Leanna Barwick, CPCC

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**Special Skills**

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| * Public speaking and writing * Creating & facilitating workshops, events, programs, ceremonies * Leading collaborative process & experiential learning activities * Strong command of holding particles, space & stake * Kick-ass compassion * Deep democracy & diversity * Movement & body wisdom * Consciousness & energy work | * Co-Active Coaching & Leadership * Organization & Relationship Systems Coaching * The Leadership Circle Profile * The 7 levels of Effectiveness & Neuroscience Coaching * Improvisation * Technology Consulting * Research, Marketing & Sales * Service & Hospitalities * Health & Wellness |

**Experience**

**Co-Active Leadership** 2011 – Present

*‘Willow Tribe R5’* –18 months after completing the Co-Active Leadership Program, our tribe Willow met for a self-led leadership retreat. During the in-between time, I co-led the preplanning logistics enrolling tribe mates in co-creation. Based on discussion, I captured the arc in diagram and made a schedule. At the retreat I held the schedule and blended what was needed in the moment, honoring our stake: leaders grow leaders and stay flexible like a willow.

‘*Toronto Leader Quest Connect’* – A pilot projectI co-led with CTI Toronto Ambassador, to gather local Leadership graduates, talk about what’s wanted and possible as a community, and facilitate a brilliant conversation on “Questing”. The color was raspberry-butter. I’m leading the next group with another community member mid July.

‘*Group Facilitator Training*’ *ACT – AIDS Committee Toronto*. A 5-week long course I co-led with the Programs Supervisor in 2011 and 2012, training volunteers on peer support group models and various tools for facilitation. I trained the Programs Supervisor on energy arcs and curriculum planning, and we worked together to weave Co-Active coaching and leadership skills into the course.

**Coaching** September 2010 – Present

Since starting CTI coach training 3 years ago, I’ve built a practice of 8-12 paying and pro-bono clients. All are sourced from word of mouth and in person meetings. A few clients have transitioned into coach training and my practice has expanded to coach mentoring. Since ORSC training, my coaching practice has also grown to include relationships and organizational work teams. My focus is not-for-profits; I’m interested in aligning the internal work cultures of organizations to match the values and mission they are committed to. Wanting to get more professional experience working with children, early this year I started as a volunteer “Kid Coach” with Future Possibilities for Kids; coaching marginalized youth 8-12 years old, to create a community based leadership quest. The Executive Director has asked me to take a Curriculum Advisor role, beginning later this summer.

It’s no secret. I’m hard-core. I believe in full immersion. I shine like a star when I rock the Co-Active, it’s hard not to immerse myself. In my journey to be a Front of the Room Leader, I have created an imaginary “boot camp” to build my mastery of coaching, where regularly assisting in Toronto CTI courses is a prerequisite. I’ve assisted for each course once or more in both the old and new core curriculum. I also assisted Karen and Henry for “Meet the New Co-Active Model” Toronto. It is always rewarding. I appreciate getting feedback from the leadership team on my coaching, leading from the back of the room, working with the other assistants, and growing with my Co-Active community. Here’s the news flash CTI: It’s time for me to graduate to the front of the room!

**Group Facilitation**

*Volunteer Support Group Facilitator. ACT – Aids Committee of Toronto.* 2009 - 2012

I co-led long and short-term groups for people living with HIV. Program outcomes include: connection from isolation, community building, knowledge and resource sharing, relationship skill development.

**Coach & Leadership Training**

*BEabove Leadership*Hu April 2013 - Present

Completed module 1 & 2 in the Neuroscience series. Assisting front of the room leaders.

*CRR Global (Center for Right Relationship)* Feb 2013 - Present

ORSC (Organization & Relationship Systems Coaching) – Completed 3 of 5 ORSC series.

*CTI* September 2010

Co-Active Leadership Program – completed January 2012

CPCC Program – Certified November 10, 2011

TLCP - The Leadership Circle Profile – January 2011

**Other Training**

*CPR/AED & Emergency First Aid Certificate, Canadian Red Cross.* April 2012

Specializing in movement related injuries.

*5 Rhythms* Since 2012

A practice to create meditative space and awareness that integrates breath, movement and spirit in a conscious way.

*ACT (AIDS Committee of Toronto)* September 2009 – May 2010

Support Group Facilitation Training

Harm Reduction & Street Outreach Training

HIV & Sexual Health Core Skills Training

*Vipassana Meditation* Old Student since 2005

A practical method of self-awareness to face tensions in a calm and balanced way.

Monday, July 8, 2013

The preceding resume looks at the time period of fully owning my calling as a Co-Active Life Coach and leader.

