

Experiences & Tools...
guiding you within a universe of possibilities.

POSSIBILITIES UNIVERSE

When we seek solutions from a place of circumstance or expectation, our options are limited to what's immediately visible.

By pausing to celebrate ourselves, embrace curiosity, and get creative without expectation we invite in ideas and possibilities beyond our current reality.



FAQs

What types of services and products do you offer?

We offer group workshops, guided experiences, keynote speeches, private hypnosis sessions, and creative tools designed to spark new possibilities.

Each offering is designed to inspire self-reflection and permission, disrupt perfectionism, and cultivate creativity and self-celebration within your team or organization.

Do you offer customized or tailored options?

Yes, all services and workshops can be tailored to align with your organization's goals, culture, and specific needs.

Customizations may include adapting session formats, focusing on certain themes (e.g., mindfulness, team dynamics, or leadership development), or incorporating your organization's mission into the experience.

How is pricing structured?

Pricing varies based on the scope and scale of the engagement. We offer flexible pricing models including per-session rates, bundled packages for multiple workshops or products, and discounted rates for larger commitments.

Detailed pricing quotes are available upon request based on your specifications.

MEET LAUREN BEST

As an Experience & Transformation Designer, Certified Hypnotherapist, and the Founder of Possibilities Universe, my work is shaped by meaningful synchronicities and imperfect moments.

In 2020, the pandemic uprooted my life abroad, leading me to explore wellness modalities and discover hypnosis—a transformative tool that rewired my beliefs, calmed my nervous system, and reconnected me with my intuition.

Combining this personal transformation with over a decade of experience as a Business Transformation Consultant and Service Designer, I specialize in crafting impactful workshops and programs that bridge the subconscious mind with strategic and intuitive thinking. I've partnered with organizations globally to co-design human-centred experiences that enhance productivity, resilience, psychological safety, and creativity.

These sessions integrate hypnosis, subconscious reprogramming, mindfulness practices, and the art of self-celebration to help teams reduce stress, unlock creative potential, and foster new perspectives. By creating a safe space for self-expression and intuitive exploration, participants are empowered to honor their accomplishments, embrace innovative ways of working, and build confidence to pursue bold solutions.

This passion inspired Possibilities Universe—a space for exploration, self-expression, and reimagining possibilities in life and work, empowering individuals and teams to thrive in dynamic environments through creativity, celebration, and connection.





GROUP WELLNESS JOURNEYS & HYPNOSIS EXPERIENCES

In-person, online, hybrid to accompany
your wellness program, retreat, or
development day.



**POSSIBILITIES
UNIVERSE**

WELLNESS EXPERIENCES



Permission to Celebrate Yourself *Signature Workshop & Series*

60, 90, 120-minute interactive Workshops
or 5-session Workshop Series.

Option for Celebrate Yourself Card Decks to be included
for each participant.

Investment starts at \$1000+.



Mindful Sessions *Special Workshops & Talks Catalog*

60 to 90-minute interactive talks.

Celebrate Yourself Card Decks included for each participant.

Investment starts at \$1000+.



Disrupting Perfectionism *Keynote Speech & Workshop Series*

90-minute interactive Keynote Speech
or 6-session Workshop Series.

Celebrate Yourself Card Decks included.

Investment starts at \$1000+.

SIGNATURE WORKSHOP

Permission to Celebrate Yourself

When we celebrate ourselves we experience deep feelings of pride, self-love, and resilience.

This signature group workshop is all about creating a supportive space where you can dig deep into self-discovery and connect with others in a new way by offering an opportunity to celebrate ourselves in a world that often overlooks the value of personal reflection.

Collectively participants can give themselves permission to celebrate and foster lasting resilience, clarity, and alignment in their lives.



SIGNATURE WORKSHOP

Permission to Celebrate Yourself

Intuitively led to provoke possibility.

A dynamic and interactive session that guides participants to shift from self-criticism to self-appreciation by tapping into the power of their subconscious mind.

Through guided reflection, guided visualization using hypnosis, journaling, and uncovering invitations for self-permission, this workshop fosters confidence and creativity to embrace progress over perfection.

THE EXPERIENCE INCLUDES...

- Community-style sharing to cultivate connection and insights thought-provoking prompts using the Celebrate Yourself Card Deck.
- Gentle reflective exercises to spark personal and professional growth.
- Guided visualization experience to connect to the possibilities within the subconscious mind using hypnosis.
- Somatic awareness practices to anchor self-celebration.
- Journaling prompts for deeper self-reflection.
- A gift of self-permission to walk away feeling grounded and confident.



