

Your Soul-Led Trip OF A LIFETIME

FIND YOUR SOUL HERE

TRAVEL • ADVENTURE • REVELATION


Every once
in a while,
life whispers
“it’s time.”

The MOMENT

You've reached a point where things just don't feel as good as you want or need them to.

Something is missing or feels off. Maybe it's one thing. Maybe it's many things. Maybe it's everything.

For most women, these times often follow a painful breakup, a job redundancy, a death or illness in the family, or simply reaching the end of their tolerance with work or another life situation.



Whatever your story, you're aware that you simply cannot go on like this. And yet, you know that "taking a break" or going away for a long weekend won't even begin to address the scale of what you truly need and desire, even though you wish it would.

Perhaps you've tried just waiting it out, hoping that things would change, emotions would pass, or that you would learn to be okay with whatever has transpired or is still happening.

The truth is, something inside you knows that this is not going to happen without something significant taking place. Something life-changing that will bring you fully back home to yourself, your center, and your truth.

It's time to claim this for yourself.

This is where a soul-led trip of a lifetime enters the picture.

You may never have considered something like this for yourself and might not know anyone who has taken this type of trip before. But if you're honest, you need a serious pattern interrupt. A new opportunity. Not just to get away, but to find yourself in a whole new way, far enough away from the life you're currently living to gain a new, fresh perspective on life.

A soul-led trip of a lifetime, the Find Your Soul Here way, is not an escape. It's an opportunity to find yourself in the most potent way possible, free from the concerns of your normal day-to-day life and the things that have been bringing you down. It's a chance to give yourself the incredible gift of feeling truly free and in a position where you can discover what matters most, and to come out the other side knowing who you are, what you want, and what your next moves are when you return to your everyday life.



The FIND YOUR SOUL HERE Approach

I believe that if you're going to take a journey like this, a one-time-only, make-it-really-count type of trip, make it the absolute best it can be.

It can be all too easy or tempting to simply book some time away, hop on a plane and think that some meditating or journaling on the other side will be all you need.

The truth is, if your life has become too heavy or hard to bear, or you simply feel that each extra day is slowly eating away at your joy, you need a clear, detailed plan and a level of thoroughness that is going to give you everything you need to NOT go back there again. Anything less is simply a temporary fix.

This is why I developed the Find Your Soul Here approach.

Based on my own personal experiences and knowing first-hand what it's like to keep pushing through for so much longer than necessary, the Find Your Soul Here approach has been designed to give you literally everything you need to take this life-changing trip, but most importantly, to receive the clarity and answers that you went for, plus so much more.



Why TRAVEL?

Our usual environments serve only to reinforce a life that already exists. In staying where we are, we tend to loop or circle familiar patterns and routines. This is why we stay feeling stuck.

Going somewhere new *guarantees* that a new perspective becomes available.

Whether you travel three hours away or to a whole different continent, in doing so you automatically free yourself up to see and experience yourself, your life and whatever has called you to take the trip in the first place, *differently*.

Travel is what enables the newness, the space and a whole new world of possibilities to enter.

Travel provides the freedom to explore and the context for your next chapter to reveal itself. It provides the backdrop for a different storyline to emerge.





Why SOUL-LED?

Most of us are so busy being busy that our soul rarely gets a look-in – until we reach a crisis point or simply cannot go on as we have before.

Your soul is what has called you here. It is also what holds the answers and clarity that you seek.

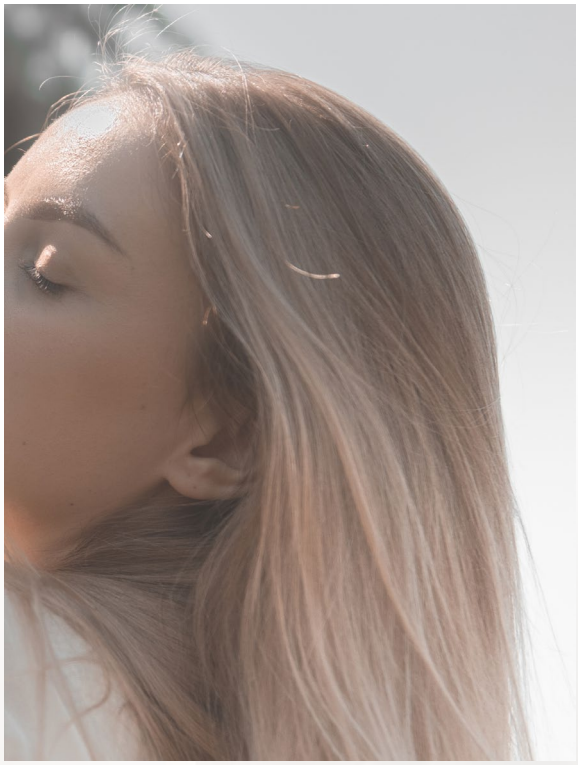
Hearing your soul clearly is so much easier when you take yourself away from the noise and busy-ness that is your norm. And easier *still* when that is the sole purpose and focal point of the trip.

