

OCDSB Evening course helps connect with values

Marcia Armstrong of Ottawa found what was missing in her life recently. “I’ve decluttered my life” she declares. “I was too busy. It was easy once I put my mind to it. Trouble is, I was slow getting started.”

She became a young widow six years ago. Ms Armstrong kept busy and seemed to have a model life.

“When Robin died people told me to keep myself busy and it would help me to deal with my grief. I have kept myself so busy that I haven’t had a chance to actually live!”

She became very occupied with what appeared to be good things: church, choir, children, work, friends, hiking, learning—and no time to connect with herself.

Ms. Armstrong credits a course entitled “Living From the Heart” for the turnaround in her life. When taking it she realized that all of the busyness that she had accepted as quite normal was really preventing her from facing her current situation and moving on with her life after the death of her husband.

The workshop is offered at Brookfield High School, starting April 19. It is 12 hours long, spread over four evenings. The instructor, Brooke Broadbent is a trained coach and expert facilitator. He explains that the workshop is “totally interactive”. Participants identify their values, visualize their future, practice mindfulness, build listening skills, gain self-knowledge, see themselves as others see them and develop their journaling skills. “The course is a great introduction to coaching” he declares. “Coaching is a wonderful way to find your inner strength.”

Broadbent adds. “Participants leave with practical tools that they can apply every day of their life as they seek their heart’s desire. I’m helping people to prepare for the journey they select.”

Armstrong was amazed how open participants were. “We had great conversations and gained insight into ourselves and others. Brooke created an environment in which we could share whatever we felt comfortable sharing...and we did...that is something special”.

Ms. Armstrong’s epiphany came when she created a collage depicting her life. There was so much on the Bristol board that there was no white space for reflection. “It was just like my life” she realized. Armstrong adds, “The course includes a one-on-one coaching session in which I saw the need to take time off and reflect on my situation.”

Obtain more information about the course and the leader’s new book also called *Living from the Heart* at www.brookebroadbent.com. Or call Broadbent at 613 862-4459.

To register for the course call the Ottawa-Carleton District School Board at 613 239-2751.

To arrange interviews contact Brooke Broadbent at 613 862-4459 or coach@brookebroadbent.com.