

# Spirituality & Conscious Work Services

---



## Coaching, Mentoring & Consulting – with Eric Hellman

### **Coaching & Mentoring:**

- Reflecting on your current work (and life) issues
- Listening for your deeper needs, aspirations, blocks or challenges
- Identifying and taking steps (professionally & personally) to grow your work
- Finding practical ways to bring more spirit, purpose and values into whatever you do
- Having someone to talk to about what you're going through (work, personal, spiritual issues)

### **Coaching & Consulting:**

- Designing & implementing projects, programs & services which make a difference, grow your work, and contribute to well-being and transformation
- Assistance with communicating new services, ideas and projects – in ways that express “what matters most” to you, and connect with the minds, hearts & needs of others

*Energy-Touch Sessions:* I also offer healing light-touch/energy sessions to help you centre, ground, feel more stillness/peace, and access deeper wisdom.

**Summary:** Close to 40 years of experience in bringing new ideas/projects into the mainstream, in areas such as environment, recycling, home-based & values-based businesses, NGO/voluntary organizations, computers, health & wellness, spirituality, peace, leadership and addictions

**Skill Areas & Focus:** Communications, marketing, project design & implementation, bringing spiritual values/guidance into work, social change, personal support, stress reduction & finding peace – with a particular focus on individuals, self-employed, home-based & conscious businesses, and non-profit organizations

**Approach:** Simply put... I love seeing people happy, engaged, fulfilled and at peace. My passion is to create what I call ‘healing change’ in the world. And the work I do is based on: living what matters to us, personal growth, listening deeply to others, working with spiritual wisdom, making a difference – and supporting others in doing the same.

**Rates/Fees:** \$60 to \$125 per hour (Based on the service, with flexibility based on need)  
Rates for other services, such as writing/editing, and speaking, are different. Please inquire.

778-379-8344 or [erichellman@rogers.com](mailto:erichellman@rogers.com)



## **Skill/Service Areas - Experience - Approach**

---

### **Skill/Service Areas include:**

#### Communications:

- Listening (within and to others), writing and speaking
- Connecting our needs/desires with those of others; building bridges of understanding
- Talking about spirituality with others
- Marketing – in ways that are aligned with our values/spirit

#### Applying values/spirituality/consciousness into our work, through:

- Product/service selection, design, implementation, marketing, communications
- Finding purpose, meaning and direction
- Choosing work that uplifts our spirit
- ‘Raising’ staff, co-workers, customers/clients by our thoughts/energy/intention
- Choices & actions that heal, inspire, connect and contribute

#### Insight/assistance for self-employed, home-based & ‘conscious’ businesses/organizations

#### Creating Change / Ways to make a difference:

- Practical ways to live our values/vision through work
- Connecting spirituality, work and social change
- Helping people to change through inner motivation
- Deepening our effectiveness
- Making change in new ways (e.g. from behavior to ‘conscious’ change)

#### Supporting people who are walking a spiritual path:

- Listening to intuition, guidance & understanding the signs
- Application of spiritual wisdom/insight
- Seeing blocks to our growth and the ways our ego/shadow shows up
- Talking about spiritual experiences (to validate & integrate)
- Deepening our practice and process

#### Dealing with personal issues, such as:

- Loss of desire/interest, inner conflicts, busyness, finding peace of mind
- Ways to restore and deepen our spiritual connection
- Difficulties expressing our feelings, values or spirituality with others
- Healing (with self, relationships, work/worldly issues)

#### Helping people understand & work with *A Course in Miracles*

Personal support – “I just need someone to talk to...”

Relaxation & Energy/Touch sessions – to support your clarity, focus and peace