SIGNATURE MINDFUL SESSION

Tea & Talk

Like a lunch & learn... but softer, slower, and more soulful.

A relaxed, conversational experience that brings teams together for an intimate discussion on self-celebration, intuition, and embracing possibilities.

Over tea (or a beverage of choice), participants engage in open dialogue, storytelling, visualization, and guided reflection.

THE EXPERIENCE INCLUDES...

- Lightly guided conversation with thought-provoking prompts using the *Celebrate Yourself Card Deck*.
- Community-style sharing to cultivate connection and insights.
- Gentle reflective exercises to spark personal and professional growth.
- A micro visualization exercise to connect to inner-intuition.
- A gift of self-permission to walk away feeling grounded and confident.



WORKSHOP SERIES

Permission to Celebrate Yourself

Collective Celebration for Connectivity

A 5-week, multi-session journey that expands on the Signature Workshop, offering continued support for lasting transformation.

Each session builds on the last, helping participants integrate self-celebration into their personal and professional lives.

THE EXPERIENCE INCLUDES...

- Progressive self-celebration framework for sustained growth.
- Subconscious visualization exercises for mindset shifts.
- Personalized strategies for embracing imperfection in work and life.
- A gift of self-permission to walk away feeling grounded and confident.

WHAT TO EXPECT...

These workshops can be customized for online, in-person, or hybrid experiences; to your group size; and to the special needs of your audience, but will always include the following elements:

Space to Reconnect

A safe, supportive environment to slow down, get out of your head, and into your heart and body.

Self-Celebration

Draw inspiration from a random card pull from the 'Celebrate Yourself' deck, offering reflections to anchor in our collective focus for the workshop.

Customized Guidance

Share what's on your mind and heart, leading to a personalized hypnosis session that addresses the unique desires and challenges of participants on a subconscious level.

Reflection

After the guided hypnosis, explore your insights through intuitive journaling and/or group sharing to identify the permission slip you're ready to write for yourself.

Empowerment & Alignment

Leave feeling rejuvenated, connected, empowered, and aligned with your authentic self, ready to embrace the joy of celebrating who you are alongside others on a similar path.

SPECIAL WORKSHOPS & TALKS CATALOG

Mindful Sessions

Let's co-create an interactive mindset workshop / program, signature talk, or expansive writing experience to accompany your wellness day, conference, lunch & learn, personal development program, community event.

POSSIBILITIES INCLUDE...

Emotional Intelligence & Leadership Development

Harnessing Emotional Intelligence for Personal & Professional Growth
Journaling for Emotional Intelligence & Self-Awareness
Reclaiming Your Power by Tapping Into Intuition
Navigating the Overwhelm of Being Seen and Sharing Your Story
Define Values and Vision for Strategic Decision Making
Connecting to Your Intuition and Embracing Self-Trust

Mindful Entrepreneurship & Business Resilience

Tap Into an Abundance Mindset for Business
Navigating the Fear of Being Seen
Disrupt Perfectionism to Unlock Creativity
Inner-Child Healing for Entrepreneurial Success
Craft a Resilient Mindset Through Visualization
Less Hustle, More Flow by Working Easier, Not Harder
Finding Comfort in the Unknown by Upgrading Your Mindset
Take Aligned Action Using Design Strategy and A Supportive Mindset Practice

Employee Wellbeing & Mental Health

Overcoming Self-Sabotage: Healing Through Self-Compassion & Hypnosis
Learning to Soothe: Somatic Practices for Stress Relief
Mindful Relaxation: Movement / Breathwork / Hypnosis
Somatics, Breathwork, Hypnosis & Free Movement
Mental Calmness: Guided Hypnosis Visualization Experience
Design a Holistic and Simple Self-Care Plan
Give Yourself Permission to Prioritize Your Health

Growth Mindset & Personal Development

Disrupting Perfectionism Through Self-Permission, Celebration & Possibility
Redesigning Your Beliefs and Life Using the Subconscious Mind
Lessons I Had to Learn to Begin Healing Myself
Upgrade Your Mindset by Tapping into the Subconscious Mind
Let Go of the 'Why', the 'How', and the 'What' to Align to Your Higher Purpose
Embrace Your True Self: A Journey of Self-Permission Through Hypnosis & Journaling
The Importance of Celebration

Goal Setting & Intentional Living

New Moon Intention Setting Workshop
New Year Workshop: Design Your Dream Life
Intention Setting to Drive Forward Your Goals
Uncover Opportunities for Self-Permission
Embody, Energy, Manifest: EFT Tapping, Reiki, Hypnosis & Journaling

