

THE BRHAIVE METHOD™



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A WAY BACK TO YOURSELF

Identity before strategy. Safety before transformation.

CREATED BY LEANNE HOLT • IDENTITY COACH & HELD FACILITATOR

WHY I CREATED THIS

This work came from living it.

For years, so much of my identity was wrapped up in what I could build, achieve and hold together. I built BRHAIVE, led a team, became a mum and kept moving through some of the biggest changes of my life.

From the outside, I was capable. I could cope. I could keep going. But my body was telling a different story. My skin worsened, my hair began coming out and I started recognising how much of my life had been lived in survival, pushing through and carrying responsibility.

The shift did not happen all at once. It started with stepping back from behind the chair and letting go of hairdressing. Then I began building the systems, structure and team that could take the operational responsibilities away from me.



Little by little, I stopped being the person BRHAIVE depended on for everything - and created space to discover who I was outside of it.



Letting go created the space to come home.

What began as stepping back became a completely different way of living and working.

Eventually, that gradual letting go led into a period of around six months away from the business altogether. For the first time in years, I had real space to meet myself outside of BRHAIVE and outside of constantly doing, achieving and holding everything together.

I began learning about my nervous system, fight or flight, regulation, somatics and identity. I started understanding that you cannot always think your way into becoming someone new when your body is still holding onto an old way of surviving.

Today, BRHAIVE is run through the systems, structure and team I built, without me needing to be there day to day. Creating that independence gave me the freedom to follow the work that was naturally emerging through me.

Reiki, nervous system work, somatics, identity work, circles, community, HELD and retreats all became part of that evolution. What I do now feels deeply aligned with who I am. It feels spacious and natural - work I can inhabit rather than something I have to push myself to sustain.



This work brought me home to myself.

The BRHAIVE Method™ is the framework I wish I had during that season of my life. Not another programme asking me to become more, but a pathway back into my body, my identity, my values, my boundaries and ultimately, myself.

IDENTITY BEFORE STRATEGY. SAFETY BEFORE TRANSFORMATION.

MAYBE THIS IS WHERE YOU ARE

Life can look full and still feel disconnected.

EXHAUSTED

You are tired even when you rest.

OVERWHELMED

Your head is always carrying the next thing.

DISCONNECTED

You do not quite feel like yourself.

PEOPLE PLEASING

Your needs keep falling to the bottom.

ON AUTOPILOT

You are functioning more than feeling.

UNCLEAR

You know something needs to change, but not what.



Burnout is not always dramatic.

- Snapping faster or feeling more reactive than usual.
- Feeling flat, numb or emotionally far away.
- Forgetting simple things or dreading small tasks.
- Waking up drained and still pushing through.

Your body is communicating.

Your body is the temple.

We often look outside ourselves for safety, healing and change. But the ultimate sanctuary already exists within you: your physical form. Your body is where your identity lives, breathes and transforms.

BRHAIVE is more than a name. It is an architectural blueprint for somatic transformation. The aim is not to become a more impressive version of yourself. It is to create enough internal safety and self-connection that the person underneath the coping, performing and surviving has room to come forward.

The logo represents the whole journey and philosophy behind my work.

RISING DOTS

Integration, expansion and continuation.

Taking what has awakened within you forward into the way you live, connect and experience your life.

THE SPIRAL

Represents somatics, the journey into the body and the awakening that begins within.

HELD

Represented through the holding hands.

Human connection, community, support and the experience of being held.

BRHAIVE – THE TEMPLE

BRHAIVE is the temple, the space that has held the creation and evolution of this whole body of work.

It is also a reminder to soften, turn inward and return to yourself.

Honouring BRHAIVE as the temple that holds (and started) it all.

TWO SIDES OF THE TEMPLE

Represent masculine and feminine energy.

Structure and softness.

Doing and being.

The balance of both.

The central line represents the inner work that brings those two sides into balance.

