



DYLAN KAUFMAN
NATURAL HEALTH & DESIGN

Men's Health & Leadership Coaching

Coaching for Men Who Refuse to Drift Off Purpose: Energy for Today, Clarity for Tomorrow

Go from drained and distracted → clear, energized, and confident in work, love, and life.

Using somatic and embodied practices, I'll help you release stress at its root and reclaim a grounded, purposeful masculinity that leads with confidence and presence.

Why Now?

If you've been waiting for things to "ease up" before slowing down and focusing on what matters, you already know — they won't.

The longer you push through, the heavier the stress and disconnection set in. Burnout and isolation will make the choice for you if you don't make it first.

- You wake up tired even after a full night's sleep, or your mind won't switch off at night.
- You carry responsibility but feel like you're running on empty.
- You don't have people to talk to about the depths of what's important to you.
- You want to be strong and reliable — but inside, you're drained, overwhelmed, or easily triggered.
- You lack association with people who will push you toward your greatest potential.
- Or, you may feel stuck — unsure of your next step, restless, searching for direction.

This coaching is for men like you — whether you're building your future or carrying the weight of leadership — men who want to live with purpose and create a thriving world.

What This Coaching Is

A practical, embodied approach to restoring your energy, clarity, and presence — and reconnecting with the deeper intelligence of your body and inner self.

We use simple, grounded practices — breath, awareness, authentic expression, movement — to reconnect you with strength and purpose. No fluff, no pep talks. Just tools that bring you back to your natural state of clarity and vitality.

Through this work, you'll:

- Release tension and reset stress patterns.
- Reconnect with your body's natural intelligence.
- Gain clarity in your life direction and purpose.
- Communicate your emotions, goals, visions, and have accountability to progress
- Lead and love from presence, not pressure.

Outcomes You Can Expect

- **From overwhelmed → steady under pressure**
- **From flat and disconnected → energised and present with your partner, friends, or family**
- **From exhausted and unclear → confident, calm, and reconnected with a sense of meaning**
- **From restless or lost → aligned with your values, intuition, and direction in life.**

Imagine shutting off racing thoughts at night. Walking into work clear-headed. Meeting your partner's eyes with real presence. Or, having the confidence to know where you're heading and the energy to pursue it with focus.

What You Get

- 6 x 60min Private Coaching Sessions (over 3 months) — tailored somatic coaching session.
- Integration tools — simple, practical exercises to use between sessions.
- Reflection prompts — keep insights alive and applied to daily life.
- The Deep Path Package Additions:
 - Access to the Digital Practice Library of meditations, qigong and yoga videos for 3 months



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- Accountability & personal growth messaging (2-5 times a week)
- The Immersive Path Package Additions:
 - 3- Month Supply of high quality Health Supplements including multi-vitamins, omega 3s, and probiotics, and liver cleansing support
 - 15% off Upcoming Events and Day Immersions

Exclusive Bonuses (apply before December 6th)

- 60-min Kickstart Session → clarity and focus from day one.
- Accountability & personal growth messaging (2-5 per week) → stay steady and consistent.

Why Coaching Works

Small, Smart Choices + Consistency + Time = RADICAL DIFFERENCE

Information doesn't change lives — embodied practice, accountability and association does. When the mind and body reconnect, you access a deeper sense of clarity and inner guidance. This is practical personal growth: simple tools that bring you back to presence, build resilience you can feel in your body, and purpose you can trust — so growth and direction become natural.

Packages & Pricing

Tier	Descriptions	Investment
The Core Path	3-Month Coaching Journey with 6 Calls + Resources	NZD \$1,075 +GST Payment Link Here . 3 monthly installments of NZD \$375 +GST Payment Plan
The Deep Path	The Core Path + Digital Practice Library + Accountability	NZS \$2000 +GST Payment Link (or \$687 +GST/month x 3) Payment Plan
The Immersive Path	The Deep Path + 3-Month Supply Health Supplements	NZS \$3200 +GST Payment Link (or \$1090+GST/month x 3) Payment Plan
Foundation Session	One-Off Coaching Sessions	NZD \$195 +GST (60 mins) Coaching Session

I only work with 5 men at a time — to give full focus and deep support.

Guarantee

Unconditional First-Session Guarantee:

If after your first session you don't feel this is right, you'll get a full refund. No risk. Full respect.

About Dylan

I've always believed that how we live matters as much as what we achieve.

Even while studying and working in engineering — a field known for stress and long hours problem solving — I stayed committed to balance, rhythm, and wellbeing. My values of meaningful connection, regeneration, and life force helped me stay aligned with what truly matters.

Along the way, I discovered the power of somatic and holistic practices to ground energy, sharpen clarity, and unlock deeper presence. They became not just tools for balance, but a way of living and leading.

Today, as a Certified Mind-Body Coach, Yoga Therapist & Teacher, Deep Tissue Massage Therapist, Reiki Practitioner, Holistic Creative Arts Therapist, and Natural Movement Instructor, I bring this integrated background to help men reconnect with energy, presence, and purpose — so they can carry responsibility with strength, lead with clarity, and feel fully alive in their lives and relationships.

What Others Say

"Dylan has an amazing, focused, grounding presence. He truly holds space for you to be witnessed, seen, and heard. He listens deeply and guides gently, whether you need logical or emotional clarity and reflection."

"Dylan has helped me to dig deep into some very important questions and inquiries that hold a lot of value in investigating, and are tough enough that I am unlikely to have made such progress without"



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Dylan's support and guidance."

Jamie P., Educator

"Dylan's somatic coaching experience was calming, intuitive and creative. His guidance helped me tap into hidden insights about a romantic relationship in particular and provided clarity on feelings of freedom or being stuck."

Your Next Step

This isn't therapy. This isn't theory.

It's a path of embodied leadership — to reset your energy, clarity, and life direction.

Apply for a coaching package now to secure your place and bonuses.

Questions? info@dylankaufman.co.nz

Blessings!