What isn’t on the resume is the story of my becoming and living on purpose. I would like to share that, so here it is:

*I am Snow Lion. Fearless, joyful bright energy, clear precise mind free of doubt. Beautiful. Dignified. Mind and body synchronized. My roar, a challenging call to awakening and freedom from karma.*

I knew from a young age life wasn’t worth living unless it had resonance. And I wouldn’t be swayed or put out from that belief. I had already been ‘put out’. I was born a cripple, after a traumatic birth in which my eager spirit, umbilical cord, and the doctor’s forceps, conspired as elements that left me permanently paralyzed in my left arm and shoulder. When I first came out, I had no movement in this part of my upper torso at all.

To the doctors who first met me, my life was already limited before my first few breaths. They told my mother I might need a caregiver my whole life to help me with daily tasks, and that nothing could be done. My mom being a nurse way ahead of her time knew different. She believed my muscles and nerves needed to be stimulated, which now is common medical practice, the earlier done the better. But at the time, she was a rebel.

My parents committed to gently stretching me, a number of times daily. I would cry and cry, and my parent’s hearts would break, but still they carried on. Friends and family thought it was cruel, that they were torturing me, and still they proceeded. The doctors warned my mother she didn’t know what she was doing, I was going horse from crying, and still she continued to move my arm and refused to let the muscle stagnate.

The only thing that finally shook my mom’s steely perseverance was when something completely different happened. I stopped crying. I went to another place inside my body, an energetic place where power lives and pain is just a construct. Something about this silence disturbed my mother, and still, she did not give up! My mom hired a Native American woman to be my nanny, who rocked me and continued to stretch my arm while charging me with her energy and love.

This was how the first few years of my life were spent, and little by little I got more movement. I was a magical child who defied expectation, say ‘no’ – watch me go.

As I aged I noticed that sometimes when people found out I had a disability they victimized me and treated me like I wasn’t capable. Options became limited, and instead of choices I got pity. I was so uncomfortable with being victimized; I started to hide that big life-forming piece of me. I actually tricked myself into believing it was ok to hide, because I was “out” in so many other ways. I was deeply ashamed and in denial.

No good can ever come from hiding parts of myself, and I became sick with dark energy and misanthropy, my closest relationships suffered. I suffered. I questioned living if I was so unhappy, and sadly considered taking my own life just to break the monotony of my stuckness. I spent a lot of time in that power place I mentioned, it took me away from pain. It gave me a place to continue to explore my commitment to life.

I realize it was necessary in my journey to go to the darkest edges of my self and know who I am, and learn how to be with all my parts. It was here I came across one of my biggest discoveries: I may be a cripple and I cannot control that, but I can control if I am an emotional cripple. Would all my mother’s love and hard work be in vain?

Nothing is wrong with being different, and someone has to take a stand for that. If not me than who? I called myself forward. I was ready to own my circumstance. I was not going to have a normal life, nor would I want to, nor had I ever had a normal life. The only thing to risk was not living life fully. I had an experiment to perform. Follow my heart, live in service of joy, adventure and helping others, and see if I can survive on what the universe wants me to receive. School seemed irrelevant to the work I had to do out in the world. I believed all I had to learn would be taught by life as needed, and I was willing to live my life embodying my truth.

That was 20 years ago. I am 35 years old now. I have had many different jobs, and experiences, and always I let my heart guide me. Life has provided with abundance, love, and never been dull. What others thought about my path didn’t dictate it. The gift that having a “disability” has provided me, of discovering self-love, confidence, patience, and faith in the unknown has been celestial. What I do know is that it would be a crime against the great divine to waste it. I know there is more to tap into that humans aren’t fully maximizing. This is the work I am called forth to lead. Sharing life experience is one of the most powerful ways of teaching.

Thanks to the work inspired from the Co-Active Leadership Program, I realize that the most important Quest to fulfill is the one closest to my heart. Light should be shone where there was darkness and shame. I am using my own experience and what I know about having a disability as a child, to develop the curriculum that I could have used as a child. While I have been working on my curriculum, I have also been working on gaining skills and experiences to support my plan, like professional volunteer experience with kids. It is my serendipitous good fortune, that I grew up next door to one of the foremost physical therapists who specializes in my type of physical injury, and runs the clinic in the children’s hospital here in Toronto. I have told her about my work and she is meeting with me in August to discuss it. Children with disabilities will make us rethink what the human body can do.

Transforming mental limits is life changing and this work is relevant to all people. People are more than the body they live in. When we can learn to love our selves no matter what form we take, we can be free to live life fully. Choice is larger than the circumstance we find ourselves in. There is more than meets the eye when it comes to human capability.

Thank you for hearing my story! It might not fit on the resume, and it should be told.

Warmly,

Leanna “Graceful Willow” Barwick

(My first name translated from its old English origin is my tribe name. Cool huh?)