

# Sól Gonzalez-Jatar

## Liberatory Coaching for Healing, Justice, & Transformation



**is accepting new coaching partners!**

**Liberatory Coaching** supports people working for our individual and collective freedom from oppressive systems and towards more consensual and empowering ways of living. It connects a trauma-informed approach to coaching with the pursuit of justice by tuning into someone's essence, what they are being called to evolve into, and how their evolution can carry their interdependence and collective wellness. Through liberatory coaching, we turn towards our wholeness and practice embodying ourselves more authentically while bringing more feelings of choice and sweetness into our lives.

I am a Certified Healing, Justice and Liberation Coach, a Certified Life, Leadership and Executive Coach, space facilitator, seasoned campaign strategist, emergent meeting facilitator, and anti-oppressive organizational consultant working with individuals and collectives in weaving their everyday lives with their highest values, visions, and desires. I work with anyone wanting to cultivate more leadership, intention, compassion and felt liberation in their lives and ecosystems.

### **My coaching is especially suited to those:**

- Exploring the alignment between intuition, values, desires and their actions as leaders
- Desiring a deepened sense of belonging to self, to the land and to their relationships
- Looking to experiment with more intentional, decolonial ways of *being* in their organizations
- Willing to SLOW DOWN and disengage from urgency
- Seeking a way to make meaning of their life that centers Spirit, culture and community.

### **In our 1:1 sessions you can expect:**

- A consent-based approach that encourages your leadership in your own life
- Compassionate, multidimensional listening to support you in unearthing your own truths and wisdom
- Opportunities to tap into your body and spiritual knowing

### **Interested in learning more?**

Schedule a Free Discovery Call to see if we are a good fit at [calendly.com/solgonzalezjatar](https://calendly.com/solgonzalezjatar)!