



# Sit With PD

GLOBAL THERAPEUTIC NETWORK

Purpose. Direction.  
Personal Discovery.

Reflection. Authenticity. Resilience. Compassion. Purpose.



+44 7359 307 733  
+234 201 453 6932



support@sitwithpd.com  
allsitwithpd@gmail.com



**International Headquarters;**  
Gardenia Tropicana Lane  
Urmston, Manchester  
United Kingdom



**Africa Headquarters;**  
Gardenia Tropicana Camps  
Victoria Island, Lagos,  
Nigeria.

visit; [www.sitwithpd.com](http://www.sitwithpd.com)



**Sit  
With PD**  
GLOBAL THERAPEUTIC NETWORK



# Table Of Contents

Page <b>3</b>	About Sit-With-PD	Page <b>11</b>	Guided Programmes
Page <b>4/5</b>	Founder's Story	Page <b>12</b>	Community
Page <b>6</b>	Our vision & Mission	Page <b>13</b>	Not Sure Where to Start?
Page <b>7</b>	Core values	Page <b>14</b>	Team Members
Page <b>8</b>	Our approach & offerings	Page <b>15</b>	Why Sit With PD
Page <b>9</b>	Consultations	Page <b>16</b>	Our Methodology
Page <b>10</b>	Therapeutic Camps	Page <b>17</b>	The Sit With PD starter pack

# Sit With PD

Purpose. Direction. Personal Discovery.

**Sit With PD Global Therapeutic Network** is a transformational platform dedicated to helping individuals gain clarity, build resilience, and live with greater purpose.

Through reflective conversations, therapeutic experiences, guided programmes, and meaningful community, we empower people to reconnect with themselves, navigate life's challenges with confidence, and create lives aligned with what truly matters.

At the heart of our work is **PD—Purpose, Direction, and Personal Discovery**; the three pillars that guide every journey we facilitate.

We believe that when people discover their purpose, gain clear direction, and deepen their understanding of themselves, they are better equipped to thrive, grow, and make a meaningful impact in the world around them.

# Founder's Story

“ There was a time when my life looked nothing like the vision I had imagined. If someone had told me then that one day I would be sharing this story, I probably would have said, “There’s no way I’m ever going to tell my story and make it look like it was easy.”

Because it wasn't....

Between 2016 and 2019, I watched my businesses fail, Investments disappear, and years of hard work unravel before my eyes. What began as a series of setbacks became a season of loss that left me questioning everything; my purpose, my direction, and even myself.



The greatest loss wasn't financial; it was the quiet loss of enthusiasm, confidence, and hope. Behind every smile was a struggle few people could see, and behind every attempt to move forward was a mind searching for answers.

When everything I had built came crashing down, I found myself standing at a crossroads. For the first time, I could no longer rely on achievement, ambition, or external success to define who I was. I was forced to confront difficult questions: Who am I when everything is stripped away? What remains when life doesn't go according to plan?

Instead of running from the pain, I began to sit with it. In that season of reflection, I discovered that resilience is not about avoiding hardship; it's about growing through it. What felt like the end of my story became the beginning of a deeper journey of healing, self-awareness, and personal discovery.

That journey gave birth to Sit With PD. PD stands for Purpose, Direction, and Personal Discovery; three things I desperately needed during one of the darkest seasons of my life.

Today, Sit With PD exists to help others who feel overwhelmed, stuck, uncertain, or disconnected reconnect with themselves and move forward with greater clarity, resilience and purpose. Because I've learned that sometimes the breakthrough we're searching for doesn't begin with finding all the answers

# Sit With PD

Page  
5

GLOBAL THERAPEUTIC NETWORK

# Our Vision

Our vision is to build a world where more people live with clarity, resilience, and purpose; empowered to navigate life's challenges, embrace personal growth, and become the fullest expression of who they are. We envision Sit With PD as a transformative global movement that inspires individuals to pause, reconnect with themselves, and create lives of meaning, impact, and intentional living.

We aspire to be a trusted catalyst for personal discovery and human transformation, helping generations of people move beyond uncertainty and limitation into lives marked by self-awareness, fulfillment, authentic connection, and purposeful contribution to the world around them.

# Our Mission

At Sit With PD, our mission is to create transformative spaces where people can pause, reflect, and reconnect with themselves amidst the noise of everyday life. Through purposeful conversations, therapeutic experiences, guided programmes, and meaningful community, we empower individuals to discover clarity in uncertainty, resilience in adversity, and purpose in every season of life.

We exist to help people move beyond merely surviving and into intentional living—unlocking their potential, embracing their journey, and becoming the person they were created to be. Because we believe that when people understand themselves more deeply, they gain the confidence, direction, and courage to transform their lives and positively impact the world around them.

# Core Values



## Reflection

We believe clarity begins with reflection. By creating space to pause, think and listen, we gain a deeper understanding of ourselves and the direction we are called to pursue.



