

Collecting Glimmers

Finding and Recognizing Joy in Your Life

A somatic joy practice for teams, schools, and individuals, available as a keynote, workshop, or self-paced course.

The Premise:

Joy is a skill. It can be practiced.

Most people wait for joy to happen to them. But joy - true, embodied, nervous-system joy - is something we can train ourselves to notice, collect, and return to. Glimmers are those small, sensory moments of safety and aliveness. This work teaches people to recognize them, so joy stops being a destination and becomes a daily practice. This is not a gratitude practice, but is somatic awareness, grounded in nervous system science, made accessible for the workplace and the classroom.

Three Ways To Experience This Work:

The Keynote

60-75 minutes, In-person or virtual

An inspiring, research-grounded talk that introduces the science of glimmers and the difference between joy and gratitude. Participants leave with a framework they can begin using immediately.

- Ideal for: conferences, all-hands, wellness days, staff kick-offs
- Includes: guided glimmer moment, reflection exercise, and digital takeaway
- Audience size: any

The Workshop

Half-day or full-day, In-person preferred

A hands-on, experiential deep dive. Teams build a personal glimmer practice together, explore somatic regulation tools, and leave with a custom joy framework they can sustain.

- Ideal for: team retreats, professional development days, school staff trainings
- Includes: group glimmer mapping and 30-day practice guide
- Can be bundled with the Keynote for a full-day experience

The Course

6 weeks, Fully self-paced & online

Collecting Glimmers is a somatic course for individuals ready to build a personal joy practice at their own pace. Rooted in nervous system regulation and delivered through video modules, reflective prompts, and embodied exercises.

- Available now at payhip.com/KatUnraveled
- Ideal for: individuals, wellness programs with stipends
- Includes: 6 modules, journal prompts, and lifetime access

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Bundle option: The Keynote + Workshop can be offered together as a full-day experience for organizations seeking both inspiration and practical skill-building in one event.

Who This Is For:

Corporate + Wellness Teams

HR leaders, people ops teams, and managers looking to invest in employee wellbeing beyond the surface level. This work is evidence-informed, immediately applicable, and lands differently than a typical wellness talk.

Schools + Educators

Principals, curriculum leads, and district wellness coordinators seeking professional development that meets teachers where they are, honoring the emotional weight of the work while building something sustainable.

Ready to bring this to your team?

Reach out to discuss availability, custom pricing, and what format fits your group best.



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