

CELESTE ROSE



Aquarian Sun



visionary communicator,
thought leader, systems thinker

Gemini Moon



relational intelligence holder,
resonance creator, bringer of change



Hello Maanee and Co-Creators - it's an honour meeting you here in the space of feminine, body wisdom and remembrance.

After 25 years of working independently, it is time for change. I am looking to deepen my connections and work in a supportive environment of collaboration. My experience combines trauma-informed somatics with business management and brand strategy. I have been working with clients looking to deepen their entrepreneurial experience through a new lens of understanding conscious business as well as with many women seeking to understand the wisdom of the body for personal healing.

I am truly passionate about my work and believe that I would lend a tremendous amount of compassionate and creative service and strategy to your company's vision to support others on their healing path.

I have a grounded understanding of what is involved working with conscious brands, sovereign women, collaborative community and the on-going leadership responsibility to the feminine community; including the great importance of trauma - informed somatics in all of this. You can be confident that my work will pull from this aligned vision for a return to "feeling" over fixing and creating a felt-sense of safety within the feminine. My work crosses many realms and I have gathered many assets and a deep understanding in each that have prepared me to arrive here and share in this aligned work and service you offer at your institute.

I am here to help!

Celeste

SEE MY
PORTFOLIO
here

SOMATIC PRACTITIONER
OURDAILYBREATH.COM

BUSINESS COACH
CELESTEROSE.PORTFOLIO.SITE

MY SERVICE

SKILLS SUMMARY

- Established Business Management
- Advanced Design Thinking
- Thought Leader
- Strong, Felt-Sense Guidance
- Problem-Solving Aquarian
- Operational + Process Design
- Pro - Communicator
- Expert Technical Skills

1999 - Present

Brand Developer + Business Coach

- Over 25 years experience building and managing a successful freelance branding and consulting business
- Leverage deep branding expertise to design, conceptualize, and launch brands and re-brands that align with my client's true vision while supporting profitability and sustainable growth
- Design, develop and manage several creative and multi-functional websites on Wordpress, Wix and Squarespace platforms
- Oversee and execute on-line, social media and print ad campaigns using Adobe Illustrator, Photoshop, Premiere Pro, Canva and CapCut
- Analyze marketing practices and recommended creative solutions
- Support clients from business concept, creative process, launch and ongoing growth
- Manage day-to-day business operations, streamlining processes, implementing systems to track expenses, optimizing resource allocation and financial reporting

2018 - Present

Breathworker & Somatic Practitioner

- Continued Leadership Role
 - Strategic Adaptability
 - Brave Space Holder
 - Private Practice + Business Management
 - Navigating Group Dynamics
 - Living, Breathing Hard Worker
 - Trauma - Informed
 - Creatively Curated Healing Experiences
- 7 years experience in trauma-informed breathwork and somatics, working with clients both online and in a private practice setting
 - Curated and executed classes, courses and events for groups
 - Successful collaboration with relevant businesses and professional individuals to create amplified, healing experiences
 - Navigated through a time period that discouraged breathing - how to completely recreate a business during a disaster
 - Designed and developed a professional anxiety/functional breathing protocol for clients including accountability and progress software
 - Support relevant work and continually educate the community on Sense of Self Somatics and Nervous System Intelligence
 - Facilitated deep, breathwork journeys for grief, abandonment, childhood trauma and feminine wounding
 - Mentor professionals and emerging practitioners in somatics and trauma-informed importance
 - Lead and connect the local community in feminine embodiment through curated gatherings and events

SKILLS SUMMARY

EMBODIMENT STUDIES

2018-2019

SOMA BREATH

Trauma - Informed Breathwork Instructor Level II

2020

EMBODIED PHILOSOPHY

The Neuroscience of Mind/Body Therapy

2021

John F. Kennedy University, SOMATOPIA

Somatic Approaches to Healing Trauma

2022

National Institute for the Clinical Application of Behavioral Medicine

The Vagal System and Treatment of Trauma

2022

Somatic Experiencing Institute

Foundations in Somatic Experiencing

2023

Katie Kurtz

Container Method for Holding Brave Space

2023

Center of Excellence

Cold Water Therapy Diploma

2023

Alberta Health Services

Trauma Training Initiative - Trauma - Informed Certificate

CELESTE ROSE

Thank you for...


your time and consideration

your compassionate business model

and embodying a mission that serves unity consciousness

SOMATIC PRACTITIONER
OURDAILYBREATH.COM

BUSINESS COACH
CELESTEROSE.PORTFOLIO.SITE



WATCH
MY VIDEO
here

exhale@ourdailybreath.ca

1875 Sawmill Road Conestogo, Ontario, Canada

226•220•8981