## Authenticity

We encourage people to show up as they are, not as they think they should be. Genuine transformation begins when we embrace our true selves with honesty, courage, and self-awareness.



## Compassion

Every person carries a unique story. We lead with empathy, understanding and kindness, creating safe spaces where people feel seen, heard, valued and supported.



## Resilience

Life's challenges do not define us, they refine us. We believe adversity can become a catalyst for growth, helping individuals develop the strength and confidence to move forward with purpose.



## Purpose

We believe every person has the capacity to live a meaningful and impactful life. Our mission is to help people discover what truly matters and align their lives with greater intention and purpose.

## Our Values in One Sentence

*We pause with intention, live authentically, lead with compassion, grow through resilience, and pursue purpose in all that we do.*



# Our Approach

At Sit With PD, we believe that lasting transformation begins not by rushing for answers, but by creating space for deeper understanding. Our approach is centred on helping individuals pause, reflect, and reconnect with themselves before taking intentional steps forward. Through guided conversations, transformative experiences, practical growth tools, and meaningful community, we help people gain clarity about where they are, discover what truly matters, and develop the resilience needed to navigate life's challenges with confidence.

Every experience is guided by our simple yet powerful methodology: **Pause. Discover. Transform.** We create safe and supportive environments where individuals can explore their thoughts, emotions, values, and aspirations, turning self-awareness into purposeful action. Rather than offering quick fixes, we focus on sustainable growth—helping people build the clarity, direction, and personal insight needed to create meaningful and lasting change.

# Our Offerings

Your journey deserves more than a one-size-fits-all solution. Whether you're seeking clarity for your next step, space for deeper reflection, structured personal growth, or a community that understands your journey, Sit With PD offers transformative experiences designed to help you pause, discover, and transform. Wherever you are today, there's a pathway here for your next chapter:

# Consultations

When Life Feels Unclear,  
Find Your Way Forward;

*You don't need to see the entire horizon to begin the journey. Sometimes, all you need is a quiet place to rest, steady your compass, and find the courage to take the next step toward the life waiting for you.*

Life doesn't always come with clear directions. There are seasons when the path ahead feels uncertain, decisions feel overwhelming, and the weight of expectations, responsibilities, and unanswered questions can leave you feeling stuck. In those moments, what you often need is not more pressure to have all the answers, but a safe and supportive space to pause, reflect, and gain clarity about what truly matters.

Our consultations are designed to help you navigate life's complexities with greater confidence and purpose. Whether you're facing a major transition, seeking clarity for your next chapter, struggling with personal challenges, or searching for deeper meaning and fulfillment, we help you cut through the noise, uncover valuable insights, and develop a clear path forward. Because sometimes, the breakthrough you're looking for begins with a single conversation.

Clarity Changes Everything

[Book Your Discovery Call at [www.sitwithpd.com](http://www.sitwithpd.com)]

Page

9



# Therapeutic Camps

Sometimes You Need to Step Away  
To Find Yourself Again.

*In the midst of life's endless storms and rushing winds, it's easy to lose sight of your own compass. Sometimes, the path forward reveals itself not through movement, but through stillness.*

Our Therapeutic Camps create the space most people never give themselves; the opportunity to pause, reflect, heal, and reconnect with who they truly are.

Step away from the pressure. Step into a deeper conversation with yourself. Because transformation often begins when distraction ends.

Our Therapeutic Camps are immersive transformational experiences designed to help you step away from life's distractions and reconnect with yourself.

Through guided reflection, meaningful conversations, personal development activities, and restorative experiences, participants gain the space to heal, grow, gain clarity, and rediscover the purpose and direction needed to move forward with renewed confidence and intention.

**Reconnect. Realign. Rediscover.**

[Explore Therapeutic Camps at [www.sitwithpd.com](http://www.sitwithpd.com)]

## Gardenia Tropicana Camp, Lagos

# Guided Programmes

Don't Just Change Your Life.  
Understand It.

*Real transformation is not found in fleeting moments of inspiration; it unfolds like a sunrise—slowly, steadily, illuminating new possibilities through self-awareness, clarity, and intentional growth.*

Our Guided Programmes provide structured pathways for personal growth, helping individuals develop greater self-awareness, emotional resilience, clarity, and purpose.

Because when you understand yourself better, you live better.

Through a blend of guided learning, practical tools, reflective exercises, and ongoing support, participants gain the knowledge, mindset, and confidence needed to create meaningful, sustainable transformation in their personal and professional lives.

*Grow With Intention. Live with Purpose*

[Explore Our Programmes at [www.sitwithpd.com](http://www.sitwithpd.com)]



# Community

## You Were Never Meant To Do Life Alone.

*The journey becomes lighter when it's shared with fellow travellers. In the company of those who understand your struggles, celebrate your growth, and walk beside you, transformation finds room to flourish.*

The Sit With PD Community is more than a network. It's a place of belonging. A place to share experiences, celebrate progress, overcome challenges, and continue growing alongside others who are committed to becoming their best selves. Because healing happens in connection. And transformation grows in community.

