

Workshops

If you seek to know yourself better, to heal painful life experiences, and/or to reinvent yourself in order to find a new career, begin a new relationship, or create a new outlook on life, then these workshops can be a great source of inspiration, new energy and enjoyment.

Among the most highly attended of Elaine's workshops are:

- Forgiving Yourself and Others
- Caring for the Caregiver
- Creating the Work You Love
- Managing Transitions
- Intent Heals Journal

"Thank you, Elaine; you are a wonderful heart-centered teacher and I have a renewed sense of understanding and determination that anything is possible with perseverance."

Life Coaching

The approach Elaine takes to life coaching develops a person's potential and seeks to increase self-understanding and appreciation, enabling clients to determine their own destiny. Her style is effective because it helps facilitate change—it encourages people, rather than trains them. Her coaching is responsive and flexible, allowing for personal transition on an individual basis and at a pace set by the individual. Coaching is provided individually and in group workshop settings at Elaine's private practice and is also conducted by phone when geographic distance is a factor.

"In life we may be lucky to come in contact with a few people who really impact the way we see things. Elaine is one of those rare individuals who, through listening and guidance, can do just that. I had never used the services of a life skills coach before...but in the course of a career transition Elaine became instrumental in helping me see the landscape of my situation in new and exciting ways."

Forgiveness Coaching

Forgiveness is a gift you give yourself based on a decision to let go of the past or of suffering from a past experience in order to reclaim a peaceful heart. Forgiveness coaching brings a special dialogue to support clients in looking deeply into their lives, achieving clarity about where they may be stuck, or where they may desire to seek a new direction. Elaine is a certified Forgiveness Coach in The Way of Forgiveness from Heartland Miracles, LLC.



Antelope Canyon image courtesy of AlbinArts.com

The Forgiveness Blessing

*I give you to God that I may be free.
I give you to God that I may have peace.
I give you to God that we may both be healed.*

—The Way of Forgiveness training with Heartland Miracles, LLC

"Elaine is a spiritual individual who imparts wisdom and light in a most endearing way... she delivers expertise, integrity, courage and humility to every encounter with her clients."

Career Coaching

Do you lack clarity, vision, or courage when you try to imagine yourself doing work that's soul satisfying? Are you reluctant to learn new things in order to reinvent yourself? Individual career coaching with Elaine, and the career workshop she created, are designed to help you find your right path.

Career coaching provides the answers, facts, inspiration and—most importantly—the opportunity for you to explore your heart's true desires. Elaine has successfully practiced in her own career what she teaches clients about reinventing yourself, networking, and listening to your intuition, as well as your logic.

Inspirational Writing

Elaine's blog can be found on www.elainevoci.com. Topics include commentary on contemporary issues, a bit of a travelogue as her work takes her to interesting places, and philosophical comfort for kindred spirits with occasional data-rich articles on workplace trends, learning and soul adventures.