



Living hEARTH

Nourishing Our Lives, Hearts & Earth

You're wondering about our coaching?

We imagine that you:

- Care about the Earth and your community
- Want to help make the world a better place
- Want to live with more passion, purpose and presence

If your interest is:

- Practical tools to work with the land or with people – read about Design Coaching below.
- Personal growth and healing – read about Life Coaching below.

DESIGN COACHING

Our “Design Coaching” is based on permaculture. This could be a good fit for you if you want to:

- Design a more sustainable “something”: a garden, farm, homestead, community, business, organisation, project or your lifestyle (it may or may not involve a piece of land)
- Make decisions more holistically with principles from nature
- Learn practical tools to be more effective with your energy, while better meeting your needs
- Turn surplus or waste into opportunities and resources
- Create “win-win” situations that offer more benefit and ease



You'd really enjoy:

- Having support to figure out and to take the first or next steps in your project
- Having the tools and understanding to continue this work on your own
- Having a customised “mini permaculture course” combined with design for your project
- If your project focusses on the land, including in the design things such as: food production and storage (eg. edible forest gardens, annual gardens, greenhouses, root cellars); soil fertility and water management (eg. compost, living groundcovers, humanure, hugelkulturs, swales, keyline); season extension and microclimates (eg. suntraps, windbreaks)
- Stepping into a more active and creative role

How does “Design Coaching” work?

We really enjoy the “design coaching” we do with our clients. It's fun, engaging and we all learn a lot from the process. At the end of our coaching, we want our clients to have tools to continue bringing their projects and their lives to more enriching places.

- Our sessions are very participatory and adapted for each client. Most sessions include a mix of education, discussion, reflection and exercises.
- We like to do a first session in-person to meet one another and to share some basic design principles and tools. Additional sessions could be in person or via Skype.
- For clients who have already studied permaculture or simply want some support in getting started on a physical site, we can offer a 2- to 3-hour session, including a site visit and a discussion about options for the site.
- For clients who want to go through a full design process with us, we recommend a minimum of 10 hours together. If the focus is on a physical site, we recommend at least one site visit with us in person. We also give our clients assignments in between sessions, to help make the most of our time together.
- Please let us know what you are looking for and how we can best support you in your project. If you are seeking something specific that hasn't been mentioned here, please ask.



Take the first step for Design Coaching:

If you are interested in “Design Coaching,” **we offer a free 30-minute meeting by Skype or phone to explore possibilities. Please fill in and return the “Design Coaching Questionnaire” in order to book the appointment.**

LIFE & SPIRITUAL COACHING

“Life and Spiritual Coaching” could be a good fit if:

- You are going through a life transition or crisis -- and **you want more meaning and peace**
- You want to do more with your life and don't know where to start -- and **you are willing to take the next step**
- You feel “stuck” or “blah” -- and **you want to live with more presence, purpose and passion**



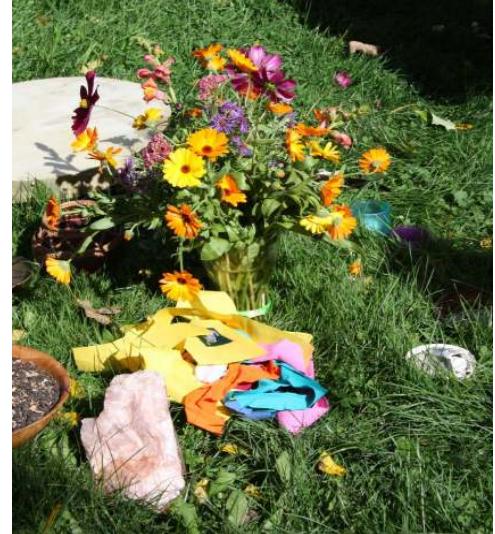
You'd really enjoy:

- Engaging with your life in a deeper, more meaningful and creative way
- Receiving support and following a holistic approach that includes your mind, body, heart/soul, the world
- Choosing various tools or practises to support you, including meditation, gentle movement, guided visualisation, Reiki (energy work), ritual, role-playing, colouring, collage, journalling

How does “Life and Spiritual Coaching” work?

- Each session is unique. It is tailored to you and what you need that day.
- Some sessions are mostly talking. I offer ask questions, listen and offer feedback.
- Other sessions may be a combination of talking, meditation, Reiki, movement or other creative practise. I offer options and you get to choose.

Take the first step for Life & Spiritual Coaching:
If you are interested in “Life and Spiritual Coaching,” please contact me to book an appointment.



SLIDING-SCALE FEES

It's important to us that we have a mutual exchange and that we all value one another. We also want our work to be accessible and we do our best to be flexible.

- **Regular one-on-one coaching:** **\$60 to \$120 per hour** (sliding scale) plus HST. This covers our coaching session and preparation time.
- **Travel fee:** For meetings at your site, we **add \$25 to \$50 per hour of travel time** (sliding scale), plus HST. This covers our time and mileage.
- **Daily rate:** If you'd like us to come for a day, we offer **\$400 to 900 per day** (sliding scale) plus HST. If you book us for a day or more, we'd waive some of the travel fee.
- **Coaching for groups:** If you are interested in coaching for a group of 4 or more people, or an in-depth design process for a site larger than 10 acres, we charge **\$80 to \$140 per hour** (sliding scale), plus HST, due to the scope of the work. The travel fee is the same.

Here's how our sliding scale works. Please reflect on the following questions honestly and then choose an hourly rate that makes sense to you. We want this rate to reflect the value of our work together and be within your means:

- What do you hope to receive from our coaching sessions? How is this valuable to you?
- How much do you charge your clients on an hourly basis? Or how much do you earn on an hourly basis?
- On average, how much do you spend on professional development, self development or self-care, such as taking classes or going on retreat? How much do you spend for fun, such as going on trips, eating out at restaurants, or buying books?
- What amount would cause you hardship? What amount would be comfortable?



If you decide to work with us, we really want it to be a good fit. Please let us know if you have any questions for us.

Warmly,
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