



SKILLS FOR CHANGE
with
Nancy Shanteau
COACHING WORKSHOP

February
2nd - 6th 2011
Wed. - Sun.
9am - 5pm

\$800 - \$1,200
(sliding scale)

Contact:
(530) 273-5170
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 **NANCY SHANTEAU**
COACHING

NANCY SHANTEAU
Writing Coach
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Skills for Change Coach
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Become a Skills for Change Coach

Skills for Change Coaching is one of the few coaching approaches that begins with an analysis of systemic power in someone's life. Rather than assuming that a client is capable of making a change individually and that the only obstacle is internal, Skills for Change Coaches help clients assess their internalized and external privilege and oppression to determine how real scarcity of resources, energy, skills, and power could be impacting their efforts.

Once client and coach have an understanding of how systemic power is influencing the client's progress, Skills for Change Coaches then bring the most current and effective transformative change practices to help the client achieve her/his intended outcomes. A session might include conversation for insight, standing practices for development of skills and embodied aliveness, and laying down bodywork to create more ease in the body and space for choice.

The Skills for Change Coaching Workshop

In this five-day workshop, you'll learn the key theoretical models and practices that make Skills for Change Coaching so successful in helping clients get more of what they want in relationships, communicate more cooperatively, and achieve their dreams.

In this workshop, you will:

- Apply the Alienation and Liberation Formulas to understand and design change processes
- Complete a Personal Power Inventory of your systemic privilege and oppression
- Learn to normalize your client's experience
- Help your clients create a coaching contract, design measurable progress assessments, and experience satisfaction on the path

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- Understand how Depletion and Replenishment impact your client's capabilities
- Make a Depletion plan and guide others to do the same
- Practice asking for 100% of What You Want, Saying No, and Speaking Up
- Understand how the Rescue Triangle impacts relationships
- Learn to normalize, feel, discern, soothe and fight the pig
- Increase your resilience, choice and freedom from "I can't," "I'm confused," and "I'm not enough"
- Discover how laying down bodywork can release pig from the body, increase spaciousness and allow greater choice
- Practice the five responses to Power Plays
- Discover the difference between self-centric, other-centric, and big picture stories
- Discuss how Equal Rights and Unequal Power affect relationships
- Learn the Cooperative Communication Model, including sharing Held Feelings, validating stories, and negotiating to agreement
- Develop your capacity to act as an ally, receive support, and engage collective action on your behalf and in service of your clients
- Understand the Appreciation Economy and how to rebalance power in a relationship using appreciations

We'll engage a combination of standing and laying down practices, reflection, partner conversations and practice coaching sessions. This workshop is open to individuals, coaches and practitioners who want to add Skills for Change Coaching theory and practices to their repertoire of interpersonal skills. This is also a prerequisite course to be certified as a Skills for Change Coach.

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More Information

- ❖ Skills for Change Coaching was founded by Julia Kelliher. She studied with Beth Roy of the Radical Psychiatry Collective, and is also certified by Lomi School. Skills for Change Coaching reflects the influence of social justice and social change movements, Julia's own Buddhist practices, and her years of entrepreneurship and single motherhood.
- ❖ Many of the somatic exercises are influenced by the work of Richard Strozzi Heckler at Strozzi Institute and Staci Haines at Generative Somatics. I am also influenced by Wendy Palmer, Paul Rest, George Leonard and the work of aikidoists around the world to teach non-violent responses to conflict.
- ❖ Movement exercises are mostly non-impact and we will modify them to work with your body as needed.
- ❖ Laying down bodywork will be conducted on your back with clothes on. Bring a change of loose comfortable clothes for this practice.
- ❖ My teaching philosophy: people need safety and a feeling of connection and love in order to change. The workshop setting will engage your dreams for your future, and provide support, strength and vision. I also believe that the most powerful path to change comes when we understand the cultural, familial, and relational frameworks that impact our bodies and thoughts.

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I have been working full-time as a coach since 2004 and have taught Somatics and Skills for Change in the US and South America. Prior to coaching, I spent ten years in industry working in software development, desk-side support and sales operations. I was an English major in college and am working on my first children's novel. I specialize in helping people write books. Find me on the web at <http://www.nancyshanteau.com> or read my blog [Writing Boots](http://www.writersdojo.org) at the Writer's Dojo (<http://www.writersdojo.org>).

Logistics

When

Dates: Wednesday, February 2 – Sunday, February 6, 2011

Time: 9:00 am - 5:00 pm

Housing

Location: Harmony Ridge Lodge (www.harmonyridgelodge.com).

Make reservations by calling 530-478-0615 or writing reservations@harmonyridgelodge.com.

Directions may be found on the Harmony Ridge Lodge website. (<http://www.harmonyridgelodge.com/directionsmap.php>.) There is no public transportation to the retreat location, so you will need to arrange a vehicle or a ride. If you would rather share a ride, let me know and I'll connect you with other participants who are renting cars.

Offsite housing is also available.

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Meals

Lunch is included in the workshop fee. Light snacks and breakfast will also be provided. Approximately 30 days before the workshop you will be sent an intake forms; please indicate any food allergies or preferences on the form

Dinner is not included in the price of the workshop. Harmony Ridge Lodge is located approximately ten minutes from downtown Nevada City, CA. Wonderful restaurants, cafes, and eateries are available. Participants will be provided with a list of local resources prior to arrival.

What to Bring

The weather in Nevada City is cold in February; bring clothing and shoes that can tolerate snow, though we can't guarantee we'll have any of the white stuff during the course. We tend to have daytime temperatures in the 40s and 50s and nighttime temperatures in the 30s. Dressing in layers is recommended!

You may enjoy spending some time in the evenings walking by our phenomenal South Yuba River, so bring hiking boots or sneakers and appropriate walking clothing. I teach yoga at Wild Mountain Yoga Center (<http://www.wildmttyoga.com>) on Monday evenings at 5:30 pm – I would love to have you join me for the class that night if you like a warm, vigorous and somewhat challenging yoga class.

For the workshop, you will want to bring soft clothing that allows you easy movement. Bring layers in case you get warm or cold.

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Financial Arrangements

Cost: \$800 - \$1200 Sliding Scale

Deposit: \$250 - \$500 Sliding Scale

Housing: Through Harmony Ridge Lodge or other accommodations, housing is not included in the workshop fee.

- ❖ Sliding scale works as follows: choose where you belong on the sliding scale. I will then issue you an invoice for payment that shows your current payment amount, unpaid balance, and dates future payments are due. Please ask for what works for you.
- ❖ Housing secured through Harmony Ridge Lodge is on a first come, first served basis. There is no guarantee that there will be sufficient housing at HRL for all attendees: please book accordingly.
- ❖ Payment of tuition deposit is required to secure course enrollment.
- ❖ I accept cash, check, or credit card and bank account payments via Paypal.
- ❖ Final payment for tuition is due by December 1, 2010.
- ❖ \$75 of your deposit is non-refundable.
- ❖ Refunds of the remaining deposit amounts may be requested prior to December 1, 2010. After December 1, 2010, the remaining deposit may be transferred to future coaching or training opportunities.

Your satisfaction is important to me. If you have any concerns or questions, I am happy to discuss them with you.

I look forward to helping you learn the theory and practices of Skills for Change Coaching and make your and your clients' dreams a reality!

All my best,
Nancy Shanteau

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