This is why a soul-led trip is the single most perfect way to get everything you need and more.

However, a soul-led journey doesn't simply mean answering the call of your soul to take the trip in the first place or focusing on connecting with it once you are there.

The Find Your Soul Here approach is about allowing your soul to *lead you* in *every* aspect of your journey – right from the creation of it, all the way through the trip itself and out the other side.

This is what will set you up for an extraordinary trip from the beginning.



This is what will enable you to receive the deeper, more valuable experience and insight that you seek.

This is what will enable you to receive the guidance that you've been trying to reach.

This is what will support you in accessing the necessary honesty within yourself and making any tough decisions you may have been avoiding, or that felt impossible to participate with while at home.


The answers
you seek
are already
within you.

Introducing the S.O.U.L. JOURNEY

Still. Open. Unfold. Live.



Sitting in a different place, far from home, meditating or praying for guidance will only get you so far.

To gain the clarity, peace, guidance and whatever else your soul is calling for, you need *structure*. Structure is what will give your trip form and focus, and enable the transformation that you seek. It is also what will enable your trip to be the soul-led trip of a *lifetime*.

Enter the S.O.U.L. Journey.

The S.O.U.L. Journey is a guided process that begins when you arrive at your destination. It gently leads you step-by-step from leaving the noise of everyday life into receiving the guidance that you're looking for AND just as importantly, starting to step into the new choices and reality that your soul is calling for *while you're away*.

Rather than seeking answers through constant doing, you'll learn to slow down, listen, and reconnect with the wisdom inside you that has been waiting to be heard.

There are four phases of the S.O.U.L. Journey, with multiple steps in each phase. The map is laid out thoughtfully and intentionally to provide the structure that enables your trip to be what you *need* it to be, as well as shaping it into one of the most memorable and defining experiences of your life. This is truly what changes this from a much-needed break or bucket list trip to one that has the potential to change you forever.

S STILL

Slow down. Create space. Quiet the external noise and allow yourself to fully arrive. Transformation begins in the stillness.

O OPEN

Release expectations, distractions, and mental clutter. Become open to receiving insight, clarity, and guidance in unexpected ways.

U UNFOLD

Rather than searching for answers, allow them to emerge naturally. Notice what repeats, what moves you, and what your soul is revealing.

L LIVE

Carry your insights beyond the journey. Return home with renewed clarity, intentional choices, and a deeper connection to the life your soul is calling you to live.

Soul-Aligned DESTINATIONS



The place where you spend time shapes what you notice and influences how you feel.

Just as every woman is different, the environment that best supports her journey will also be different.

Your destination isn't chosen simply because it's beautiful.

It's chosen because it creates the conditions for what your soul needs most in this season of your life.

The following environments each offer something different. It's not about which one you think is the most beautiful, fun or extraordinary. It's which one feels like what your soul is drawn to right now.


The perfect
destination is the
one your soul
needs the most.

RUSTIC



















UNTAMED

COASTAL















URBAN





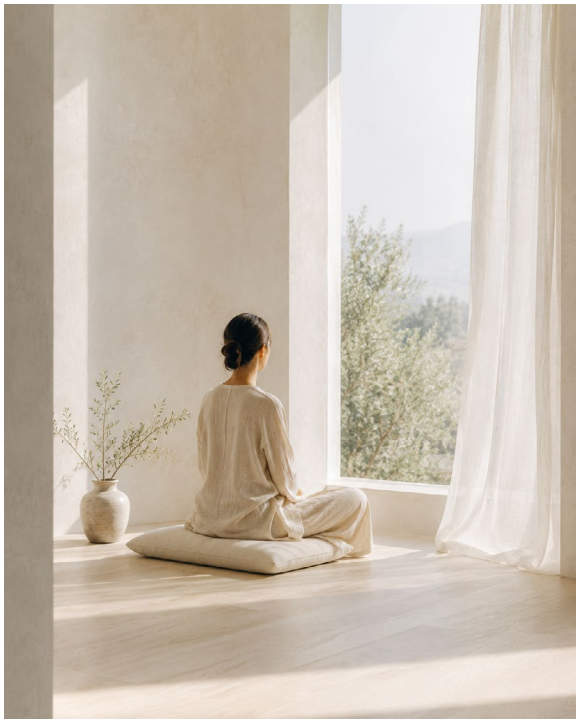






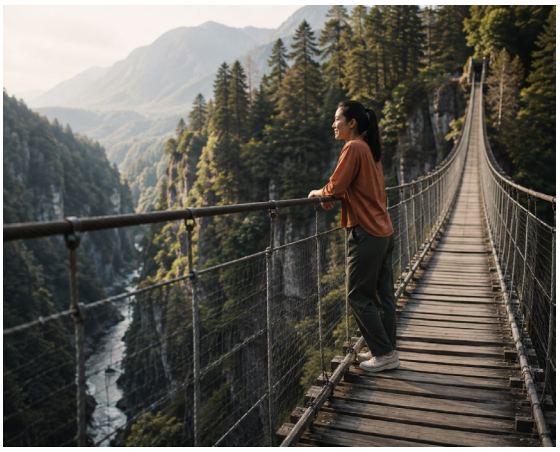






SERENE

ADVENTUROUS





















GLAMOUROUS

CULTURAL









What is CALLING YOU?



