

Being a Trauma informed LEADER program

WHY THIS PROGRAM?

In my practice over the last five years as an **Integrative Holistic Health teacher and coach**, I have seen patterns of transformation that begs the question: How would bringing like-minded people together, **who** I know are committed to living on the edge, **who** are passionate about stopping the suffering that moral distress causes, **who** are conscious, **who** are connected to a deeper exploration of: creativity, leadership, healing and learning, **would add to the evolutionary shift and cause significant change?**

RESEARCH That supports this program:

Hollis (2018) suggests having courage, endurance and insight to continue to explore, Who I am, apart from my roles, history? and where I invest my energy and why? is hard work, especially when doing this work alone. Godin (2008) suggests that when people come together in tribes **it gives ordinary people the power to lead** and make **big changes**. Moore (1992) looks at suffering as a beast, this thing that stirs in the core of being, but it is also a star of the innermost nature. We have to care for this suffering with extreme reverence so that, in our fear and anger at the beast, we do not overlook the star.

Are you wanting to **BE of SERVICE** in a DEEPER WAY by:

establishing a solid practice, supporting each other and exploring the enriching experience of service-work.

Criteria for joining this program and GROUP

- You are committed to being awake and centered by stepping toward your great story
- You are passionate about learning more about self by using the process of coaching
- You are interested deepening your understanding of: creativity, leadership, healing and learning.
- You are yearning to be of service to others in a deeper way to contribute to the evolutionary shift
- You are willing to deepen by reading one of the spiritual teacher's approach (see reference list).

Why it might NOT be a fit for you:

If you find yourself staying in the victim story by resisting the notion or belief that we are the author of our own story, this group is not for you.

We will get together as a group (conference call and/or face to face) once a month **January 2019 -June 2019**. The following concepts below will be the skeleton of the program:

1. **January meeting-Integrative holistic health**-We write our own story
2. **February meeting-Contemplative practices to deepen your work** – meditation, yoga, breathing, EFT, creativity and health
3. **March meeting-Adverse Childhood experiences**-the purpose of the wounding
4. **April meeting-Emotions**-expressing, releasing and nonjudgmental
5. **May meeting-Challenging thoughts**-dismantling the beliefs structures that do not serve you
6. **June meeting-Stories**-exploring the stories we tell ourselves and others. **Service work**-what can we do together?

Orientation meeting: Tuesday September 18th 7pm-830pm

Program Dates and Times: Second Tuesday of the month for January-June 2019:

January 15, 2019-February 19, 2019-March 19, 2019-April 16th, 2019-May 21, 2019-June 18, 2019. Times will be discussed 4-530pm OR 7pm-9pm

Meet: Face to Face (Victuals and beverages included) OR via conference call -coaching circle format will be discussed

Cost: \$200 **paid in advance.**

Program includes the following:

Six facilitated group meetings-Third Tuesday of the month: where you with your colleges will exploring curriculum concepts using a teaching and coaching circle which will deepen learning.

Hands on integrative holistic health strategies: meditation, Emotional freedom technique and visualization.

Six-twelve coaching session spots will be saved for people in the program (see appendix)

Reference

Integrative Holistic Health

Hollis, J. (2018). Living an examined Life: A guide book for the second half of your life. Boulder Colorado: Sounds True.

Moore, T. (1992). Care of the soul A guide for cultivating depth and sacredness in everyday life. United States: Harper Collins

Ross R, (2015). Indigenous healing exploring traditional paths

Zukav, G. (2007) The seat of the soul. New York:Simon and Schzuter.

Contemplative practice

Ortner, N. (2014) The tapping solution A revolutionary system for stress-free living. United states & Australia: Hay house.

Mipham, S. (2003). Turning the mind into an all. Toronto: Penguin Group

Adverse childhood experiences

Matte, G. (2004) When the body says no: the cost of hidden stress. Toronto: Vintage Canada.

Emotions

Rankin, L. (2013). Mind over medicine Scientific proof that you can health yourself. Carlsbad California: Hay House.

Northrup, C. (2015).Goddesses never age The secrete prescription for radiance, vitality and well-being. Canada, US, Australia: Hay house.

Thoughts

Katie, B. (2002) Loving what is. United States: Harmony books.

Singer, M. (2007). The Untethered soul. Canada: Raincoast books.

Stories

Brown, B. (2015) Rising Strong The reckoning. The rumble. The revolution. United States: Spiegel & Grau.

Service work

Godin, S. (2008). Tribes We need you to lead. New York: Penguin group.

Brown, B. (2017). The quest for true belonging and the courage to stand alone Braving the wilderness. United States: Random House.

Appendix

Coaching Rate for 2018 on the website

\$300-\$350 a month for 2 sessions OR \$175- \$190 for one session (www.createwithlynda.com)

Coaching rate for the Trauma Informed leadership program will be:
\$300=2 sessions a month or \$175 one session per month

Decide whether you want one session or two session a month?

If you have had coaching and have the following **Lucid Living Great story work** established:

- Emotional time line work done
- Wounding-established when this took place.
- Core lie established-what you told yourself as a result of the wounding
- Able to identify what the Victim, Overcome or Great story looks and sounds like
- Aware and can identify the parts of self that are telling the story
- Aware of the negative ego's work
- Created a Grace statement
- Created a Passion statement
- Created a Triumph statement

You may choose to be coached 1:1 once a month.

If you have not pulled through the entire **Lucid Living framework** OR you have and want to deepen your work, you may want to choose twice a month during the program.



I look forward to connecting with you.

It is always so inspiring as well as a privilege to sit with people who are committed to doing inner work- contributing to peace in our world.

Love Lynda