



## I.C. CONNECTIONS – FREE EVENT

SATURDAY APRIL 24, 2010

10:00AM – 5:00PM

### WAKING UP & GROWING UP

ANSWERING THE CALL TO LIVE AN 'AWAKE LIFE' AS WE MUDDLE THROUGH OUR DAY-TO-DAY CHALLENGES.

In these times of great change and challenge, many of us are being called to live a more conscious life – at work, at home, with each other, with the world. But what does this really mean? We take a new course, change careers, look for meaningful work, look for the perfect (or more perfect) mate, and keep trying to bring our best 'self' to each day. We seek to develop a stronger self, more powerful self, more aligned self, more successful self, more loving self, more effective self...all showing up through the unique self called You. But what does it really mean to wake up and grow up? This is exactly what we will be exploring!

WAKING UP	GROWING UP
PRESENCE	PERSPECTIVE
HOW I SHOW UP	WHAT I UNDERSTAND
STATE-STAGE DEVELOPMENT	STRUCTURE-STAGE DEVELOPMENT
STATES OF CONSCIOUSNESS	LEVELS OF CONSCIOUSNESS

During this day together, we are going to demystify developmental paths – spiritual development, leadership development, and personal development. We are very practical people at Integral Coaching Canada and we have designed a day that will support you in making sense of all that you are trying to bring about in your life. Why it makes sense now (and it didn't ten years ago). Why you experience set-backs. Why that amazing spiritual experience that you once had didn't stay and change your day-to-day life.



# I.C. CONNECTIONS EVENT - APRIL 24<sup>TH</sup>

Everyone welcome!  
New and experienced coaches, clients,  
friends, colleagues, and family members

Pre-requisite: NONE  
Cost: FREE  
Value: PRICELESS

## WHAT IS AN INTEGRAL COACHING<sup>®</sup> CONNECTIONS EVENT?

EACH SPRING JOANNE HUNT & LAURA DIVINE (THE FOUNDERS OF INTEGRAL COACHING CANADA) PUT ON A FREE ONE-DAY WORKSHOP ON A TOPIC OF PRESSING INTEREST. THIS FREE EVENT IS OUR WAY OF THANKING OTTAWA-GATINEAU FOR ITS SUPPORT OF OUR INTEGRAL COACHING<sup>®</sup> SCHOOL.

WE LOOK FORWARD TO SEEING YOU IN APRIL!

### PERSONAL DEVELOPMENT:

- Gain a more profound understanding of your own developmental path (looking back and forward)
- Laugh, practice, learn, share, and connect with people in your community
- Spend time with others who are also interested in growing & learning
- Learn about Integral Coaching<sup>®</sup> (if you don't know about it already)
- Leave the day able to apply new learning and practices that will have a direct impact in your life

### COACH DEVELOPMENT:

- Connect with other coaching colleagues who speak your Integral language
- Whether you have trained with us or not, you will be able to immediately apply what is learned with yourself, your clients and your coaching work
- Leave the day with a deeper understanding of the role of developmental paths in Integral Coaching<sup>®</sup>, in your current practices as a coach and how you can expand your range of effectiveness as a coach
- Learn in a relaxed setting surrounded by friends



INTEGRAL EVOLUTIONARY DEVELOPMENT  
COACHING. COMMUNITY. CONNECTION.

SEE YOU SOON!

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### PROGRAM REGISTRATION

- Please email Linda at [linda@integralcoachingcanada.com](mailto:linda@integralcoachingcanada.com) to reserve a seat at this event. Seating will be limited and we will be registering people on a first come, first served basis. Please email us as soon as possible if you want to make sure to get a seat! The cut off date is Monday, April 12<sup>th</sup>.
- Please Note: These events always fill well before the final cut off date so register soon.
- Event Location: THE HOLIDAY INN & SUITES, Oxford Room (2<sup>nd</sup> Floor), 111 Cooper Street, Ottawa, ON.
- The workshop will run from 10:00am – 5:00pm on Saturday, April 24<sup>th</sup>.