Creativity & Innovation in the Workplace

Innovating Through Creativity and Imperfect Action
Celebrate Yourself & Your Creative Vision
Embracing Creativity & Possibility to Heal & Transform
Release, Envision, Energize: A Healing Journey for Creatives
Connect to Your Vision Masterclass

Stress Management & Mindfulness in the Workplace

Moving Through Overwhelm with Somatic Mind-Body Practices for Business Success
Role of the Mind-Body-Heart-Intuition Connection in Releasing Physical Pain and Blocks
How to Build Confidence in Your Writing

& MORE

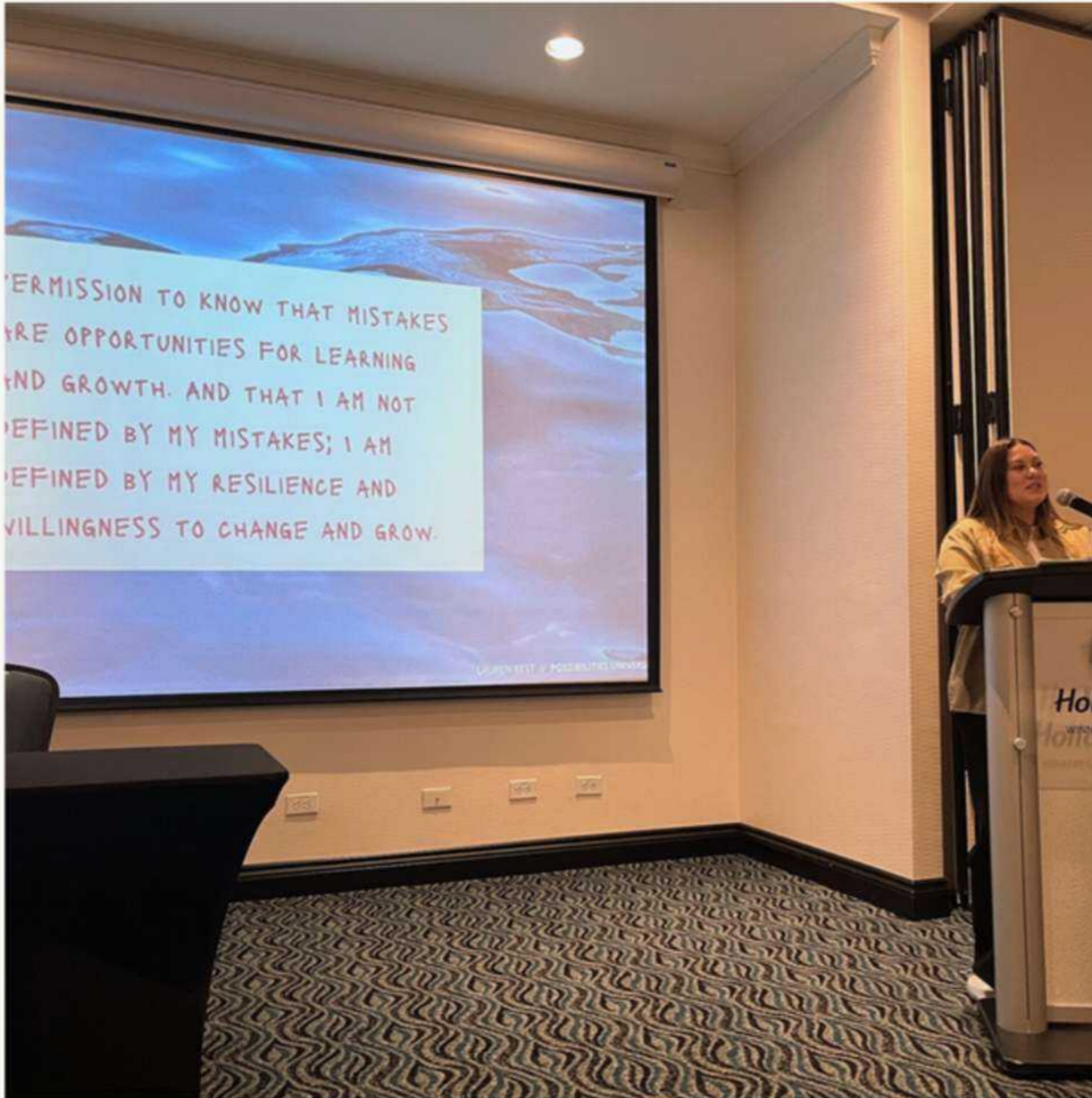
KEYNOTE & WORKSHOP SERIES

Disrupting Perfectionism

Perfectionism is a killer for innovating, taking action, experimenting, and having fun. It also shows up as procrastination, fear of failure and judgement, which can stop us from taking any action at all.

