

GROUP CONTAINERS

practicing aliveness in complex times

www.megberryman.com

ABOUT

Unbound, Tend, and Divest are intimate, trauma-aware, neuro-affirming group coaching containers created to foster aliveness in complex times. They are here to help you unlearn, rewire and reconnect with the body, with the earth and with others. These spaces are about coming together to build safety, foster regeneration and make sense of our lives—relationally, gently, and with deep care. You'll receive collective wisdom and personalised 1:1 support, held in a space where your sensitivity, complexity, and questions are welcome. Together, we practice what it means to belong without masking, to feel without fixing, and to build a regenerative culture from the inside out.

HOW IT WORKS

Each call will include a practice, a short introduction to theory or concept and then space for group integration, discussion and questions. These spaces are designed to embed positive interoceptive experiences of safety. These experiences create changes in the nervous system that extend out into how we experience ourselves in the world, and the world at large. The focus isn't just on accumulating knowledge, but on integrating it through the body. The spaces draw on work from eco-somatics, somatic experiencing, critical system analysis, deep ecology, mindfulness, yoga, peer support and coaching. They are transformative in their simplicity - no efforting or homework required.

THE SPACES

1. unbound (monthly calls)

a group coaching space for those wanting to run their businesses more regeneratively. We'll explore the five principles of regenerative business as well as somatic practices to integrate into work and beyond. Move beyond hustle culture, follow ecological rhythms and reimagine growth. For folks wanting burnout-resilience, inclusive cultures & ethical income streams.

2. tend (monthly calls)

a space designed to foster regeneration on the inside. Anchor into the body, reconnect with earth & others and explore how to find aliveness in complex times. Weaving nervous system theory with critical system analysis, Tend is the perfect space for caregivers, neurokin or sensitives looking to foster regenerative ways in life, care-work and beyond.

3. divest (fortnightly calls)

part co-working, part group-coaching space, this radical container is a place where we can spend time divesting our energy from things that feel oppressive and investing time into creativity, activism or rest. Unlearn extraction & foster acts of resistance that help us individually and collectively come back to life.



AT A GLANCE SPACES TO:

- understand and repattern burnout
- build better relationships
- understand your gifts
- foster more aliveness
- develop self compassion
- decolonize ways of being and working
- reconnect with the body & earth
- understand trauma recovery

"being in this space has been an incredible experience. My capacity for being with myself has grown so much and self judgment has reduced"

Participant - Praxis & Process 2025

COMMITMENT

5 months (June-November 2025) -
2 to 4 hours per month

CALL TIMES

Unbound: Fridays 10am-12pm AEST from June 20

Tend: Mondays 7:30-9:30pm AEST from June 30

Divest: Tuesdays 7:30-9:30pm AEST from June 24

MEG BERRYMAN

Regenerative Ways

neurodivergent author, activist, mother, trauma-informed facilitator, equine international experiencing professional, somatic coach, yoga and mindfulness teacher, consultant.

