

RECONNECT. RETURN. REWILD.

I'm a group facilitator, pre-licensed therapist, certified coach, founder of weREWILD, Reiki healer, and wellness & behavioral health and sustainability consultant. My work focuses on emphasizing the necessity of communal and environmental engagement on mental & emotional health, while intensifying attention to the organismic intelligence of our own bodies; passionate creative outlets and self-expression; and story sharing. I also work with rescued wolves and at-risk adolescents at Wolf Connection, harnessing the endlessly healing power of the natural and wild world.

I've been an advisor to one of LA mayor Eric Garcetti's sustainability programs and a marketing and creative consultant for non-profit and for-profit orgs for over 14 years (Adobe, PopTech, The Windish Agency, LA Ballet and much more).

Micha Thomas

FACILITATOR, PRE-LICENSED THERAPIST,
COACH, HEALER, FOUNDER OF ELEMENTAL
REWILDING™ PROCESS

weREWILD



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Individual Offerings

1:1 Life Coaching

Co-collaboration, accountability, challenged perspectives, support: coaching, both personally and professionally focused, helps guide you along a journey with a map of your own creation, featuring your own goals, passions, ideals and values. It is a ritualistic means to transform areas of your life that you are feeling called to alter, those that are not serving your spirit and soul, or parts where you feel stuck or would like to focus more.

- **Empowerment through Curiosity**
- **Support and Connection through the establishment of our relationship**

1:1 Executive Coaching

We spend a staggering amount of time at work or in work mode – most of us. Bringing in support for interpersonal relations, setting achievable intentions, and discovering personal strengths in alignment with organizational missions and culture can lead to an optimized experience at work – one of joy, abundance, productivity, and authenticity.

I have worked with organizations large and small, for-profit and non-profit for over 15 years, and this was part of the spark for my career transition: seeing a need for more interpersonal support for executives and their teams as well as strength-based goals and consistency.

Training:

- M.A. in Counseling Psychology via Pacifica Graduate Institute
- Columbia University executive coaching program trained and certified
- NLP life coaching certified trained and certified
- ICF (International Coach Federation) member
- Council Trained

I've Been Featured In:

The New York Times
Elle Magazine
Los Angeles Times
Los Angeles Magazine
Apartment Therapy
Refinery29
MindBodyGreen
The Chalkboard Mag
Sakara Life
DesignSponge
Nylon

“Micha’s rapport, empathy and genuine understanding of the stories of others is truly remarkable. She is kind, she is compassionate and she has incredible and invaluable insight. If you’re considering coaching with her, I highly recommend. I encourage you to take the plunge.”

Gia Vangieri, Filmmaker and Activist

Facilitation Offerings

Group Council & Fireside Chats

A council-style set-up establishes a powerful and safe space for all in attendance. Sitting in intimate circles, gathered around a fire, and sharing stories from the heart has been a human practice since our beginnings. I host monthly circles and occasionally and in partnership with others.

Multi-day Retreats

I have designed heart-centered multi-day retreats for my own organization, weREWILD, as well as others, generally focusing on intersectionality of sustainability, embodiment, emotional awareness, movement, and of course group engagement. These retreats are created in partnership with organizations and their proprietary visions and goals.

Intro to Rewilding Workshops

Coming soon!

Day Retreats

A full day for an individual or designated group is a beautiful commitment of focus and intention. I have worked with organizations on many day-long immersions tailored to their needs in various locations.

Organizational Consulting

One my greatest strengths and sources of joy across my careers is helping organizations and individuals truly define their growing mission, their public-facing voice, their goals, their process improvement, and their most genuine methods of reaching those who could benefit most from their work.

About weREWILD

weREWILD is a research-based psychological, anthropological, and story-centered resource, emphasizing conservation and therapeutic engagement with the natural world as vital to our own mind/body/spirit/health. weREWILD focuses on providing resources, enrichment programs, and retreats and workshops around themes of REWILDING – reconnecting to our most ancient, natural aspects of existence and authentic wholeness by focusing on community engagement, creativity and self-expression, story sharing, and tapping into the organismic intelligence and “felt” experience of our bodies.



Healing Offerings

Reiki Healing

Reiki is a healing modality where Universal Life Force Energy is shared through hands-on, or hovering hands, treatment. Not unlike receiving a massage, you lay down and are open to receiving. We practitioners study universal laws and ethics around providing this healing, but for the recipient it is an act of submission and openness to receiving. Reiki practitioners have been allowed in surgeries, assisted with fertility treatments, and are increasingly accepted in more traditional settings.

My individual sessions integrate crystals, oils, life coaching elements of processing and journaling, and sound to help remove energetic blocks within the mind, body and spirit and to reach more meditative states. We have a brief discussion about intentions before the Reiki begins and after to process.

***Seasonally, I offer outdoor Reiki sessions on select evenings in the foothills of the mountains.

Reiki Attunements

This is an energetic rite of passage and an investment towards becoming a healer yourself, either passed down individually or in small groups in a half-day ceremony.

The Level I Attunement (Cho Ku Rei) turns on the light switch to the power within. Here, you will be taught what Reiki means and what it can do for you to heal self and others.

The Level II Attunement (Sei He Ki and Hon Sha Ze Sho Nen) focuses on emotional healing, releasing the mental body and reprogramming present traumas.

The Level III/Master (Dai Ko Myo) helps you dive deeper into your spirit to use the tools you've learned. This level calls upon trust in the healer that you possess inside.

The Master Teacher Level (Dai Ko Myo and Raku) teaches you how to attune and certify others and supports you in potentially creating your own Reiki practice, supplying you with resources to feel confident

