



Coaching for Transformation

A Journey of Warm Accompaniment

* Free Initial Consultation *

Do you know the source of your struggles and stress?

What if our dissatisfaction originates within ourselves rather than external circumstances? And what if the way to end suffering is to go on the inner journey of self-exploration – *together*?

This journey, if we are willing to take it, is a spiraling inward, bringing mindfulness, presence, and attention to what is alive inside. Vulnerability and courage are required to bring healing to old wounds – and to reveal hidden reservoirs of compassion, new sources of calm and creativity, of freedom and strength, of abundance and joy...

Would you like to be accompanied as you journey into the realm of emotional attunement, authentic power, healing and transformation? I would be honored for you to call me to see if it makes sense for us to work together in exploring your key issues. For example:

- *Emotional awareness*
- *Connection and communication*
- *Accessing wisdom within*
- *Releasing reactivity and negativity*
- *Aligning with needs of the heart*

“Bringing about peaceful change begins with working on our own mindsets, on the way we view ourselves and others, on the way we get our needs met.”

Marshall B. Rosenberg, founder of Nonviolent Communication

Barbara C. Wiebe, BEd, CPC

Certified Professional Coach, NVC Facilitator, mindfulness and yoga practitioner, Barbara blends her extensive training in Nonviolent Communication (NVC) with her love of self-inquiry, inspiring her passion to share the journey of transforming ourselves, our relationships, and the world we live in.



“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