Has your imagination ignited as you've turned the pages?

Maybe it's to a place you've always felt drawn to.
An awe-inspiring landscape.
A city you've never forgotten.
Or the feeling that it's time for something different.

You may already be asking yourself…

- Where have I always been curious to visit?
- Is there a destination that keeps calling me?
- Which environment feels most like what my soul needs right now?
- When would I love to take this journey?
- What investment feels right for me?
- How will I know which destination is the right fit?

You don't need to have everything figured out. The right destination often begins as a feeling before it becomes a place, and even budgets can magically expand as your inner alignment increases.

What you are seeking
is also seeking you.



ABOUT *the* FOUNDER



Hi, I'm Jen and I created Find Your Soul Here after reaching a point in life when I thought, "this can't be all there is." I was functioning on autopilot, doing what I thought I *should* do, while giving very little time and attention to myself. I knew I couldn't keep going that way. Something had to change.

I went on a 3-day retreat and, for the first time in my life, took intentional time away from everything to focus solely on me. Time to evaluate where I'd been, what I truly wanted, and who I was becoming. With that space came the clarity that shifted everything.

I created Find Your Soul Here for women who have reached that point and know they cannot continue as they are. I've made it easy for you to have an extraordinary experience no matter where you live or what your budget.

My STORY

Within a span of a few years, almost everything I knew about who I was began to change.

In 2022, my mom was diagnosed with cancer. For the six months she fought to live, I spent every day with her while continuing to work my corporate job because taking a leave wasn't financially possible. After she passed, my attention shifted to helping care for my dad as his health declined.

The day after moving my dad closer to me, I met an amazing life coach who began asking questions I hadn't made space to ask myself: What did I need in this phase of my life? What was my soul asking for now? A year later, she guided me through a Soul Retreat that changed everything. For the first time in years, I started listening to myself instead of focusing solely on what everyone else needed from me. That experience sparked the idea that became Find Your Soul Here.

In early 2026, I left my demanding corporate career. A few months later, my dad's health declined even more. By this point, because his health had continued to steadily decline, he was living in a care facility back in his original home state.

I let my soul choose a unique and wonderful destination. I followed the steps. And I did indeed find my soul there.

Sensing that this time was different, I flew back to be with him, and he passed away five days later. I thought having been through profound loss before would somehow prepare me. I was wrong.

Beneath the grief, something else was happening. I had left the career that had defined me for nearly 14 years and was no longer living in the role of daughter and caregiver. I hadn't realized how much of my identity was wrapped up in those roles until they were suddenly gone. At the same time, years of stress seemed to catch up with me, and this time, I wasn't simply bouncing back.

So I did something different. I took myself on my own S.O.U.L. Journey.

I let my soul choose a unique and wonderful destination. I followed the steps. And I did indeed find my soul there.

It was one of the best decisions I've ever made.

It didn't erase what I'd been through. But it helped me see who I was becoming and intentionally choose how I want to live the next chapter of my life.

Now it's YOUR turn!

Here are the four different ways you can be supported to plan and take your own soul-led trip of a lifetime using the Find Your Soul Here approach.

Whatever your situation and whatever your budget, there will be a way you too can receive the space, freedom and break-from-the-norm you need to receive the guidance you are seeking.

BOOK

A self-paced, soul-led process you move through on your own. It will guide you with clarity, structure, and prompts needed to design a trip that aligns with what is calling you forward.

Join the Waitlist

VIP 1:1 (1, 2 OR 3 HOURS)

Personalized support to go deeper into areas where you need insight, clarity, or direction. These help you uncover what your soul is seeking and make decisions that guide your next steps.

Join the Waitlist

GROUP PROGRAM

A guided, small-group experience where you'll gain clarity, thoughtfully design your soul-led journey, and be supported by both coaching and a community of women on similar journeys.

Join the Waitlist

PRIVATE PARTNERSHIP

A highly immersive experience where we partner on your journey to bring deep soul work, big decisions, standout experiences, and detailed planning to life.

Join the Waitlist

Are you READY?

If your soul is calling, this is your opportunity to flip the script - not just for a moment, but once and for all. I invite you to give yourself this incredible gift so you can fully trade whatever has been holding you back for wherever your soul is calling you to go.

It will be one of the best things you ever do.

And just imagine what is waiting for you there, as well as on the other side!

Let's chat and get your soul-led trip of a lifetime underway.

- Jen

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Or email:
support@findyoursoulhere.com





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