



# Mastery Workshop & Reunion

Friday, May 7, 7:00pm – 9:00pm  
Saturday, May 8, 9:00am – 5:30pm  
Sunday, May 9, 9:00am – 5:30pm

## Integral Coaching<sup>®</sup> and the Unique Self

We closed 2009 and opened 2010 teaching at the Integral Spiritual Experience (ISE) Conference held at Asilomar in Pacific Grove, California. This marked the first time that we presented a comprehensive translation of our Integral Coaching<sup>®</sup> methodology for spiritual development. Not only was it received with voracious excitement and accolades by the almost 500 attendees at this event, it also gave us access to a whole new way of understanding and framing our work.

In this Mastery Workshop, not only will we be sharing with you ways to explore your own spiritual development and that of your clients, but also new ways to understand waking up and growing up capacities necessary for evolutionary growth. You will be introduced to a new model for understanding spiritual development within the context of our Integral Coaching<sup>®</sup> method and you will find the linkages to be nothing short of awe-inspiring. Among many topics, we will explore the roles of the True Self, Unique Self, and Unique Gifts.

What you learn in this workshop has direct application to how you live your life every day, how you go to work, how you hold yourself as separate and not-separate, how you play, how you connect with others, yourself, and Spirit. This workshop will have a direct impact on the link between what you do every day and your deep call to be of service, to alleviating suffering, your own, and the suffering of those around you: family, friends, clients, colleagues, and strangers.

We came away from our time at Asilomar with an even more profound desire to be of service. We taught in the company of wonderful Spiritual and Transformative Teachers, and, of course, Ken Wilber. Now we would like to explore these new understandings with you. Together we will take these teachings further than we can even imagine. You do not want to miss this once in a lifetime opportunity to join and contribute to this dialogue. And then there's our special guest...

### **OUR SPECIAL GUEST – KEN WILBER**

**KEN WILBER WILL BE JOINING US VIA LIVE AUDIO LINK TO TALK ABOUT  
INTEGRAL COACHING<sup>®</sup> AND EVOLUTIONARY SPIRITUAL DEVELOPMENT!!**

# Workshop Components

## Friday:

- Direct engagement in exercises that open us to our stories
- Overview of the Unique Self framework that will be explored throughout the weekend
- A reunion opportunity for our coaching community to connect and celebrate together

## Saturday:

- Engage in bodywork from the perspective of Unique Body
- Explore the powerful and direct linkages between Integral Coaching® and the Unique Self
- Experiential exercises for access to and tastes of True Self and Unique Self
- Become more intimate with your unique perspectives & ways of being in spiritual development

## Sunday:

- Engage in bodywork from the perspective of Unique Body
- Work with direct developmental links between True Self + AQAL Constellation™ = Unique Self
- **SPECIAL GUEST:** A live 1.5 hour audio call with Ken Wilber to discuss Integral Coaching® and its contribution to - and future role in - Evolutionary Spiritual Development. This will include an extraordinary live Q & A with Ken about Integral Coaching®, waking up and growing up, enacting conscious development, and how best to support self and other as we move forward together!
- Next steps to take the wisdom cultivated during this weekend into your own unique life, work, spiritual development, and coaching practice

NOTE: Please wear loose-fitting, comfortable clothing suitable for meditation and light body work.



Integral Evolutionary Development  
Coaching. Community. Connection.

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## Program Registration

- **PRE-REQUISITE REQUIREMENTS:** Registration is open to licensed Integral Coaching® graduates who are members in good standing with the Integral Coaching® Consortium.
- Registration will be confirmed upon receipt of your ICC Mastery Registration Form - Forms are available on our web site on the programs page: [www.integralcoachingcanada.com](http://www.integralcoachingcanada.com)
- Registration Forms can be faxed to (613) 741- 2250, emailed to [linda@integralcoachingcanada.com](mailto:linda@integralcoachingcanada.com), or mailed to Integral Coaching Canada Inc., P.O. Box 74037, RPO Beechwood, Ottawa, ON, K1M 2H9
- The weekend program fee is \$695 + GST and includes all materials. A **10% DISCOUNT** is available to those whose **Registration Form and Full Payment** is received **before February 28, 2010.**
- The workshop will be held in Ottawa at the Holiday Inn & Suites, 111 Cooper St, Oxford Room.