



COSMIC COMPASS

THE GAME

A Transformational Tool for Mental Health Practitioners

*Empowering Emotional Clarity, Trust,
and Self-Awareness through Playful Exploration*



The Cosmic Compass Game is a guided **self-discovery** tool that **fosters clarity, communication, and emotional awareness**. It combines structure with intuitive insight, **aiding mental health professionals in supporting teens, adults, and group dynamics**.

The Cosmic Compass Game helps simplify emotional experiences into meaningful insights. Its applications::

Teen therapy for emotional intelligence and self-reflection
Couples or family sessions to enhance understanding and trust
Group work to promote community and empathy.



Key aspects of what it builds:

Self-Awareness: Clients express internal beliefs and emotions.

Emotional Intelligence: Encourages reflection and inner dialogue.

Therapeutic Communication: Facilitates sharing of personal challenges creatively.

CONNECT & INTEGRATE

To learn more about the game or facilitator certification:

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IN THE HANDS OF PRACTITIONERS

Mental health practitioners using the Cosmic Compass Game report:

1. Easier breakthroughs with resistant clients
2. Elevated dialogue with teens and young adults
3. Deeper levels of trust and client engagement
4. Greater client autonomy in creating their own insights
5. Rich post-session journaling for integration

TRAINING & FACILITATOR SUPPORT

Facilitator Certification is available for practitioners wishing to incorporate the Cosmic Compass Game into their therapeutic toolbox. The 20-hour training includes:

- 1.- Intuitive coaching methodology
- 2.- Self-awareness facilitation techniques
- 3.- Practical application in clinical and group settings
- 4.- Tools for client integration and transformation
- 5.- Soirée formats to foster group discovery

WHY IT WORKS

The Cosmic Compass was born from a simple truth: We already hold the answers within. But accessing them requires curiosity, permission, and a safe space. This game is that space.

HOW IT WORKS

Using a colorful board, themed card decks, and a unique 6-point compass system, the game guides the participant through:

- **Destination:** What they wish to experience or understand
- **Path:** The most aligned way forward
- **Challenge:** What's in the way
- **Tool:** What they need to overcome it
- **Fuel:** What motivates them to move forward
- **Home:** What brings them back to balance