**Harmony Circles**

**Coaching, Circles & Workshops**

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 **Brenda Froese**

**Personal & Professional Coaching**

Coa

 **M. Ed.**

**“Growing Personally, to Grow Professionally”**

During times of stress, change or turmoil in our lives, our greatest barriers are often our own thoughts and beliefs.  They show up as self-doubts and fears such as, "I'm not good enough", "I'm not worthy", "I can't.." or "Who am I to..."

I help individuals master the psychology of beliefs by examining their assumptions, often uncovering (and replacing) limiting fears and self- doubts. When our beliefs, thoughts and actions are in alignment, we experience a greater sense of harmony within, and are able to confidently move forward.

Many of my clients own a small business; others are managing personal aspects, such as coping with grief & loss.

**Individual Coaching** is transformational.  Personal and professional obstacles often overlap.  By growing personally, in areas such as confidence, leadership and accountability, we will also grow professionally.

**Group Coaching**
Customized small group coaching is a great value and benefit for teams. It allows us to focus on themes such as: leadership, mental health, coaching for performance, etc.

Programs are often 3-6 sessions held bi-weekly, with optional 1-1 support.

**How do Coaching Sessions Take Place?** All coaching sessions take place by phone, allowing you to be in the comfort of your own home or office.

**Why Coaching?**

The power of coaching lies in the insightful use of open questions.  Many times we have blind-spots or inaccurate assumptions that we're not able to recognize within ourselves.  Having a skilled coach as our personal growth partner, helps us to bring these areas to light and shift perspectives.  Understanding and mastering our fears, doubts and limiting-beliefs is crucial for our personal and professional development.

**"Assumptions lead us astray; Questions open the way."  Brenda Froese, M.Ed., CC**

**How do I know if Coaching is right for me?**

Three key questions may help you decide whether coaching is a fit for you right now:

1.  Do I sincerely want to improve my personal or professional life?

2.  Am I open to changing my perspective?

3.  Am I willing to investment in myself and my future?

If you answered 'yes' to all three, coaching may be the right fit for you.

**Harmony Circles**

In our busy lives, we seldom take the time to stop and focus on what's important to us.  We may look for ways to ground ourselves and share with a like-hearted community. Deep within, we may yearn for a greater sense of peace in our lives.

Harmony Circles offers you:
 - Time to focus on what's important

- Connection with like hearted-individuals
- Genuine care & support
- Peace & tranquility
- Grounding

Circles meet monthly by phone.

 **Learning Events**

**Sample Workshops & Conference Energizers**
 **​Stress Mapping Workshop - "Overcoming Overwhelm"** 1.5 hrs​Overwhelmed?  Join Brenda for this interactive workshop, taking a holistic approach to stress management. Complete your complimentary Stress Map (21 scales) and leave with practical tools and suggestions to create an action plan for greater balance and harmony.
​Additional follow-up coaching is available.
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**The Power of Forgiveness –** 3hrs. ​Forgiving ourselves and others without ignoring or excusing hurtful behaviour is a healing process. Learn steps and actions you can take to find greater peace through The Power of Forgiveness.

**Managing Grief & Loss﻿﻿﻿ –**

**3 hrs**Loss of a loved one, even a favourite pet or a friendship, often creates a sense of grief that can be hard to work through. Whether you are anticipating a loss, have experienced one or want to know how to better support others going through loss, this workshop will help you learn how grief affects you, where your energy is directed during key phases of grieving and how to help yourself and others through the grieving process.

"Surpassed my expectations.  Very useful.  Will recommend this course to others.  Very healing.  A huge thank-you to Brenda.""I cannot say enough about the experience today.  This has been the best course I have taken.  Brenda is truly an amazing, knowledgable and inspiring facilitator."
﻿**Desktop Yoga -** ﻿1 hr﻿
A great Lunch & Learn or conference energizer!  Desktop Yoga is a fun, interactive way to adapt yoga to the workplace.  No mats or yoga gear required!  As a certified yoga instructor, I enjoy bringing yoga to you in a new and creative way that will fit into your business day.  Learn how to adapt yoga poses to be done sitting or standing at your desk.  Leave renewed, with a handout to continue these stress-relieving poses at work or at home.

"Fabulous!", "Best session of the conference by far!!"; Given the sedentary nature of the office environment, these stretches will be very useful in the future, not just now." ; "Excellent, knowledgeable, personable."

**﻿﻿﻿Wellness Within**  - 1 hr
A holistic view of Wellness.  How do emotions impact on our physical body?  Is there a cancer personality?  This workshop examines how we view Wellness and provides key suggestions for improving our Physical, Emotional, Intellectual and Spiritual Wellness. May be presented virtually or in-person.

**You Don't Have to Go Home from Work Exhausted** - 1hr
Are you tired of being tired?  Inspired by Anne McGee-Cooper's book by the same title, this presentation discovers key aspects in your day when you can make choices to change your energy and recharge your day, allowing you to go home more refreshed and balanced, with joy in your step.

Contact Brenda to book your group experience.

**In-Person Retreats**

Harmony Circles offers weekend wellness retreats for you to relax, reflect & renew, while learning new life-enriching skills and meeting like-hearted souls. Contact Brenda for workshop options at your upcoming retreat or to facilitate a retreat unique for your group.

**Contact & Connections**

**Brenda Froese, M.ED.,**

I amcertified personal & development coach, certified Canadian counsellor and mediator. I have over 23 years experience in the helping

professions. My passions for travel & nature and my sense of spirituality frame my views of wellness & the mind-body connection.

Sign-Up on-line for the **Inner Circle,** monthly inspirational newsletter. Warning!!

Side-effects may include joy & harmony with others. You are free to unsubscribe any time.

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**Meet Brenda**

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**Connecting**