

National Wellness Conference 2010
WEBINAR HANDOUT – Dr Karen Wolfe

Conscious Body Coach Certificate

“Create the Body Your Soul Desires is a fabulous book that contains a wealth of practical wisdom about food, emotions, science, and nutrition, all presented in commonsense and practical ways you can apply to your life immediately.”

- Christiane Northrup, M.D.

www.drkarenwolfe.com

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The Conscious Body Method™ Coach Training

“Only those changes that are loved into being are permanent”

Louise Hay

Embrace and love all of yourself—past, present, and future. Forgive yourself quickly and as often as necessary. Encourage yourself.

Tell yourself good things about yourself.

Melody Beattie, *The Language of Letting Go*

Course Description

Learn how to use The Conscious Body Method™ to assist your clients to live consciously in their body. This method is a model for multidimensional healing and blends exercise science, nutrition and psychology to provide health and wellness professionals a holistic approach to work with their clients that is grounded in practical application and explores all life areas that are inter-connected with the body-relationships, food, exercise, sleep, stress, emotions, thoughts, body image, and environment.

What makes it different?

- blends science, nutrition, psychology and spirituality
- offers practical, down-to-earth practices that you can apply to your life now
- teaches an effective way to work with a partner in achieving your goals
- teaches a specific goal-setting method designed for people who have multiple demands on their time and energy
- recognizes that all areas of a woman's life affect her body and vice versa
- synthesizes 27 years of experience in health and wellness
- transforms self limiting beliefs into thoughts that empower you
- offers support to ensure your success

Course Objectives

1. Expand your skills in health promotion by understanding the theoretical model of The Conscious Body Method.™ and the Seven Principles and the Six Tools of The Conscious Body Method™
2. Experience how to use and score of the Conscious Body Questionnaire™.
3. Practice the skills and techniques of Conscious Body Method™ Coaching Model.
4. Discover how the application of the five domains of the Conscious Body Method: D.I.E.T.S. can assist your clients reach new goals.

Design an action plan to integrate this model into your existing programs

The Friendship Solution

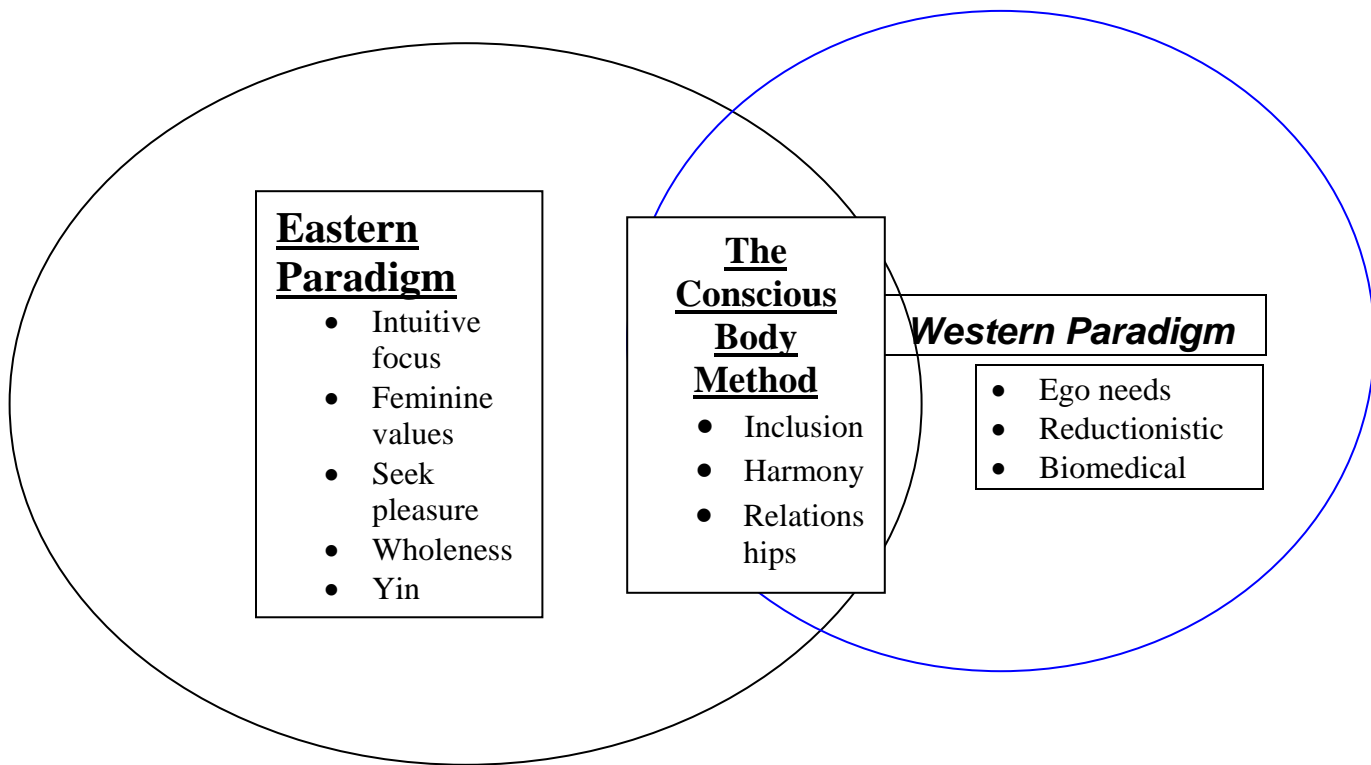
“The Friendship Solution is based on a powerful relationship and soul-centered decision-making. It helps people live a life that is congruent with their life's purpose.”

Dr. Deborah Kern and Dr. Karen Wolfe

Codependency	The Friendship Solution
You feel responsible for the other person's problems.	You are not responsible for the other person's problems.
You feel responsible to help the other person solve their problems.	The other person is the only one who can solve her problems. You can support her by knowing that she has the solutions inside of her already.
You feel guilty or angry when your help isn't effective.	Since you are simply holding space, asking questions and providing unconditional love and acceptance you are not trying to be effective. You are just being mindfully present.

The Conscious Body Method™

The Conscious Body Method™ is compatible with any system of bodywork, psychotherapy, or consciousness work. It can be used as a separate modality or integrated into any other process. It is about *balance*



The Five Tools of the Conscious Body Method™

1. Friendship Solution
2. The Conscious Body Questionnaire
3. SMART Action Planning
4. Conscious Body Journal (Workbook)
5. Commitment Contract

Daily Physical Activity & Mindful Living

Be conscious of your life “style” and increase social, pleasure-based movement for enjoyment and enhanced quality of life.

Individualize Nutrition

Discard externally imposed rules and regimens for eating and attain a more peaceful relationship with food by relearning how to “nourish” yourself.

Energize Your Life

Be conscious of how you use and gain energy.

Think Well

Be conscious of the thoughts you choose.

Seek Support

Be conscious of the relationships you create and affirm and reinforce human beauty and worth irrespective of differences in physical size and shape.

"Soul" is found in the quality of what I am doing---"nourishing the soul" means making sure I attend to those things that give my life richness and depth of meaning.

R.Fulghum