Together through our Signature Keynote Speech or 6 Week Workshop Series we'll explore how granting ourselves the freedom to make heart-intuition-led decisions can help us reclaim our most magical qualities and break free from perfectionist tendencies.

These experiences are designed to make it easy to challenge perfectionist ideologies and outgrow perfectionist tendencies while introducing expansive and innovative habits for sustained growth.



KEYNOTE SPEECH

Disrupt Perfectionism

Self-Permission, Celebration & Possibility

What if, instead of waiting for external permission, we embraced imperfection?

This keynote sheds light on the power we unknowingly give away while striving to show up perfectly in life and work.

Together, we'll explore how imperfection might hold the key to unlocking greater potential and happiness, and will dive into the transformative impact of making heart-led, intuitive decisions to disrupt perfectionism and create from a place of creativity and possibility.

A hypnosis-guided experience will invite profound shifts, replacing limiting beliefs with confidence and resilience, and empowering decisions free from the influence of external expectations.



WORKSHOP SERIES

Disrupt Perfectionism

Take Innovative Action

This 6-session workshop series will take you on a journey to decondition from perfectionist habits and stories that are keeping you playing it safe instead of innovating:

1. Understanding Perfectionism and its Impact on Innovation
2. The Power of Embracing Imperfection and Possibility
3. Navigating Fear of Failure and Judgment
4. Cultivating a Culture of Valuing Experimentation
5. Taking Bold Action and Building Resilience
6. Unlocking Creative Energy, Celebrating Progress and Sustaining Change

HAPPY HUMANS

"I thought I would need more help in creating ideas, but as we processed together, I was shown that the real work was trusting the seeds that I've planted, and the next step was to give myself permission to call in the support systems to activate my vision.

I came out of the session feeling aligned in my head and heart. I highly recommend Lauren as a wonderful guide to marrying the emotional attunement necessary with the goals we all want to achieve!"

- **Lydia Lee,**
Work Reinvention Coach at
Screw the Cubicle

"Lauren recently led some members of my translator community through the most beautiful guided, virtual hypnotherapy session.

She spent considerable time listening to each of us share our personal struggles to customize the experience to our group. It was very clear that each one felt very safe with her and had a deep experience of relaxation and a heightened sense of self-awareness."

- **Kim Jacob,**
Founder of Treehouse Collective

"We had Lauren join us for our annual professional development conference. Lauren is an excellent speaker with a very important message that really resonated with our group.

Highly recommend her session on disrupting perfectionism and writing our own permission slips!"

- **Marc Colatruglio,**
President at Association of Assessing
Officers of Manitoba





TOOLS FOR SELF-CELEBRATION & SELF-PERMISSION

Card deck, expansion guide, sticky notes,
meditation/hypnosis audios.



**POSSIBILITIES
UNIVERSE**

INTERACTIVE TOOLS



Celebrate Yourself Card Deck

The 50 prompts in this deck will guide you to discover the beauty in the everyday, find wisdom in setbacks, and uncover bliss in unexpected surprises — illuminating the importance of honouring every nuance of your journey, no matter how subtle.



Expansion Book

Designed to complement the Celebrate Yourself Card Deck with introspective and invitation tools to accompany each prompt.



Permission Slips

Sticky notes that invite you to write yourself the permissions you need—whether it's something you're ready to experience, claim, let go of, say no to, say yes to, or embrace



Permission to Celebrate Bundle

Bundle the Celebrate Yourself Card Deck, the Celebrate Yourself More Expansion Guide, and three packs of the Permission Slips Sticky Notes.



Branded Bag

Dress up the interactive tools with custom branded with your logo x Possibilities Universe.

PRICING

Celebrate Yourself Card Deck

\$44 each

Celebrate Yourself More Expansion Guide

\$44 each

Permission Slips Sticky Notes

50 slips per pack

\$11 per pack

\$30 for three packs

Permission to Celebrate Bundle

\$111 each

Branded Bag

pricing available upon request - based on quantity

**option for items to be discounted and priced into a talk or workshop offering*



POSSIBILITIES FOR CONTINUED SUPPORT

Continued private and group mindset sessions to carry the momentum of implementing wellness and transformation.

