

Mentoring

Want to deepen your studies even more?

**Join my 9 month mentorship program-
A New Way of Being**

A guided program of spiritual growth that supports your personal transformation and prepares you to hold space for the transformation of others.

Meeting you exactly where you are, we will focus on self-awareness and self-care practices that will allow you to move into the role of the caregiver from that of the caretaker. You will have the opportunity to examine your relationship equation with clients and significantly shift the healing paradigm for you and your clients.

As healthy and well-resourced practitioners, we can show up and offer support from a place of alignment, demonstrate healthy boundaries, and guide clients to heal themselves with powerful questioning.

This Mentorship program supports you in becoming the most grounded healer possible so that you may then demonstrate that same kind of inherent healing property we all possess.

A New Way of Being offers:

**INCREASED
SELF-AWARENESS**

Ease in accessing your inner guidance with wisdom and

compassion for your clients

**CULTIVATION
OF YOUR UNIQUE
HEALING STYLE & VOICE
UNDERSTANDING OF
HOW TO BE A SERVICE-
ORIENTED LEADER**

Connection with a community of
like-minded peers

**GUIDANCE IN & MODELING
OF ESTABLISHING
COLLABORATIVE RELATIONSHIPS**

**A REALIZATION OF &
ABILITY TO LISTEN TO
YOUR INHERENT WISDOM**

**A MORE PROFOUND
COMMITMENT TO PERSONAL
DEVELOPMENT**

**AND ULTIMATELY... A DEEP SURRENDER TO YOUR INNATE
CURIOSITY**

Expectations of you in return:

**A COMMITMENT
TO YOUR SPIRITUAL &
EMOTIONAL GROWTH**

YOUR ENGAGEMENT IN A SUPPORTIVE RELATIONSHIP WITH PEERS that
will continue to support you long after this program has ended

YOUR FULL PRESENCE & ATTENTION
AT ALL SCHEDULED SESSIONS and completion of reflection
homework

ONGOING CONTRIBUTIONS TO YOUR COURSE PROJECT to be presented
in June

Meet your guides:



Lauren Hubele

Hi, I'm Lauren!

I believe creating awareness of what is and by being with what is are the first two steps to healing, emotionally and physically. As practitioner you can only extend what you embody yourself. This mentoring program has allowed me to extend my offerings beyond the accumulation of facts and knowledge to gaining confidence to be with yourself and to create a safe space for others. So I invite you to experience A new way of being that will have ripple effects beyond belief. I am thrilled for this opportunity to collaborate with my friend Lois who as you will soon discover brings with her a treasure trove of wisdom.



Lois MacNaughton

Hi, I'm Lois!

My passion is helping those I work with achieve true transformative change in their lives. I work with people that are experiencing transitional influences in life and are in need of finding new and successful ways to approach their challenges. I develop personalized coaching programs for each client to help them build new abilities to achieve their desired outcomes. I challenge my clients to examine how they are approaching what they have come into coaching for and what they are willing to do for themselves. I am there to support them as they stretch and grow into their new way of being.

Topics we'll explore together:

Where are you now, and who / how do you aspire to be?

Visioning your future self (archetypes)

Polyvagal theory (how does your nervous system impact how you show up?)

Sense of Coherence (more adeptly dealing with challenges)

Care-taking vs Care-giving and the Knower – Learner polarity

The Power of Listening

The value of Practice

Shadow (what is still
in your way?)

Presentations

Logistics:

September 2022 thru June 2023

Monthly on Wednesdays

10:00 – 1:00 PM CST

Mentorship Session Dates:

28 September

26 October

23 November

25 Jan

22 Feb

22 Mar

19 April

17 May

21 June – Final Presentation

Investment

\$1200

(payable in two payments | 50% due upon acceptance and balance due prior to first mentorship meeting | includes all group sessions and 1-on-1 support, .

Enrollment limited to 10 participants

Prerequisites to apply

Currently working in or being called to work in the healing arts

A desire to extend your ability to compassionately hold space for the transformation of clients

The application period opens 2 August.

Rolling admissions until the program is filled.

**The first program session is
Wednesday, 28 September, 10 am CT.**

Ready to apply?