis, as I recently have, or facing national and global calamities, a reliable practice can act as our emotional and mental anchor.

The practice I teach is an embodied, integrative approach that's particularly suited for healthcare providers. Not only does it ground, but it also helps prevent burnout, and allows us to be more present and effective in our professional roles.

What's Coming Up

Initial Workshop: On October 22, I'll conduct a private, foundational workshop for healthcare providers. If all goes well, more 2.5-hour workshops will follow.

I'd love your input on whether Saturdays or Sundays work better for you.
Weekly Practice: I'm proposing weekly sessions on Sundays at 6 pm PT.

Consistent practice is key to integrating these techniques into our daily lives, ultimately allowing us to navigate both personal and professional challenges more skillfully.

Tiered Contribution System

Recognizing the different financial circumstances that we all come from, I'm considering several options for these weekly sessions, and would appreciate your feedback:

- Sliding Scale: Pay what you can within a given range. (Suggestion: $20 – $80, monthly.)
- Premium Tier: a premium tier offering additional resources, such as a one-on-one session.
- Sponsorship Option: Help subsidize a lower-cost slot for someone else with a higher contribution.

Would you be interested in committing to this kind of regular, practical work under these flexible terms? And would you like to dive deeper into the material through a series of workshops?

To share your preferences and thoughts, please fill out this Feedback Form or reply to this email.

Looking forward to your responses.

Best,

Hilary Jacobson

P.S.: Share membership to this Newsletter with the following sign-up:

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