

Fully Living Your Commitments

Saturday, October 19, 2013

Talon Performance Business Center
5891 Cedar Lake Road, St. Louis Park, MN

Greetings

As we live our lives we create goals and make resolutions. As we do, we grapple with the question of **what** we will commit to do. What quality do we want to develop in our lives? What do we want to achieve? Or perhaps it is a matter of what we no longer want to do. What have we been doing that no longer serves us?

Oh, that it would be that easy – simply to decide it. Too often we discover that we can't "Just Do It," as the Nike ad suggests. We know that willfulness alone does not make it possible to make good on our commitments. We must learn **how** to live our commitments and embody them. Doing so requires that we focus and cultivate genuine presence, defined by Richard Strozzi Heckler as "a state impregnated with an open-minded curiosity, relaxation and power that comes from seamlessly knitting together one's mind, body and spirit." Being present, centered, and supported by practices to sustain us over time, we are then able to bring our whole selves to our commitments, embody them, and live them fully.

A workshop presented by

Coyne Coaching and Consulting, LLC
and
Centered Presence Coaching and Consulting

Dennis Coyne is a certified Strozzi Institute Master Somatic Coach. He is also certified by the Hudson Institute of Coaching. Dennis is a wise elder, bringing his many years as a successful lawyer, writer, and conference presenter to his work. **Billy Anderson** is a somatic bodyworker and coach, bringing 13 years of experience as a Master Personal Trainer facilitating behavior change in the wellness domain. He is also a dedicated

practitioner and teacher of meditation, and instructs courses in sea kayaking.



Dennis and Billy have worked with clients to integrate mind, body, and spirit; take effective action; and create the future they want. They are informed by their study of Aikido, a Japanese martial art devoted to the study of transforming conflict into harmony.

We Can Help

In this workshop you will have the practical experience of being coached, as you:

- Identify who and what you deeply care about, and why it matters to you;
- Learn how to speak about your commitments and enlist the support of others;
- Discover how you react under pressure, and how you can better manage yourself in a provoked state;
- Learn conversational and physical practices which will help you live your commitments;
- Identify specific and practical next steps to implement what you've learned;
- Connect to the wisdom of the body.

Our confidence is based on the fact that we have helped many others deliver on their commitments. Among the comments from our previous courses:

- *"A life changer – really a life changer."*
- *"The combination of your two styles is dynamic, energetic and inspiring."*
- *"They (somatic principles and practices) will impact all aspects of my life – gentle techniques to calm the storm."*

Join Us

Register by 9/20 for only \$295, or after 9/20 for \$325. Resource materials will be included. We will meet for a full day, beginning at 8:30 a.m. and concluding at 5 p.m.

Questions are encouraged. Reach Dennis at 763.577.0546 or dcoyne@denniscoyne.com. Reach Billy at 612.636.4040 or centeredpresencecoach@gmail.com.

Please join us. Come as you are. Together, we will envision your future and help you create it. Don't wait another day to more fully live your commitments.

Registration

To register please send a completed form with check payable to Coyne Coaching & Consulting, 10835 57th Avenue North, Plymouth, MN 55442.

Name

Address

Phone

Email