



HOME ABOUT MARTA WORK WITH ME
FOR PARENTS PODCAST INQUIRE HTH 101

HTH 101 WAITLIST

ENROLL TODAY AND start your journey

Life coaching is purposeful, thoughtful, and intentional work. It offers a pathway into the larger life project of being a human being. How to Human is an invitation and a space for young adults to GET CURIOUS, reflect, and gain clarity. As you get unstuck, you generate more of what you want and who you want to be.

It's a place to do an update. Examine. Reassess. Experiment. Shift. Put words to your stories. Look at your life as it is, here and now, and ask yourself: Who am I? What are my gifts? What are my curiosities? Beliefs? Values? What do I want to do more of? Less of? Where is my agency? How do I build a self and create a beautiful and meaningful life?

We will help you access the answers, pave the way, and gain the tools and techniques needed to find your way. Come join us!

JOIN THE WAITLIST



What is how to human 101?

JOIN THE WAITLIST

hello, sweet human!

Have you ever wished that you had a place to go where you felt safe, seen, known, and challenged to be real — and not just real



but better? To be in a space where the deeper conversations are happening, where perspectives are shifting, where clarity is growing, and where the tools and techniques of humaning are being taught? You need look no further.

THIS IS THAT PLACE.



“The work that I have done with Marta has been like nothing I have ever experienced. She is big on me feeling my feelings and putting words to my experience, two things I was not into and had never known how to do. I can genuinely say that I am getting pretty good at feelings, and I am partying less and having more fun. Didn’t know that was possible.”

BECKS

about the program

IN HTH 101, WE
WILL DIVE INTO

Topics include:

- Navigating Relationships and Setting Boundaries
- Normalizing the struggle
- Learning the Brain and its M.O.
- Regulating Emotions
- Mindset Management
- Understanding and Softening Anxiety
- More Balance, Less Overwhelm

PERTINENT
TOPICS WHILE
FORTIFYING THE
FOUNDATIONAL
TOOLS OF THE
WORK ONE STEP
AT A TIME. ONE
DAY AT A TIME.

- To Rush or not to Rush? Sorority and Fraternity Life
- Body Love
- Worthiness, Being Good Enough
- And More...

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“Marta has the unique ability to peel back the layers, layers you didn’t even know you had . She helped me rediscover my confidence and agency by seeing choices I couldn’t see. I found my footing and my words and actions are aligned with what is true for me. Time with Marta is not without hard work. You will go inward and deep but you are never alone in the process. The writing assignments are challenging, revealing, and doable. The journey and commitment to self is worth every penny; You will discover you.

CHRISTI

WHEN YOU CHOOSE TO JOIN HTH 101, YOU'LL BECOME MORE ACQUAINTED WITH YOU AND WHY **EMBRACING YOUR LIGHT AND YOUR DARK** IS THE WAY TO BUILD STABILITY AND CONFIDENCE AND HELP YOU SHINE YOUR LIGHT IN THE WORLD.

WE'RE AIMING FOR CONSCIOUSLY AND INTENTIONALLY HELPING YOU BE THE VERY BEST HUMAN YOU CAN BE BY LEARNING WHO YOU ARE AND BEING FREE TO BE YOURSELF VERY WELL.

A bit about me...

I am a Life Coach specializing in helping college students, parents and more navigate the often messy and uncharted path of adulting and parenting during a very formative age and stage.



As a Mom of 4 young adults and married to my favorite human, Craig Brummell, I am walking the walk and talking the talk of my coaching philosophy 24/7. This coaching brew focuses on helping my clients cultivate excellent emotional and mental health by turning the spotlight inward and managing and nourishing the mind, feeling and regulating emotions, normalizing the struggle, handling adversity, letting go of what isn't working, keeping what is, and cultivating healthy relationships both with self and others,. By gaining these life tools, my clients develop the skill set necessary to be flexible, adaptable, stable, and grounded — all essential ingredients in building a healthy, beautiful, and meaningful life.



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“Marta was instrumental in helping me take accountability and responsibility of my life and the choices that I was making. She was big on telling me that this was my life and whatever I was choosing was mine to own. No one else’s. Did I like what I was creating? And if not, that was on me. No more blaming my external circumstances. This took me some time but I got better at it and now I can honestly say that I really like what i’ve got going on.”

JACK

Here's how hth 101 works



LIVE CALLS: Live calls for young adults and parents, offered weekly.



CONTENT: Access member-only content. Each month you will have new content added!



COACHING: Sign up to get get coached by me or learn from others while they get coached.



ASK MARTA: Ask me questions pertaining to your situation and areas where you need help.



EXCLUSIVE ACCESS: Dive into the additional content to go deeper on topics like managing your emotions, parenting, relationships and more.



MUSINGS: Receive texts from me with a thoughtful musing, a piece of wisdom based on monthly themes, books, podcasts, quotes, and conversations.



“I reached out to Marta when I was struggling with a lot of anxiety and not feeling good enough. She helped me learn how to soften and befriend my anxiety so that it is no longer a big issue for me. It’s still there but it’s not debilitating like before. I am also getting better at feeling good enough and understanding that my worthiness is not performative. I am learning that failure is part of growth and the more I am willing to experience it, the stronger I get.”

JEN

ENROLL TODAY AND

WOMEN

join the hth tribe

So much growth, grace, and goodness is on the inside. What are you waiting for? x

Questions? Feel free to reach out to support@martabrummell.com.

JOIN THE WAITLIST





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