SELF

AWARENESS

BOUNDARIES

REGULATION

ALIGNMENT

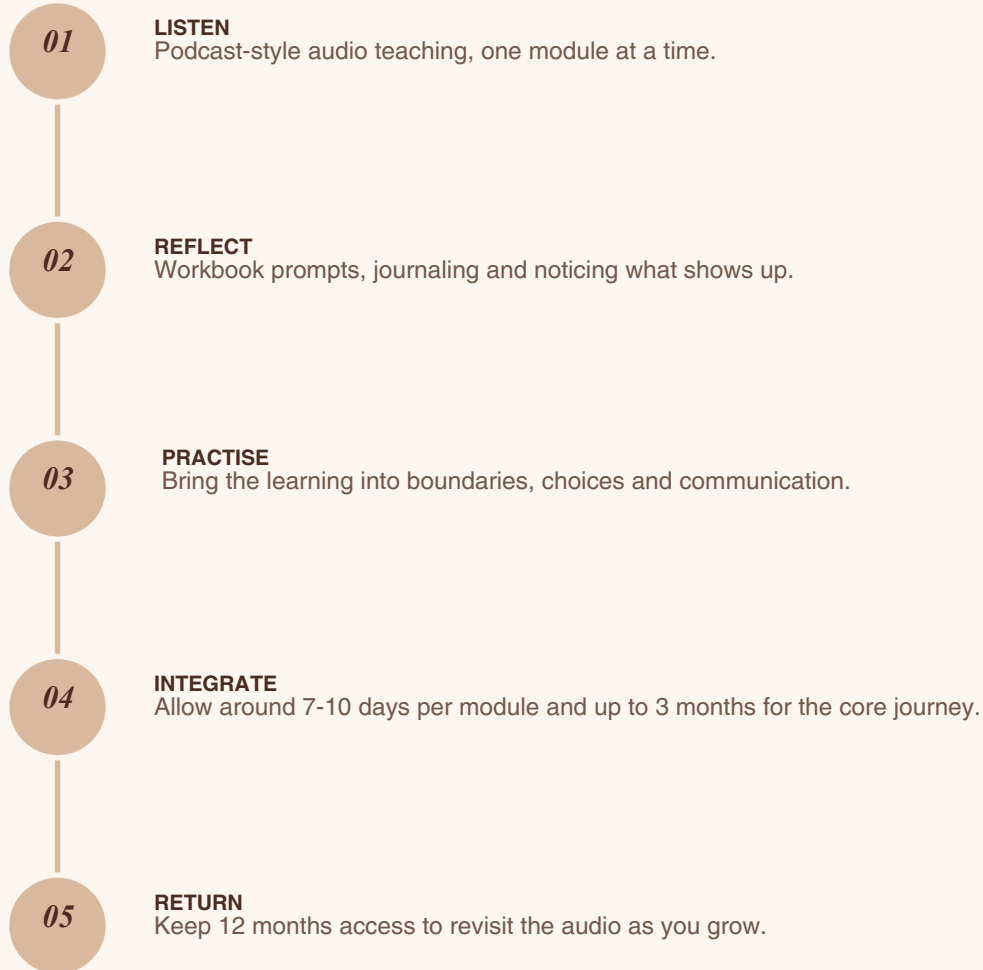
CONFIDENCE

SELF-

LEADERSHIP

Welcome back to your body temple.

Deep work without another overwhelming schedule.



A normal week can be simple.

ON THE GO

Listen while walking, driving or travelling.

AFTERWARDS

Use the workbook when you have space.

IN REAL LIFE

Notice what changes in how you respond and choose.

Around 45 minutes a week. Space to grow.

Seven pillars. One foundation.

01

BECOMING

Who are you becoming when you stop performing who you have been?

02

REGULATION

Helping your nervous system feel safe enough to live from there.

03

HONOUR

Honouring your needs, capacity and truth.

