



Ongoing Coaching Professional Development

2022

- Dr Dan Siegel Comprehensive Interpersonal Neurobiology 4 month intensive course
- Dr David Benner "Cascadia Core Community" year long intensive course
- Chief John Snow Book Club "These Mountains Are Our Sacred Places" - 6 weeks

2020 - 2021

- Orchestra Canada - Roundtable on Indigenous Musical Sovereignty
- Orchestra Canada - RSO Indigenous Advisory Council
- NAAS - Orchestrating a Better Future with New Audition and Tenure Guidelines
- NYC Jazz Festival - Jazz and Gender
- Music to My Ears with Dylan Robinson
- UWaterloo - Power Privilege and Prejudice Course
- ILCT - "Coaching Leaders" Course
- Enneagram Summit
- 3 month coaching pod through "Positive Intelligence"
- MWL course development, presentation
- Book Club facilitation of Burnout, Gifts of Imperfection, Presence and Encounter
- Spiritual Director 1/month, Coached twice/month

2015 - 2020

- Life Coach Training ILCT
- Medical QiGong with Dr Steven Aung
- QiGong movement
- QiGong Breathing
- Healing Touch Introduction
- Wisdom School with Cynthia Bourgeault
- Wild Woman Sisterhood Circle Leadership Training
- Varsity Natural Health Clinic Series on Dr Richard Jelusich - "Psychology of the Chakra's"
- Varsity Natural Health Clinic Series on 5 Chinese Elements