

DYLAN KAUFMAN
NATURAL HEALTH & DESIGN

Men's Embodiment & Leadership Coaching

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

Go from drained and directionless → 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, sacred masculinity that leads with confidence and presence.

Why Now?

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

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

- You wake up tired, even after a full night's sleep.
- Your mind won't switch off at night.
- You carry responsibility but feel like you're running on empty.
- You want to be strong and reliable — but inside, you're drained.
- 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 refuse to keep running on empty.

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 spirit

We use simple, grounded practices — breath, awareness, 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.
- Lead and love from presence, not pressure.

This isn't about pep talks. It's about becoming steady, clear, and fully alive again.

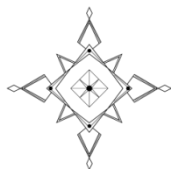
Outcomes You Can Expect

- **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, if you're younger — having the confidence to know where you're heading and the energy to pursue it with focus.

What You Get

- 6 x Private Coaching Sessions (over 3 months) — tailored somatic coaching + embodied practices each session.
- Integration tools — simple, practical exercises to use between sessions.
- Reflection prompts — keep insights alive and applied to daily life.
- Premium Package Additions:
 - Half-Day Virtual Immersion
 - ◆ Extended coaching + embodiment & breath practices
 - ◆ Guided integration exercises, reflection + vision mapping + journaling
 - Extended Support



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- ◆ Integration Journal Reviews, Voice Notes for real-time support, Weekly Check-In (15min), Personal Integration Report as a symbolic closing

Exclusive Bonuses (apply before Nov 1st)

- 90-min Kickstart Session → clarity and focus from day one.
- Personalised Guided Embodiment Audio (10–15min) → your anchor when stress hits.
- Accountability Check-ins (1–2 per week) → stay steady and consistent.
- Integration Guide (3-month package only) → your personalised roadmap for staying clear and grounded after the program.

Why Coaching Works

Because information doesn't change lives — embodiment does. When the mind and body reconnect, you access a deeper sense of clarity and inner guidance. This is practical spirituality: 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

- Single Session: NZD \$195 +GST (60 mins) [Coaching Session](#)
- Core Reset Package (Most Popular): 6 sessions / 3 months – NZD \$1,075 +GST (save \$95 vs single sessions) [Payment Link Here](#). [Payment Plan](#): 3 monthly installments of NZD \$375 +GST
- Premium Reset Package: NZD \$2,500 +GST
 - Core package + half-day online immersion
 - Extended support and custom practices for deeper clarity and momentum

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 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 reset — for your energy, clarity, and life direction.

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



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Questions? info@dylankaufman.co.nz

Blessings!