

THE FALCHUK GROUP

UNMASK AND GET REAL.

OUR MISSION

The Falchuk Group is a personal and corporate consulting platform that utilizes cognitive strategies, body-oriented approaches and a variety of expressive techniques as a path to consciousness and transformation. Our mission is to support you and your organizations to unmask and get real through the wild ride of self exploration.

WHAT WE OFFER

We provide 1:1 coaching, team building workshops and retreats, management team alignment and leadership training.

ABOUT US

We are a group of adventurers, committed to our own journey towards being fully alive. We come with corporate, government and non-profit experience. We are therapists, artists, entrepreneurs and teachers.

ABOUT THE WORK

Our work provides a framework for bringing consciousness to our distortions, defenses and adaptations.

Our belief is that as we expand our consciousness--mind and body--as we sift through the layers of distortion, defense and adaptation, we come back into contact with our true self - our Core. From our Core we are apt to discover and claim our leadership—our aliveness, our purpose, our life task. In this way, this work is not only for us individually but for the collective. It is evolutionary—and it's awesome.

WHAT YOU CAN EXPECT

We provide an experience that can increase awareness of patterns of thought or behaviors that limit job satisfaction, productivity and teamwork. We provide a framework for understanding and working with resistance in the workplace. We explore concepts of competition, expectation, recognition, confrontation and vulnerability as way of understanding leadership.

ABOUT AIMEE FALCHUK

Aimee brings to her work fifteen years of corporate and government experience in health policy, government relations and alliance development. Aimee currently has a private psychotherapy/coaching practice and is an emergency services clinician in Boston, Massachusetts. Aimee is a content contributor for Mindsail, providing original programming for the online wellness company, contributing writer for Goop and has published her research in the Journal of Dance, Somatics and Spiritualities. Aimee holds a B.A. in Women's Studies from Barnard College, Master's in Public Health from Columbia University Mailman School of Public Health, Master's in Education in Counseling and Psychology from Cambridge College Graduate School of Counseling and Psychology and Practitioner Certification from the Institute of Core Energetics.

CONTACT US

aimee@thefalchukgroup.com