

Making Sense of How We Show Up

Spend a day untangling the patterns and dynamics that shape how you show up, so you can move through life with more confidence, choice, and freedom.

August 22, 2026

Online

Limited to 8 participants

INNERVOICE
— STUDIO —



Ever wondered...

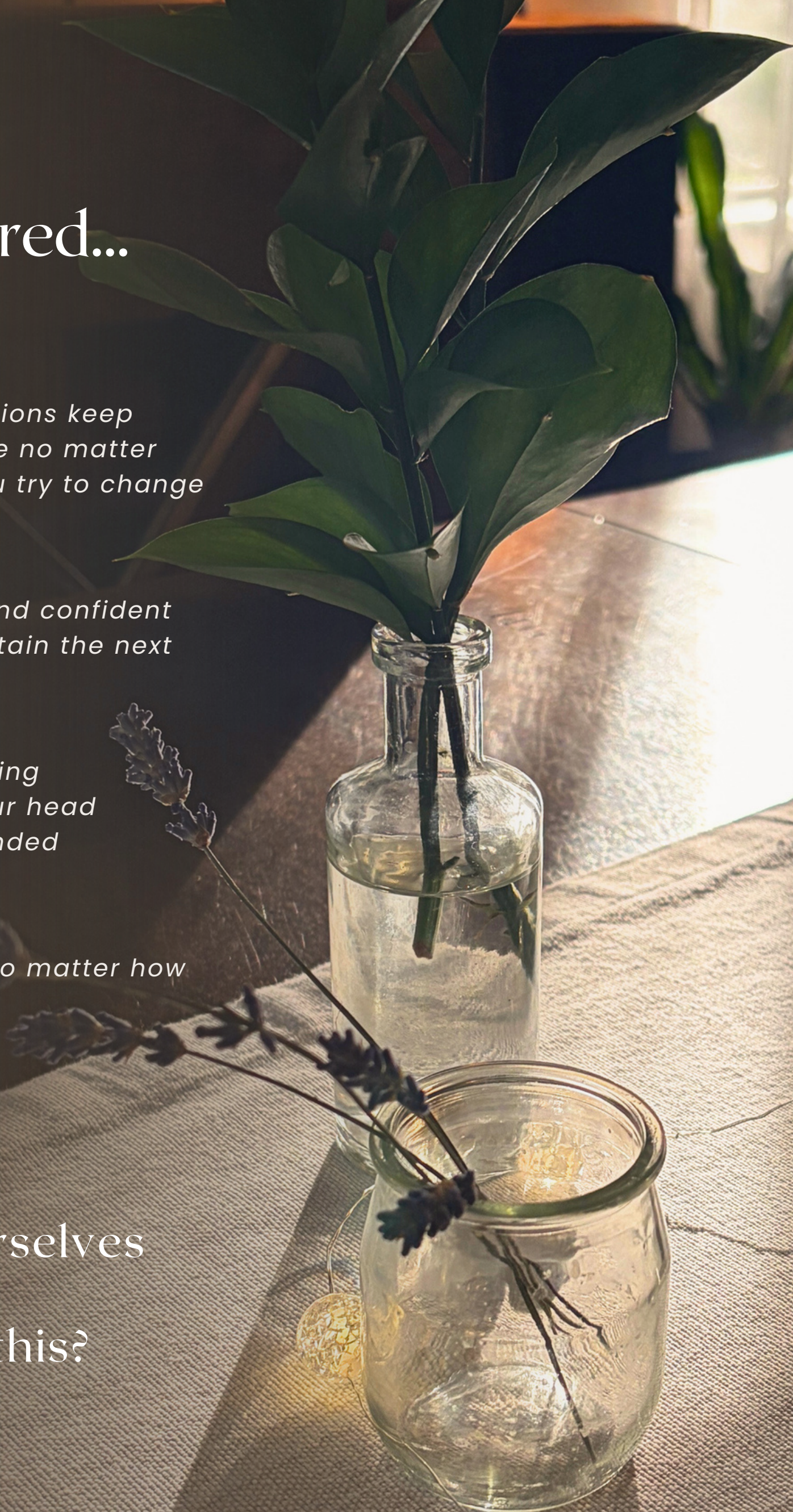
why the same situations keep repeating in your life no matter how many times you try to change

why you felt calm and confident one day...and uncertain the next

why you kept replaying conversations in your head long after they've ended

why you felt stuck no matter how many tools you try

We all ask ourselves
sometimes...
why am I like this?





There is
always more
influencing our
behavior than
we realize.

Some of those influences live
inside of us.

Some exist *in our relationships.*

Others are *all around us* or
moving through us.

Recognizing these influences
gives us back the power to
choose how we show up.

More choice.
More self trust.
More freedom.

Imagine if...

you found it easier to navigate conversations that used to leave you spinning

You began to interrupt patterns that used to feel inevitable

you could recognize what's happening in the moment...and finally respond differently

you could move through your life in better alignment with yourself

Maybe it doesn't happen every time.
We're not striving for perfection.

But, a lot more often.

Showing up differently is more possible than it sometimes seems.

It starts with you knowing you.

Like, really knowing you.

During our day together, we'll explore...

Noticing

- | how to recognize what's shaping our experience of ourselves and others
- | how certain conditions make some responses feel easier than others
- | how the stories we tell ourselves expand or limit what feels possible

Understanding

- | how patterns influence our communication, conflict, and connection
- | how our nervous system, awareness, and choices interact

Practicing

- | how to notice what's happening while it's happening
- | how small shifts create more choice, clarity, and agency

This workshop may be for you if...

you've learned a lot of tools and strategies, but they don't seem to work when you need them

you've done a lot of personal growth, but old patterns still seem to take over before you realize what's happening

you're ready to stop performing growth and start embodying more agency and freedom

part of you knows you're capable of more...you just haven't been able to fully access it yet

you're exhausted from trying to 'fix' yourself and ready to see yourself in a new way

You don't need to
show up with answers.

Just a willingness
to get curious.

Join us.

A day to notice what shapes us
and get more free.



SATURDAY, AUGUST 22, 2026

9:00 AM – 3:00 PM ET | 12:00 PM – 6:00 PM PT



LIVE ON ZOOM

Interactive, engaging, and supportive



LIMITED TO 8 PARTICIPANTS

Space is limited to ensure a deeper
experience for all.

THE EXPERIENCE:

Throughout this facilitated day, we'll reflect,
experiment, discuss, practice, and integrate
together. You'll have:

- | Individual support, partner conversations,
and group discussion
- | A digital workbook
- | Practices to continue your growth after the
workshop

INVESTMENT: \$495

Questions about payment plans or scholarships? Let's talk.



READY TO JOIN US?

Register at:
innervoicestudio.com/makingsense

HAVE QUESTIONS?

Email Sam at:
sam@innervoicestudio.com