04

ALIGNMENT

Bringing your body, choices and direction back into relationship.

05

IDENTITY LEADERSHIP

Leading yourself from the identity you are becoming.

06

VISION & VALUES

Creating direction from what matters most to you.

07

EMBODIMENT

Living the work in small, ordinary and repeatable ways.



Listen to your body. Notice your patterns. Begin choosing what feels more like you.

The journey doesn't end at module seven.

Learn it. Live it. Then integrate it.

AFTER YOUR FIRST 3 MONTHS

Your Integration Workshop

After the core three-month journey, you'll be invited to an Integration Workshop, available in person or online. This creates space to return to the Method after you've had time to actually live the work.

We'll reflect on what has changed, what patterns have become visible, what still feels difficult and who you are becoming now - with space for somatic integration, connection and the next chapter of your embodiment.

Transformation happens in the life you return to afterwards.

HELD 1:1 → 7 PILLARS → 3 MONTHS → INTEGRATION WORKSHOP → EMBODIMENT

INCLUDED WHEN YOU ENROL

Experience being HELD first.

£111 is held towards a private HELD 1:1 with me.

*Before asking you to go deeply into self-led
somatic work, I want you to have the opportunity
to experience the space, the work and me first.*

Your session may include

NERVOUS SYSTEM REGULATION

SOMATIC PRACTICE

IDENTITY COACHING

SOUND + BREATHWORK

MEDITATION + REIKI

NURTURING SUPPORT

Safety. Connection. Trust. Then depth.



THE WIDER PATHWAY

HELD is where trust becomes tangible.

Everything I create is rooted in bringing people together - and back home to themselves. HELD Experiences create real spaces for connection, nervous system regulation, embodiment and community.

For many people, HELD is the first layer. The BRHAIVE Method™ then gives you a deeper self-led pathway into your patterns, identity and transformation.



***HELD → TRUST → THE METHOD
→ INTEGRATION → EMBODIMENT***

Community and connection are part of the work.

REAL PEOPLE. REAL SHIFTS.

What people say after experiencing this work.

“ After losing my sense of identity through chronic illness, this work helped me reconnect with who I am and begin rebuilding my confidence. HELD also gave me a sense of belonging and community I had not realised I was missing.

★ ★ ★ ★ SOPHIE

“ Through HELD and 1:1 sessions, I felt truly listened to, understood and supported. The experience has helped me build confidence, regulate my emotions and reconnect with myself.

★ ★ ★ ★ VICKY

“ The BRHAIVE Method™ helped me step out of burnout and lead my business from a calmer, more intentional place. I now have the tools, confidence and self-awareness to lead from who I am rather than from stress.

★ ★ ★ ★ JOE

WATCH THE VIDEO TESTIMONIALS

WATCH 01 • WATCH 02 • WATCH 03

WHEN YOU ARE READY

Your investment in the full pathway.

A structured pathway you can move through gently, revisit and integrate into the way you actually live.

PAY IN FULL

£777

One upfront investment.

PAY MONTHLY

3 × £259

Three monthly payments.

KLARNA AVAILABLE FOR ADDITIONAL FLEXIBILITY AT CHECKOUT

Everything included

- 7-module self-led BRHAIVE Method™ journey
- Podcast-style audio teachings up to around 45 minutes
- Workbook reflection and integration prompts
- Up to 3 months to complete the core pathway
- 12 months access to revisit the audio content
- £111 held towards your private HELD 1:1
- A pathway designed to integrate with the wider HELD work

You do not need to have it all figured out before you begin.

THE BRHAIVE METHOD™

YOU ARE THE TEMPLE.

The next chapter starts within.

If something in you has been quietly asking for more space, more clarity, more connection or simply a way back to yourself, you do not need every answer before you begin.



THE BRHAIVE METHOD™

£777 UPFRONT • 3 x £259 • KLARNA AVAILABLE

Includes £111 held towards your private HELD 1:1 experience.

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