



Coaching for Transformation

Aligning Body & Mind, Heart & Soul

* Complimentary coaching session available *

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

- Expand awareness and skillfulness in your daily interactions
- Build harmony, ease and flow into your everyday life
- Dissolve mental loops that bring struggle and stress
- Uncover your heart's desire, your core motivation
- Harmonize what you do in the world with who you truly are
- Open the door to freedom and fulfillment in daily living
- Be present, contribute to mutual well-being

"Vulnerability is the birthplace of love, belonging, joy, courage, empathy, accountability and authenticity." Brene Brown *Daring Greatly*

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 (or Compassionate) Communication*, Barbara has been sharing NVC in Alberta and BC for over ten years. Blending spirituality and practicality, 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, client

"I appreciate your ability to be present with us... how you support skillfulness in our speaking and listening, seeing how our 'stories' are revealing - as to what is alive, what is wounded, what is trying to surface... presence, empathy, and skill. You are helping us move through old hurts, misunderstandings, and ingrained patterns of criticism and defensiveness." Adrian G, client, couples coaching