

The Focused Reflection: Single Session

The Single Session Reflection is a focused intervention for the moment something is changing, challenging, or starting to feel like too much.

This is a [60-minute, \\$175 guided processing experience](#) designed to help you work through one specific situation with clarity and steadiness.

Past clients have needed support through family ruptures, fertility struggles, marriage blocks, career shifts, parenting challenges, and life transitions. I come to the table with extensive personal experience in family dynamics, death of a parent, building businesses, failing at building businesses, burning out hard, healing myself, and learning from my mistakes.

Before we meet, **you don't need to have it fully figured out before you come in!** You'll receive a short survey to help you focus your thoughts so we can use our time intentionally.

During our session, I'll ask precise, thoughtful questions and reflect patterns back to you clearly, not to fix you, but to help you see your situation more accurately.

You'll leave with personalized journaling prompts to continue the work on your own, without staring at a blank page wondering where to begin.

This is not therapy or coaching; it's structured reflection held in a steady, contained space.

[If you need clarity around one issue and want a focused reset without committing to four weeks, this is a powerful place to start.](#)

Sometimes one clear conversation is enough to shift how you see, and what you do next.

Your investment of \$175 gives you a focused space to interrupt a pattern, make sense of what's happening, and leave with a clearer way forward.

This is a high-leverage moment of clarity that can shift what happens next.

[If you're ready to interrupt the pattern instead of thinking about it again, you can book your session here.](#)

What Makes *The Focused Reflection* Different

Many women are told by their therapists: "You should journal."

But they don't know how. They don't know where to begin, and they certainly don't have the energy to make another decision.

So they abandon it.

The Focused Reflection Session removes those barriers and gets you writing, voice noting, thinking, and releasing without the start-up concerns.

And sure - you can use AI to come up with journaling prompts or with whom to exchange ideas. But algorithms can only regurgitate so much; and sometimes, you need another human who has been there, burned it down, and stood back up to help you feel seen.

[The Focused Reflection Session is journaling with structure](#), with progression, with someone steady reflecting your patterns back clearly. *TFRS* also complement traditional therapy beautifully, but is not a substitute for it.

Why can't I just do this work alone?

As a high-achieving business owner, and someone who has been in burnout, I completely understand the urge and insistence that we can get ourselves out of these situations.

But if burnout were a thinking or “work harder” problem, you’d already be out of it and healing.

You can generate thoughts all day long, but you can't always see **which ones are true, which ones are protective, and which ones are quietly keeping you stuck.**

I help you *see clearly*, and faster than you can alone.

Not because you're doing it wrong... *but because you're too close to it.*

I don't do surface-level reflection, or focus on “how does that feel?”

Instead, I track patterns like a quiet detective:

- where you're looping
- where you're overriding yourself
- where you've normalized something that's actually costing you

And I reflect it back in a way that lands as:

“Wait... I've never seen it like that before.”

When you are burned out, even reflection becomes exhausting.

lighthouse

ASHLEIGH HOWLAND

But when you work with me, there is no decision fatigue. I know where and how to guide you so you don't have to carry your overwhelm alone.

[If you're ready to have me fully on your side in a hard season, book your session here.](#)