TITLE OF COURSE: The Heroine’s Journey: Where are You on Your Yellow Brick Road of Life?

INSTRUCTOR(S) NAME: Coleene Frances

COURSE MEETING TIMES: Thursdays (January 16 through March 5) 1:00-3:00 pm (two 4-week sessions)

COURSE MEETING LOCATION: Ruffatto Hall, Room 305

CONTACT INFO FOR INSTRUCTOR:
Email: Coleene@transformcoach.net
Phone: 760-585-5554

INSTRUCTOR BIO: Coleene is a certified life coach, intuitive spiritual guide, seminar leader, and Chi Gong teacher currently practicing in Colorado. She has 30+ years of experience coaching and facilitating workshops and 10 years teaching Chi Gong. Her passion is working with women on issues of empowerment and expressing their true Self. She has a masters degree in coaching from the University of Santa Monica and is certified Chi Gong Teacher by the Chicenter in Santa Fe, New Mexico.

COURSE DESCRIPTION: Where are you on your yellow brick road of life? Referencing the story, The Wizard of Oz created by Frank L. Baum, which is more than a beloved story for children; it is an archetypal adventure presenting the challenges we all face in life and the importance of searching for and claiming our sometimes hidden strengths of intelligence (the scarecrow), courage (the lion), and compassion (the tin man) that allows us to live a happy, empowered and more fully integrated life. Using creative, fun and powerful experiential exercises we will explore your own yellow brick road and experiences with the archetypes of the heroine’s journey; the orphan/wounded child, wanderer, martyr, victim, warrior, and magician. You will learn to better set boundaries and open your throat chakra more easily expressing your true self. Exploring lessons learned on our journey toward empowerment, we will celebrate our inner strengths and explore our shadow self (how we block ourselves). We will learn self-forgiveness and Chi Gong exercises to remove energy blockages and connect more with our inner magician, healer, or higher self.

RECOMMENDED BOOK: Optional: I will provide copies of book for purchase to those interested for $10 ea. “Courage and Compassion: Following Dorothy” by Nancy Battilega

CLASS TYPE: Highly experiential; creative, fun, powerful interactive exercises and sharing with some lecture

Session #1 – Introduction using the Wizard of Oz and Dorothy’s journey on the yellow brick road to look at our own spiritual/life journey. The Call: The journey always begins with a call either self-initiated or provided by the universe. Dorothy’s was the tornado. What has called you to move forward in your life? When have your shoes been too tight?

Session #2 – The Wounded/Orphan Child and the Wanderer. The Heroine’s Journey comprises our life-long process to transform our wounded/orphan child archetype into an empowered, loving woman who takes risks and responsibility for her life choices. Even if you had loving parents and an idyllic childhood, at some point, you are called to leave your cozy nest and venture out into the world; giving up your dependent state. Dorothy asks: where am I going and who will go with me? The 3 companions Dorothy invites are hidden aspects of herself, those masculine energies she must integrate to become whole. The Scarecrow represents the archetype of the Wanderer. He is seeking a brain, self-esteem, self-confidence, and self-respect. The negative or shadow aspect of this archetype
is the powerless **Victim**. This session will explore our own experiences of each of these archetypes and lessons learned.

**Session #3 – The Martyr and Warrior**. The **Tin Man** represents the positive martyr archetype; practicing unconditional love from a **heart** overflowing such as the Sacred Heart of Jesus or the compassionate Quan Yin as examples. The negative of this archetype gives too much, becoming a doormat and then resents those who step on her. The **Warrior** represented by the **Lion** is a spiritual warrior who speaks their truth with **courage** and compassion. The negative of this archetype is the bully who attempts to dis-empower others. In this session we will explore our experiences of both the negative martyr (which many of us as women have done in giving too much of ourselves away or putting ourselves last on our priority list.) and the inner warrior. When did you discover you had enough and started setting better boundaries and speaking your truth? Or is this an area for further development? We will do some powerful experiential exercises to open our throat chakra expressing our truth and setting better boundaries.

**Session #4 – Claiming our Inner Magician, confronting our Shadow and Returning Home** Dorothy is in search of the Wizard of Oz, the magician archetype. She comes to realize the answers aren’t outside of herself- **that she always had the power**! She confronts her greatest fear the **Wicked Witch of the West** which represents her own **shadow** self. Aligned with Divine assistance, she claims her inner power integrating all aspects of self (including her shadow). Dorothy returns home with a gift to share: a new sense of self. Through new eyes she sees a beautiful rainbow-colored world and is called to share this newly empowered self with her larger community. We will do powerful exercises to explore our own inner shadow and magician self. We will learn self- forgiveness and Chi Gong exercises to heal and release energy blockages and connect more with our inner magician, healer or higher self. Handouts will be given to take home and continue your journey of transformation and empowerment!