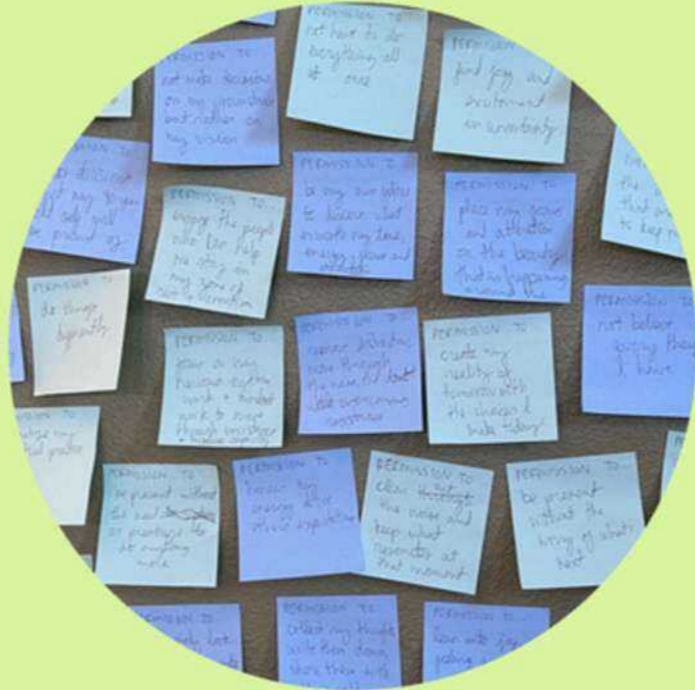


CONTINUED MINDSET SUPPORT



Private Hypnosis Sessions

One-on-one sessions to work through limiting beliefs, creative blocks, intuitive problem solving, strengthening confidence, leadership queries, and more.



Monthly / Quarterly Workshops

Options for intuitively led, Permission to Celebrate Yourself Sessions, or a series of Custom Workshops.



Hypnosis / Meditation Audios

Choose from our exclusive audio library or request a custom audio to support the continued transformation of your group.

FAQs

What makes the tools and philosophy of Possibilities Universe unique?

Possibilities Universe is built on a foundation of celebrating imperfections, embracing intuition, and fostering creativity.

Our tools and experiences are designed to help individuals and teams connect with their authentic selves, explore new possibilities without fear of failure, and cultivate a mindset of curiosity and self-celebration.

This approach disrupts traditional perfectionism and creates space for growth and innovation.

How do the tools (like the Celebrate Yourself Card Deck) support professional development?

The Celebrate Yourself Card Deck and accompanying guidebook are powerful tools for introspection and team-building.

They promote self-awareness, encourage small but impactful celebrations, and provide actionable prompts for exploring creativity and self-compassion.

These practices help reduce burnout, improve emotional intelligence, and foster a culture of positivity and collaboration within teams.

How can these products & services improve team dynamics, creativity & innovation?

By fostering self-celebration and experimentation, these tools empower individuals to feel valued and open to new perspectives. This creates a ripple effect in team dynamics, encouraging trust, collaboration, and open communication.

Open-mindedness, free from the pressure of perfection, sparks creativity and innovation. Teams feel safe to take risks, explore diverse ideas without feeling like they need to have all of the answers, and uncover bold solutions, driving breakthroughs and fostering a culture of growth and curiosity.

FAQs

Are your services suitable for leadership teams?

Yes! Leaders benefit greatly from our philosophy as it helps them model self-compassion, intuition-driven decision-making, and celebration of team wins—big or small.

These tools equip leaders to cultivate environments where teams feel safe, supported, and inspired to take meaningful action.

What is hypnosis? And how does it work?

Hypnosis is a natural state of focused awareness and relaxation that allows individuals to access their subconscious mind, where deep beliefs and patterns are stored.

In this state, the conscious mind—the part that often overthinks, analyzes, or doubts—steps aside, creating space for deeper insights, creativity, and change.

Far from the dramatic portrayals in pop culture, hypnosis is a safe, evidence-based practice used to address habits, beliefs, and emotions that may be holding someone back.

Why do you incorporate hypnosis into your services?

By incorporating hypnosis, we help individuals and teams overcome limiting beliefs, release self-sabotaging behaviours, and unlock their full potential.

This approach supports lasting transformation, greater clarity, and the ability to embrace new possibilities with confidence.

It's especially effective for addressing challenges like perfectionism, fear of failure, and self-doubt, making it a valuable resource for personal and professional growth.

POSSIBILITIES UNIVERSE

**CURIOUS TO EXPLORE
POSSIBILITIES
TOGETHER?**

Email: hello@lauren-best.com

LEARN MORE

