

## Foundations of Narrative Health Coaching

Offered by [Teleosis Institute](#), in partnership with the [Institute for Holistic Health Studies](#) at Western Connecticut State University:

**October 15-16, 2016 at Western CT State University, [Midtown Campus](#)**

White Hall, Room 127 | 181 White Street | Danbury CT 06810

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Narrative Health Coaching offers an integrated approach to clarifying and attaining desired client outcomes. Introducing the skills and mindset necessary for engaging both the coach's and the client's full potential for growth and healing, this 12-hour class embraces the key principles of Narrative Health Coaching:

- Story Matters
- Relationships Engage
- Learning Transforms
- Growth Heals

Incorporating awareness of “story,” [Narrative Health Coaching](#) engages the whole person – body, mind, heart, soul and spirit – by increasing awareness, motivating change and encouraging healing. Our [Foundations](#) class initiates these ongoing processes:

- Enhancing your healing presence through self-awareness
- Establishing and nurturing trust and intimacy through presence and active listening
- Developing and carrying out a coaching plan that identifies a healing topic tailored for the client
- Sitting more comfortably with your client's healing narrative by engaging your own
- Recognizing and working the challenges and impact of resistance

### What you'll learn:

- Overview and introduction to Narrative Health Coaching and Narrative Healing
- Developing a healing topic and a client-specific coaching plan
- Coaching beyond the conversation: creating growth practices

- Working with resistance – the healing relationship



## Class Details:

- Saturday October 15 and Sunday October 16 from 9AM - 5PM (including breaks)
  - 12 hours of instruction (6 hours/day)
  - Lunch on your own
- Credits: The ICF has approved this class for 12 hours of Core Competency CCEU's.
- Tuition: \$295 | **Early Bird Discount: \$195.00 – Register before October 1. Use promo code: FNHC2016**
- Class Size: Limited to 20
- Students complete one post-session online discussion and course evaluation.

**REGISTER** Direct link to registration: <http://www.teleosis.org/calendar/>

## Faculty:



[Reggie Marra](#), MA, ACC is Creative Director and Core Faculty at the [Teleosis Institute](#), a Registered Mentor Coach with the [International Coach Federation](#), and a Phone Coach with [Integral Coaching Canada](#). He has served on the visiting faculty at [Maryland University of Integrative Health](#) and the Graduate Institute. Reggie is an award-winning poet, and the author of three volumes of poetry and four books of nonfiction. He has conducted hundreds of poetry-writing sessions for students from 1<sup>st</sup>-grade through post-graduate professionals, including presentations for the National Association for Poetry Therapy, The Transformative Language Arts Network, the Connecticut Office of the Arts, the Arts Alliance of Northern New

Hampshire and in schools throughout the northeastern U.S. For comments from his clients and students, please visit <https://reggiemarra.com/feedback/>.

## Questions?

For registration questions, please contact Stellie Kim, Program Manager at [stellie@teleosis.org](mailto:stellie@teleosis.org).

For class/content questions, contact Reggie directly: [reggie@teleosis.org](mailto:reggie@teleosis.org) or call him at 203-456-3023.

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