

RAPHAEL & LIZ ST. JAMES

Coaches | Authors | Entrepreneurs



Why Book Them

Drawing from Raphael's 25+ years in operations leadership—spanning hospitality management, corporate real estate, and flexible workspace strategy—combined with his lived experience navigating chronic physical restriction that inspired the Synovial Space methodology (detailed in his book Synovial Space: A Guide to Dynamic Living), and Liz's 20+ years of hospitality leadership—from NYC urban hotels to California's Omni La Costa Resort & Spa, they teach audiences how to create sustainable movement within life's inevitable restrictions

Their unique co-presentation style models the relational health they teach, offering both analytical frameworks (Raphael) and authentic leadership wisdom (Liz). Audiences don't just leave inspired—they leave with a diagnostic tool and clear next actions.

Helping people create movement within life's inevitable restrictions

SIGNATURE PRESENTATIONS

- 1. THE 10% SOLUTION: Finding Freedom Within Your Constraints**
 - Format: 18-20 minute keynote (TEDx-style)
 - Best For: Conference keynotes, association events, corporate openings
 - Core Takeaway: Identify your ONE primary restriction and create 10% more space then system-wide transformation follows
- 2. DIAGNOSTIC LEADERSHIP: Using Constraints to Drive Team Transformation**
 - Format: 45-60 minute interactive workshop keynote
 - Best For: Corporate leadership retreats, HR conferences, executive offsites
 - Core Takeaway: Live assessment + constraint-as-catalyst framework for leaders managing their own restrictions while unlocking team potential
- 3. THE SYNOVIAL SPACE INTENSIVE: Identifying Your Primary Restriction**
 - Format: 90-120 minute immersive workshop
 - Best For: Mastermind groups, executive roundtables, wellness retreats, VIP sessions
 - Core Takeaway: Complete Eight Pillars diagnostic + personalized 10% intervention design + 7-day implementation plan

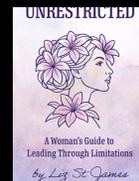
For inquiries contact Speaking@H2P Collective.com include event date, expected audience size, audience demographics, presentation format preference, and budget range for fastest response

CREDENTIALS AT A GLANCE



Raphael St. James

25+ years operations leadership across hospitality, corporate real estate, and wellness.
Dual-licensed massage therapist, certified personal trainer, Functional Range Conditioning specialist.
Author, Synovial Space: A Guide to Dynamic Living



Liz St. James

20+ years hospitality leadership (NYC & California)
Life Coach
Author, Unrestricted: A Woman's Guide to Leading Through Limitations



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