

SOUL System by COLE



# SOUL

**BY COLE**

Seek Balance. Be Whole.



## MEET SOUL COLE

Former professional athlete and  
passionate facilitator of human  
connections.



**SEEK  
BALANCE.  
BE  
WHOLE.**

# THE SOUL SYSTEM:

A tailored wellness program  
for individuals, small  
groups, or corporations.



## ABOUT THE SOUL SYSTEM

A focused and dynamic set of practices carefully crafted for those seeking a sense of balanced wellness in their lives. SOUL is a cohesive system designed to bring your body and mind - full circle.

## THE MISSION

To cultivate spaces and experiences that encourage others to align their personal values with their true purpose by giving them the tools to attain balance, intention, and wellness in their lives.

# FLOW FACILITATION



**Discover and align the soul of your organization.**

Understanding what makes someone “whole” has no boundaries. Flow Facilitation is the freedom of self-discovery tangent of the SOUL system – designed to help you uncover the benefits of mindfulness for yourself or others. A process of aligning your personal values with that of your aspirations. Be yourself.

# SOUL EXCAVATION



**Understand where you are and create a path for growth.**

Self-awareness is essential for growth – for yourself or your organization. SOUL Excavation is the analytical journey tangent of the SOUL system. A journey designed to question and take stock in your strengths, your objectives, and your limitations. Be vulnerable.

# SUSTAINABLE GROWTH



**Applying your discoveries in your ideal form.**

Sticking to your individual path is essential for growth. Sustainable Growth, the final tangent of the SOUL system, teaches how to simplify, improve, and affirm your decisions. Personal practices that are unique to oneself will ultimately set you apart in your journey. Be whole.

## HOW IT WORKS

After learning more about you or your organization's goals, together, we will hone in on which tangents of the SOUL System best fit the needs of your session, workshop, or retreat. We can also focus in on a tailored set of practices or activities to design the best experience possible.

## OWNABLE PRACTICES

Various activities that make up the tangents of this system include but are not limited to:

Wellness in the Workplace

Emotional Intelligence

Conscious Breathing Techniques

Diversity and Inclusion

Guided Meditation

Sound Healing

Affirmations

Yoga Flow

## WHY THIS PROGRAM

The leaders in this space; of wellness, mindfulness, and wholeness, don't tend to look like me...

At a glance, a black male, being a former professional athlete who exudes "strength," tends to fall into our society's stigma of unabashed masculinity. However, the beauty of the SOUL System is that you are free to define a path for yourself.

I, the messenger, am on this journey with YOU – the journey of seeking wholeness. Unlike many other journeys in life, there is no ultimate destination. Rather, a circle – encompassed by reflection, manifestation, and connection while seeking balance within oneself.

This is what truly makes us whole.



Brandon Coleman

SOUL COLE

## CONNECT

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