

FREE DELIVERY



WHAT WE'RE ABOUT

One of the most powerful tools we have is personal storytelling. Freeing our voices, crafting our stories, and honing our delivery can dramatically enhance our personal and professional lives. It specifically improves our ability to:

- Create and enjoy welcoming, celebratory, encouraging spaces.
- Connect with others with different experiences and perspectives.
- Engage and teach in ways that are relatable and memorable.
- Deal with high levels of detail and complexity.
- Articulate our challenges and epiphanies.
- Develop vocationally and communicate our life's work.
- Listen deeply in all forms of interactions whether with a partner, a friend, a stranger, or a colleague..
- Advocate meaningfully for change.
- Support each other on this messy human path.

WHAT WE OFFER

One-on-one coaching and small group professional development workshops for anyone and any team looking to get free and deliver their greatness. We also slay at live event hosting.

WHO WE ARE

We are Mindy Nettifee and B. Frayn Masters.

Together we have over 30 years of experience in writing, storytelling, improv, performance, and event production. B. Frayn has additional expertise in working with athletes and folks in stressful, highly competitive environments. And Mindy is also a doctoral candidate in depth psychology, with expertise in the neurobiology of language and expression, voice and breath work, and trauma recovery.

HOW TO GET A HOLD OF US

Visit our website to learn more, or to use our online booking module to schedule a free initial meeting:

<https://freedelivery.life>

Or contact Mindy by phone or email:

(562) 212-6498

mindy@freedelivery.life