

# Weaving the Healing

## Kelly Lubeck, MPH, RYT, CHHC

Coach \* Healing Practitioner \*Public Health Practitioner \* Speaker



---

### *VISION:*

---

My vision is of a world of changemaking, leading and caregiving/ parenting that is woven together powerfully by a holistic approach, one that prioritizes well-being and healing, one that supports healed and whole humans.

For, when changemakers, leaders and caregivers who help to heal the world and its inhabitants focus on healing themselves and their nervous systems, they grow their capacity to lead and influence the direction of positive change in the world on an entirely new level.

When we heal the healers, their capacity is immense.

So many who are drawn to caregiving, leadership and changemaking come desiring to be of service, bring their hearts full and minds focused toward making change. Often, they also bring their own experience of unhealed trauma, hardship, and pain. And after years of giving, and often over-giving, they experience dis-ease and unwellness that signal the need for healing.

When we learn to go beyond accessing and channeling that empathy and understanding born of experience, when we grow our CAPACITY to lead from an authentic, healed, and whole place, our changemaking, parenting and creative solution-finding for the world's challenges are all enhanced, improved and up-leveled.

And the whole world benefits. Not only the team members, clients, patients, family members, partners, and colleagues - but all of those they touch. Personal healing has a generational and community-level ripple effect that is wide-reaching and powerful.

When our actions are projected from a healed state - a way of living, breathing and acting - it helps to awaken the power of the world to heal from that healed place.



---

## MISSION:

---

To help dedicated, socially conscious, service-oriented leaders, changemakers, parents and caregivers uncover and heal whatever is in the way of their most vibrant and authentic expression and service in the world.

I do this through helping them access new states of health, well-being, calm, purpose, deep inner knowing and clarity about their lives and the way they serve and caregive.

I use a variety of techniques, including compassionate and trauma-informed coaching, nervous system regulation practices, breathwork, mindfulness, yoga, health coaching, movement, shamanic healing and a variety of techniques and teaching frameworks to help people live and be well.



---

## SERVICES:

---

My services are offered along a continuum to help provide different levels of access, service and price points, aiming always to be accessible and inclusive in the teaching and healing.

I offer private one-on-one services, guided group programs, group retreats and workshops, and (soon to come) a collective membership space where we come together for healing in community.

### PRIVATE:

- **Private coaching and Healing Programs (virtual)**
  - Each includes a comprehensive intake and visioning session, private sessions, a beautiful Medicine Walk Mirroring Ceremony nature-based experience, and a completion ceremony, along with other gifts and experiences
  - Three private programs: Wise Woman 3 month program; Wise Woman 6 month program; Whole Woman 12 month program
- **Private coaching and healing sessions**
  - Minimum 3-session (60-75 min each) packages
- **Private or semi-private retreat**
  - Customized for participant needs
  - Half to full day



## GROUP:

- **THRIVE: From Struggling and Surviving to Vibrant and Thriving (virtual group program)**

A 6-week transformative program of healing, understanding and accessing the nervous system, learning new ways of BEING so that participants can serve and be in the world in a calm, easeful, healthy, intuitively connected, embodied way that helps them make clear decisions, serve and parent/ caregiver in more compassionate and calm ways, reduce the risk of burnout, and be a source of healing and well-being in the world.

- **Radical Self-Care Community Healing Retreats (virtual):**

- **Virtual retreats** in which participants explore (from the comfort of their own space) the healing medicine of community, find calm and stillness, witness and be witnessed, release what needs to go, cultivate what wants to grow, connect in beauty, and heal in community.
- They are offered space for virtual connection in breakout rooms and in the larger group.
- These retreats include nervous system calming, shamanic journeying, self-reflection, movement, mindfulness, breathwork, journaling, group sharing, art creation, quiet and healing.
- Different themes.
- Virtual retreats by Zoom (held monthly, 2.5 hours), sliding scale.

- **Retreats (in-person)**

- **Live, in-person retreats** to offer the healing medicine of circle and sacred space away from home, where logistics are taken care of for participants.
- In these retreats they can find calm and stillness, witness and be witnessed, release what needs to go, cultivate what wants to grow, connect in beauty, and heal in community.
- They are offered in-person connection in pairs and in the larger group.

- These retreats include nervous system calming, shamanic journeying, self-reflection, movement, mindfulness, breathwork, journaling, group sharing, art creation, quiet and healing.
  - Different themes.
  - Generally one full day, can offer 2-3 day retreats as well.
- **Organizational workshops**
    - **Retreats and workshops for organizations** wanting to support employee nervous system health, well-being and self-care.
    - Different themes according to the organizational need.
    - Workshops vary in length from 2 hours to 2 days.
    - Currently held virtually by Zoom.

**Coming soon:**

**Thriving Changemakers Healing Collective (virtual)**

- **A “lighter touch,” ongoing membership space** where changemakers, leaders, parents, and caregivers can come to find their center, learn self-healing and nervous system calming techniques, get accountability for their self-care and inner work, be in community of conscious changemakers and caregivers, connect meaningfully with others, heal in collective.
- We will gather twice monthly via Zoom for live healing and coaching - all will be recorded and available in an online platform for members to access at any time.
- The founding members group will help shape what this becomes, but initially we will begin with 2 calls monthly, and recordings of short teachings, breathing techniques, meditations and journeys will be available for members in the online platform.
- The founding members group is currently being invited in.
- This will begin in January 2022.





---

## BIO

---

Kelly Lubeck, MPH, RYT, CHHC, is passionate about weaving together her deep commitment to changemaking, serving the world, and conscious parenting, with her passion for holistic healing and wellness.

Kelly spent close to 25 years doing service-based work in the US, Latin America, the Caribbean and Africa. Throughout this time, she has sought to learn the keys to help individuals and communities heal on all levels. She earned her Master of Public Health from Columbia University.

After her own experience of unexplained illness and burnout decades ago, she embarked on a path of healing herself holistically, which led to studying multiple alternative healing modalities, including yoga, mindfulness, breathwork, shamanic healing, and nervous system approaches to healing.

She's dedicated the last 15 years to developing and delivering brain, body and heart healing and coaching services, programs, workshops and retreats to individuals and groups locally and around the world (virtual and in-person).

In all of her program offerings - from private to group - Kelly is committed to intentionally creating anti-racist, inclusive, trauma-informed spaces, in support of a healthy, vibrant planet where all humans are uplifted, honored, healed and healthy.

Kelly Lubeck, MPH, RYT, CHHC \* [kellylubeck.com](http://kellylubeck.com) \* [kelly@kellylubeck.com](mailto:kelly@kellylubeck.com) \* 646-319-5289