Our Community is a safe and supportive space where individuals connect, grow, and thrive together.

Built on shared experiences and meaningful relationships, it provides ongoing encouragement, accountability, learning, and inspiration for those committed to personal growth, healing, and purposeful living. Because transformation is not a journey meant to be travelled alone.

*Find Your People. Find Your Strength*

[Join Our Community at [www.sitwithpd.com](http://www.sitwithpd.com)]

# Not Sure Where TO Start?

*The horizon doesn't reveal itself all at once. It unfolds with every step forward. You don't need all the answers today—only the willingness to begin the journey.*

Whether you're seeking clarity, healing, personal growth, or connection, we'll help you discover the path that's right for you.

*Your Next Chapter Starts Here.*

*Purpose. Direction. Personal Discovery*

Helping people move from overwhelm and uncertainty to clarity, resilience and purposeful living.

[Book A Discovery Call at [www.sitwithpd.com](http://www.sitwithpd.com)]



# Team Members



# Why Sit With PD?

*While others help people stay afloat in life's waters, Sit With PD helps them find their compass, reclaim their direction, and sail toward a more purposeful future.*

We believe lasting change begins not with doing more, but with understanding yourself more deeply.

Through guided reflection, transformative experiences, and meaningful community, we help people move from overwhelm and uncertainty to clarity, resilience, and purposeful living, creating space to reconnect with who they are, discover where they're going, and live with greater intention and purpose.

## The Philosophy Behind Sit With PD?

*At Sit With PD, we believe that many of life's deepest answers are not found by searching farther, but by journeying inward where clarity, purpose, and transformation begin.*

In a world that constantly encourages us to move faster, do more, and keep pushing forward, we create space to pause, reflect, and listen. We believe that clarity emerges from self-awareness, resilience is built through honest reflection, and purpose is discovered when we have the courage to sit with our experiences rather than run from them.

Our philosophy is simple: meaningful transformation begins when people reconnect with who they truly are. Through Purpose, Direction, and Personal Discovery, we help individuals navigate life's challenges with greater understanding, intentionality, and confidence because when you understand yourself better, you live better.

# Our Methodology

*Every Sit With PD experience is guided by a simple yet powerful journey: Pause. Discover. Transform. Like a seed taking root before it blooms, lasting transformation begins with stillness, grows through self-discovery, and flourishes through intentional action.*

We help individuals step back from life's noise to gain clarity, develop deeper self-awareness, and uncover the patterns, beliefs, and possibilities shaping their journey. From there, we turn insight into intentional action, building the resilience, confidence, and purpose needed to navigate life's challenges and create meaningful, lasting transformation.

## Find The Right Path For Your Journey



If you're seeking immediate clarity, guidance, or support, our Consultations provide personalised one-to-one conversations to help you navigate challenges and move forward with confidence.



For a more structured growth experience, our Guided Programmes offer practical tools, reflection, and support to help you develop greater self-awareness, resilience, and purpose over time.



If you're ready for deeper transformation, our Therapeutic Camps create immersive spaces for reflection, healing, and personal breakthrough.



And if you're looking for ongoing encouragement and accountability, our Community connects you with like-minded individuals committed to growth, meaningful connection, and purposeful living.

# The Sit With PD Starter Pack™

Purpose. Direction. Personal Discovery (PD)

A free transformational toolkit designed to help you gain clarity, reconnect with yourself, and take your next step with confidence.

## Includes:

- ✓ Purpose Journal™
- ✓ Direction Workbook™
- ✓ Personal Discovery Toolkit™

## Download Today and Learn How To;

- ✓ Gain clarity about your future.
- ✓ Discover what truly matters
- ✓ Strengthen your resilience
- ✓ Understand yourself more deeply
- ✓ Create a more intentional life.

*Download The Free Starter Pack at [www.sitwithpd.com](http://www.sitwithpd.com)*



A Different Way To Heal

# Your Journey With Sit With PD



## Pause

Acknowledge where you are.



## Discover

Explore your thoughts, emotions and purpose.



## Gain Clarity

Understand your direction.



## Take Action

Join a consultation, programme or camp.



## Transform

Live with greater resilience & purpose.

*'Every Journey Begins With One Decision to Pause and begin'*

# Your Next Chapter Starts Today

- ✓ Book a Discovery Call
- ✓ Explore our programmes
- ✓ Download the Starter Pack
- ✓ Join the Community
- ✓ Follow us on Social Media

*"Sometimes the most courageous step isn't moving faster. It's choosing to pause."*

Scan to Begin  
Your Journey

