

From Coach to Soul Centric Coach

A Two-Day Workshop for Helping Professionals

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my **map** to freedom

Hello and thank you for dropping in.

The chances are if you are considering this workshop then you are a coach or helping professional who has reached an in-pass in your work despite the fact that you almost certainly feel deeply called to your work.

Lately (or perhaps for some time), you may have been feeling that there is more to your work than you are currently manifesting. Maybe your work is ever so slightly tainted with doubts about its 'depth' as you question if your favourite and trusted techniques are only working on the surface of a much deeper set of possibilities? It might be that whilst you are getting great results you can't shake the feeling that on some level you are somehow short-changing your clients by only going 'so far' with them.

However this unease is showing up, in your heart you know there are much deeper and bigger possibilities for your work, and that you are being called to come out of hiding, stop playing small and do deeper work that has a 'spiritual' orientation. But part of you is resisting this call, right?

What you need to understand is that this resistance has as much to do with YOUR development as it does about the work you do with your clients. The resistance you are feeling to stepping into this work is a fear of come out hiding and showing up in the world as a force for deep and lasting change. It is a resistance to moving out from the safety of the professional armour of mainstream coaching into the more exposing world of what we call Soul Centric Coaching! Make no mistake you are on a spiritual quest.

You are being called to evolve.

Moving from Coach to Soul Centric Coach is a call to move from Coach to Awakener!

"Soul Centric Coaching requires you to drop your armoured ways of being and show up. It is a human to human act of immense bravery and commitment that requires you to stay in full contact with the deepest aspect of who you are. Only when you do this will your presence awaken the deepest aspects of your clients and enable them to come out of hiding."

Your human journey is one of growth and expansion and so there inevitably comes a time when the professional coat of mainstream coaching methods start to feel too small. This time has come for you. This is why you feel constricted and confined as you sense a greater truth that you are being called to do deeper work. Whilst there is a part of you that longs to do this deeper work part of you (your ego) is scared of such a big step...

- You are terrified of being judged as having 'lost it.'
- You are afraid you will lose credibility with your peers if you move away from the less mainstream and 'accepted' forms of coaching.
- You are afraid you don't have the capacity to handle deep work and are afraid of getting out of your depth.
- You fear you won't make money.
- You fear people won't like you and you might even be vilified.
- You absolutely terrified of being vulnerable and sharing your own human struggles with the world.

On top of this...

- You are unsure what to do, what to teach, what methods to use.
- You feel a fraud and that you are not good enough to do this work.
- You tell yourself you should be satisfied with what you have.
- You ask yourself 'who am I to do the deeper work that is calling me?'
- You believe your own presence in the world doesn't matter.
- You use 'I'm not ready!' as an excuse not to answer the call.

The result? You get lost, confused and exhausted...and ultimately you short-change the world of the very gift you are here to give...the real YOU!

Staying where you are is not serving the world.

The thing is, staying where you are is not serving your clients, not serving you and certainly not serving the world. The world needs your presence now, not tomorrow but now! The pain you are feeling as you resist doing this deeper work will not go away, therefore this workshop has a and focussed mission.

“To support your journey from Coach to Awakener and teach you to become a Soul Centric Coach.”

It does this in two ways...

- The first is to teach you how the My Map Method is used as a tool to awaken the soul centric coach within you PLUS how it will get free from your fears about stepping into this deeper work. Using the My Map Method will give you the inner strength to show up and make a real difference in the world.
- The Second is to teach you how to use the My Map Method with your clients to assist them on their journey into this deeper exploration of life.

On this programme you will learn the mechanics of My Map To Freedom and The My Map Method. This will involve learning the theories and principles upon which the map is built and learning the core techniques. These core theories and practices will be used in your quest to becoming a Soul Centric Coach. PLUS they will also be used by your clients to help them live more meaningful life routed in a spiritual practice.

