

John McMullin, HC, CTh and Leigh Randolph, MS, DDS, HC

The Holistic Coaching Intensive

Friday – Monday

September 7 – 10, 2018

**Ki Empowerment Center
Worthington Ohio**

John and Leigh, of Cape Coral, Florida and formerly of Columbus, Ohio, bring their unique and powerful gifts to this opportunity of self-growth, holistic coaching, metaphysical healing, and special teachings. Topics:

Overcoming Resistance to Change

What if we discover the paradox of ego parts that create achievement and resistance simultaneously? Resistance to change is the same resistance (defiance) we used as children to separate ourselves from other people's projections. Perhaps we become our worst enemy and attempt to destroy our unique gifts of sensitivity, creativity, passion and compassion. In this program we will explore that our best friend and enemy of ego perception is to freeze when we feel polar opposites of why we matter and don't matter. Participants will learn how to get out of their own way.

Why We Worry

What if we discover the illusion of control by worrying about events in our life to deflect what we are really worried about? If worry is obsessing over issues we think we can change, then does it help us to survive the subconscious beliefs we cannot change? Participants in this class will discover how they use conscious worry to hide from subconscious shame and fear.

Holistic Relationships

The relationship we have with our self about the outside world has many aspects including the Intuitive, Mental, Emotional, Spiritual and Physical. If we could learn the process of accepting the messages of our outside world rather than approving or disapproving then participants of this class will learn how to liberate the critical ego and begin to realize we have created experiences that can bring us compassion and intimacy with many aspects of life.

Hiding from Intimacy

If we discovered the intimacy we have with others is limited to the intimacy with our self then we can begin the journey of finding our heart so that we can experience the intimacy of others and their hearts. Participants will discover the important values of vulnerability, compassion, empathy, and sensitivity with self to invite others to witness how we model this consciousness.

**Cost: Four Days, \$700 – includes an individual Coaching session with John McMullin
Single Days, \$200 each**

**Location: Ki Empowerment Center, 6797 N High St Suite 134, Worthington OH 43229
Registration: Online at <http://www.journeysofwisdom.com/ecommerce>
or contact Bonnie at 614.888.1240**