

## Online Proposals

### LEAD PRESENTER

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### Comprehensive List of Conference Presentations for LEAD Presenter:

2005

Mindful Coaching 101 – Co-Presenter with Dr. Karen Wolfe (breakout session)  
Corporate Coaching Model for Behavior Change (breakout session)

2006

Interdependence: Promoting Understanding, Collaboration and Connection (breakout session)  
What is the Role of Spirituality in Coaching? (breakout session)

2007

Can We Talk? Communication patterns to Recognize, Avoid and Develop (breakout session)  
Getting Honest: Exploring the Light and the Dark Sides of Coaching (Coaching Academy breakout session)  
Fresh Approach Coaching Skills Training for Health and Wellness Leaders  
(Full-day Preconference)

2009

Bringing it all together: Synthesizing your NWC experience (breakout session)

### Presentation Title:

Practical Spirituality: The Connection with Meaning in Daily Living

**Track:** Mind-Body Wellness

**Target Audience:** Other

**Program Level:** intermediate

**Program Type:** Breakout Session

### Have you presented or are you planning to present this program at other wellness-related conferences?

In October 2009, I will present "Treat Yourself Sweetly", a keynote on self-care as an aspect of practical spirituality at a national conference for spiritual counselors.

### Abstract:

Living spiritually means recognizing that there is order in the universe guided by an intelligent force. It means being connected with that which motivates our beliefs and gives our life meaning. Beyond religion, spiritual living impacts our day-to-day choices to face fear, be generous, remain true to our values and live in harmony with nature. Spiritual living begins with awareness. And, it is through awareness that spiritual living expands and deepens.

### Measurable Objectives:

1. Participants will ascertain spiritual qualities that are most important to them
2. Participants will identify pathways and roadblocks to giving more generously to others and themselves
3. Participants will generate an action plan to expand their awareness and practice conscious living

**35<sup>TH</sup> Annual National Wellness Conference**  
**“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”**  
**University of Wisconsin-Stevens Point, July 17-22, 2010**

**Program Outline:**

- A. Identifying what is meaningful
  - 1. Visualization exercise – a meaningful dialogue among mind, body and spirit
  - 2. Writing exercise
  - 3. Sharing discoveries with a partner
  
- B. Expanding the capacity to give and receive as spiritual practice
  - 1. Small group discussion
    - Where in your life is it easy to give to others?
    - Where in your life is it difficult to give to others?
    - Where in your life is it easy to give to yourself?
    - Where in your life is it difficult to give to yourself?
    - What needs to be learned, released or fortified in order to give more freely?
  - 2. General sharing and discussion
  
- C. Creating an action plan to establish, sustain, monitor or change spiritual practices
  - 1. Coaching demonstration – how to support another to identify spiritual qualities they wish to bring more fully into daily living (e.g. their decision making, self-care, work/life balance, personal and professional relationships)
  - 2. Coaching pairings to create individual action plans for enhanced spiritual living and/or strategies to support others explore what is meaningful
- D. Group Sharing and Q&A

**Program Bibliography:**

- Berman-Fortgang, Laura. the little book on meaning: Why We Crave It, How We Create It. (2009) 978-158542-713-4
- Burg, Bob and Mann, John David. the go-giver: A Little Story About a Powerful Business Idea. (2007). 978-1-59184-200-2
- Branden, Nathaniel. the six pillars of self-esteem. (1994). 0-553-09529-3
- Chopra, Deepak. the seven spiritual laws of success: A Practical Guide to the Fulfillment of Your Dreams. (1994). 1-878424-111-4
- Duncan, Shannon. present moment awareness: A Simple, Step-by-Step Guide to Living in the Now. (2001). 1-57731-412-3
- Tolle, Eckhart. a new earth: Awakening to Your Life's Purpose. (2005). 0-525-94902-3
- Zander & Zander. the art of possibility: Transforming Professional and Personal Life. (2000). 0-87584-770-6

**Program Relevance to Conference Theme:**

Spirituality is an integral component of wellness. Studies in mind-body correlation show the power of beliefs to direct behaviors and thus impact well-being. Living spiritually means that we are connected with that which motivates our beliefs and gives our life meaning. Spiritual includes all the non-physical qualities that make us who we are (our ideas, imagination, intelligence, creativity, kindness) and all the non-physical qualities that we seek (happiness, love, fulfillment, peace, friendship). As wellness professionals support others to explore what is meaningful, they widen the pathway to reveal and implement sustainable wellness solutions.