You will learn:

- How to use My Map to Freedom with your clients using the The My Map Method (The R.E.S.T. Process).
- The principles and practices of My Map to Freedom.
- The psychological theories that underpin each layer of the map.
- The nine maps and how they relate to the Enneagram of the Personality.
- How to ensure your clients find the ‘right’ Map to Freedom.
- How to use the map and the R.E.S.T. Process to navigate a wide range of life issues.
- Guided inquiry exercises that evoke deep insights and connect with the true self.
- Techniques for diminishing the inner critic.
- Mindfulness and meditation practices for ego relaxation.

What else will I get?

Working with My Map to Freedom and learning the My Map Method will also get you some additional benefits. It will;

- Bring depth and meaning to the way you work with clients on the big issues in their life.
- Feel confident and sure-footed in your journey as a coach because you have a framework in which to operate and explore your client's territory and landscape.
- Tread a time-honoured path rooted in ancient wisdom and made relevant for today's world.
- Follow not just a map to your client's solutions, but also a map to becoming a Soul Centric Coach.
- Embark on meaningful inner work that truly transforms, rather than using temporary sticking plasters which simply transcend issues.
- Feel able to simply be present for your clients rather than feeling obliged to find answers and fix things.
- Trust and believe that you and your clients will get lasting results.
- Take your clients as far and as deep as they want to go.
- Give your clients something they can see and take away with them – a plotted course so that they can see where they are heading.

In addition to giving your clients a more meaningful and 'spiritual' approach, you can use the map with your clients in the following areas of life:

In home life it can enable your clients to:

- Mend fractured or dysfunctional relationships.
- Build undefended and authentic relationships.
- Build more intimacy in personal relationships.

In work life it can enable your clients to:

- Bring self-awareness to working relationships.
- Build self-aware teams.
- Become a more authentic leader.

In emotional wellbeing it can enable your clients to:

- Escape the trap of living in the past.
- Get free of emotional pain.
- End emotional eating.
- Ease stress and anxiety.
- Build confidence and self-worth.

In personal growth it can enable your clients to:

- Stay present and live in the now.
- Deepen their mindfulness practice.
- Put the Enneagram into daily practice.
- Live a life of purpose and meaning.

Who is your teacher?

Your teacher will be Jane Douglas. She is not only the creator of My Map to Freedom and author of the book 'How to Live Unleashed and Alive' but is also a highly experienced trainer/coach with a wealth of experience in the field of personal development. During her two decades at the coal face Jane has trained over 600 coaches and 1,000's of leaders.

She has, by her own admission, travelled a varied path in terms of her own development!

From spending time with people like the amazing Nic Askew learning to make films about hiding, she has also trained with all manner of experts in the fields of coaching, psychology and personal development from all corners of the globe.

She has studied Transpersonal Coaching with Sir John Whitmore in the UK, NLP with Robert Dilts, the Enneagram with the best in the US, and even how to 'Unleash the Power within' in Italy! Qualified at masters level in applied psychology, she is also an approved trainer with ANLP and has been an honorary lecturer at both Chester and Manchester University.

Mostly though, Jane is obsessed with developing Coaches and helping professionals so they can do more of their work in the world. My Map to Freedom is a distillation of everything she has learned and a real labour of love. We invite you to come and meet her for yourself, you will be in safe hands and won't regret it!



Dates and Prices

We run this programme twice yearly in March and October.

The next available dates for this programme are;

8th and 9th October 2020

The venue will be in the Chester area and you will be notified of the venue three months ahead of the training.

The cost is £275.00 for the two days and there is an early bird discount if you book by 8th July 2020. The early bird discount price is £225.00.

The price includes:

- Your Lunches and refreshments.
- A copy of the book 'How to Live Unleashed and Alive by Jane Douglas.
- A full set of Working maps and Wall Art maps for your ongoing work with your clients (worth £150.00)
- Ongoing support from our closed FB group 'From Coach to Soul Centric Coach'
- A one to one coaching session with Jane after the event.

To reserve your place, ask any questions or simply chat about the programme simply email Jane at jane@mymaptofreedom.com.

I very much look forward to meeting you.

Jane