



Coaching for Transformation

Cultivating Resonance and Resilience

✳ Free Initial Consultation ✳

Enjoy private sessions with Barbara, find out how to...

- Practice the art of empathy with yourself and others
- Dissolve mental loops that bring struggle and stress
- Heal old trauma, release reactivity and negativity
- End power struggles, foster win-win situations
- Tune into your body, access wisdom within
- Align your entire life with your heart's desire

“The more you allow yourself to feel, both physically and emotionally, and begin to see the connection between your deepest longings and your emotions, the more change is possible.”

Sarah Peyton, *Your Resonant Self*

Barbara C. Wiebe, BEd, CPC

Barbara, certified life coach and workshop facilitator, offers perspectives and tools that fast-track personal growth. Inspired by her training in *NVC, Nonviolent Communication*, Barbara has been offering communication workshops and life coaching for over ten years. Drawing on NVC, mindfulness, yoga and brain science, she enjoys supporting people in the journey of transforming ourselves, our relationships and the world we live in.

www.ConsciousCommunication.info



“... a truly transformative experience working with you. Your presence and your methodology make a perfect container for growth to occur.” Sherene St. Cyr, Alaska Art Colony

“Your guidance through rough terrain was profoundly, powerfully healing. To be witnessed, accompanied, held, supported and invited in this way – how empowering and liberating.”

Diana Dokos, Founder and Lead Facilitator of The Bodhi Bridge