

## HOUSE THERAPY COACHING

As a high achiever, your environment reflects your success – but what if it could also enhance your personal growth and relationships?

In the words of James Clear, author of "*Atomic Habits*," "Your habits change depending on the room you are in and the cues in front of you. Environment is the invisible hand that shapes human behavior."

### What is House Therapy?

House Therapy informed by Feng Shui, biophilia, and other wisdom traditions. It's a personalized approach to leveraging your environment for transformation.

### How Can House Therapy Help You?

- Self-Reflection: Explore how your surroundings influence your mindset and behaviors.
- Relationships: Enhance connections with yourself and others through intentional design.
- Goal Achievement: Harness the power of your space to align with your aspirations.
- Work-Life Balance: Create an environment that energizes you, your aliveness and vitality.

### Past Client Benefits:

- After revitalizing their home, the couple repaired and recommitted to a long term romantic partnership
- After renovating her stairs, this woman released 17 years of lone wolfing life to being able to ask, receive, and digest support and love personally and professionally
- After remedying energetic challenges in their home, this client discovered and connected with their large extended family that they didn't know existed.
- After working with the land qi, this couple cultivated intergenerational wealth building streams
- After releasing old boxes of photos from her marriage, this client eliminated patterns of unworthiness that had been stuck for years
- After making her bedroom her own, this client forgave her husband of 30 years and moved forward after an unexpected divorce

### 3 Month House Therapy Coaching Package:

- In-depth initial consultation: We'll start our work together in a 90-120 minute virtual consultation where we uncover the hidden dynamics and opportunities within your home.  
Personalized plan: We'll delve into your unique needs and aspirations to create a customized plan over the next 3 months.  
Bagua Map: You'll receive tailored insights for manifestation, energy enhancement, and power spots in your home, office, environment, and land through a bagua map that is specific to your space.  
6 x individual coaching sessions where I'll share practical techniques to shift the energy in you and your home and enhance your connection to yourself and your goals.  
Intuitive insights: This process will help you learn how to connect with your own knowing and the wisdom of your home to make clear and empowered decisions, even after the sessions are over.  
A comprehensive report, usually ranging from 12 - 15 pages long, this will become your manifestation guide (many clients return to it for years for ongoing support and inspiration)  
Weekly checkins: Stay supported and motivated throughout your journey with a dedicated space for naming, celebrations and insights.

**Investment:** \$4,950. *Comprehensive payment plans available upon request.*

#### Why Work with Me?

Your house isn't just a place to live – it's a vital component of your success plan. My House Therapy program offers tailored solutions beyond generic or transactional advice found online, and I bring over 20 years of expertise to this process with incredible results.

#### Ready to Transform Your Space and Your Life?

Let's embark on a journey to unlock the full potential of your environment. I'd love to help you create a space that empowers your goals, relationships, and overall well-being. Apply to work with me [here](#).

Who Am I?

I'm a certified House Therapist & Feng Shui Practitioner who has been helping individuals and couples align their homes, spaces, and land with their goals for over 20 years.

Amy Babish, MA, LPC, ATR-BC (she/her/hers)

Certified House Therapist & Feng Shui Practitioner

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*"Empower Your Environment, Empower Your Life."*