



Tree of Life Inspirations

Contact: Fiona Monro

Tel: 01389 849063
Mobile: 0776 425 9262

www.treeoflifeinspirations.com

email: fiona@treeoflifeinspirations.com



Tree of Life Inspirations

- Spiritual Coaching
- Counselling
- Lifecoaching
- "People Skills" at Work
- Colour Therapy
- Parties, talks, workshops
- Feng Shui
- Reiki
- Animal Healing
- Angels, Crystals, Mediums



Guidance from the Angels

A session with Angel cards can be amazingly helpful when you have an unresolved issue and you are just not sure what to do next. You will have the opportunity to consult a spread of cards, and be supported in interpreting the results for greater clarity, support and strength. When you seek help the Angels will always guide and support you in loving and healing ways. The insights you gain will be used as a stimulus for a completely confidential counselling session.

Working with Crystals - provided by an associate.

Crystals can be used to protect and inspire you. Placed around your home or next to your person they will safeguard you and encourage you to draw on your own inner resources. After discussion on your own individual needs you will have the opportunity to intuitively select your own crystal, and be provided with advice on the most appropriate crystals to draw on in your own situation.

Mediumship - provided by an associate.

The work of mediums is to demonstrate that our spirits continue to exist after death. Mediums do this through processes such as clairvoyance or clairaudience. A consultation with a medium is not scary or spooky. Most people find it emotionally helpful, uplifting and re-assuring. It can be very moving to get a message from the other side from loved ones who are now lost to us. In some cases this can help people move forward in their lives as they move towards acceptance of their loss and re-integration into their present circumstances.

Parties, Talks, Workshops

Both "Colour Analysis" and "Colour Reflection Readings" are suitable activities to be carried out with groups of friends in your own home.

"Angel Guidance" sessions and "Working with Crystals" can also be offered at parties.

Talks on "Colour Analysis and Therapy" and "An Introduction to Feng Shui" can be provided to community groups.

Contents

Introduction	page 2
Spiritual Coaching	page 3
Counselling	page 3
Life Coaching	page 4
"People Skills" at Work (Emotional Intelligence, Assertiveness)	page 4
Stress Management at Work	page 5
Colour Image Analysis and Colour Therapy	page 5
Feng Shui Consultations and Eastern Astrology	page 6
Reiki	page 7
Animal Healing	page 7
Angels, Crystals, Mediums	page 8
Parties, Talks, Workshops	page 8

Introduction

Originally a teacher of English and then a Guidance specialist in secondary schools, Fiona soon moved into staff development, specialising in Personal and Social Development programmes for both students and staff. Over the last 20 years Fiona has worked across all sectors of education and employment, providing training for numerous organisations including: The Scottish Executive, the Scottish Qualifications Authority, all Local Authorities in Scotland, Local Enterprise Companies, adult and youth educational institutions, and individual businesses – both large and small.

"I believe that we can all make our dreams come true and in 2001 I took a year out to sail halfway round the world on a small yacht. My partner and I crossed the Atlantic twice with just two of us on board and the experience taught me a lot about life. I learnt the value of "being" as well as "doing" and inevitably a tremendous amount about developing relationship skills. I discovered capacities for self-reliance, teamwork and stamina in a way I never knew before. It was a life-changing and uplifting experience.

Following this, in 2002 I set up my own personal development company. In 2004 I married my partner and gave birth to a little girl at the age of 47! She is the nicest thing that has ever happened to me.

- ☆ I believe that with the right support, all individuals are capable of reaching their potential and making the very most of their lives.
- ☆ I believe in a rounded, holistic approach to life, and the need to achieve a balance between our mental, emotional, spiritual and physical needs.
- ☆ Through positive, motivating and uplifting activities, I encourage individuals to embrace change in their lives and to develop the skills and attitudes required to make this work for them.

I am a certified licensed teacher for "Heal Your Life" training as originally provided by Louise Hay.

I have also undertaken training in Counselling, Lifecoaching, Emotional Intelligence, Colour Therapy, Feng Shui, and am a Reiki Master. I am a member of Leven Valley Spiritualist Church where I have the opportunity to sit on a development circle and also to offer healing through Reiki."

Reiki

Reiki is a loving Universal Energy which flows from the Source to support healing wherever it is needed. Reiki practitioners transmit this energy by the laying on of hands and the intention to allow it to flow. It is a wonderfully gentle loving energy which supports and activates the body's natural ability to heal itself. This simple and pleasant holistic healing method works on the physical, emotional, mental and spiritual levels by going beyond symptoms to the root of the dis-ease. Reiki can help to relieve pain and helps to relax, vitalise and balance glands and bodily functions. It can loosen blocked energy, re-establish spiritual equilibrium and even enhance creativity.

Hands can be laid on or over a person. It is not an intrusive process. The gentle healing energy will feel warm and comforting.

Reiki treatments are always beneficial and can be used with children as well as adults.

Animal Healing

Fiona spent her childhood surrounded by her family of pets. Since the age of 12 she has competed on and off at various dog shows in obedience, agility and breed. She has a 1st Honours Instructor in Dog Training awarded by the British Institute of Professional Dog Trainers and has also completed part of the post graduate degree in Small Animal Behaviour Counselling at Southampton University.

Help can be provided with training your dog and also with behavioural problems.

In addition to this, "hands on healing" is beneficial to all small animals. Because they are so well adjusted to nature, animals have no difficulty in tuning in to spiritual healing. Universal healing energy is channelled from the Source to whatever is out of balance in your pet. This healing can work on a physical, mental or emotional level. Your pet will take whatever it needs at the time irrespective of your own religious beliefs.

Feng Shui

Originating in China over 4000 years ago, the ancient art of Feng Shui consists of an integrated approach to creating balance and harmony in our lives.

Feng Shui is based on the belief that everything in our surroundings, down to the smallest details of furnishing and décor, can either further our aims in life or work against us.

By understanding the subtle currents of energy that flow through our bodies and through everything in the universe, it is possible to arrange both living and working environments to enhance our sense of wellbeing and to help us reach our goals.

Feng Shui services provided include:

Form School

An analysis of the exterior of your home based on the shape and design of your home and its location in the immediate environment.

Compass School

Analysis of the interior of your home based on the use of Ba Gua which relates different areas of your life (like career, relationships, health) to different areas and features within your home. Your Gua number is used to determine your best directions for relaxing, eating, sleeping and working.

Chinese Astology

A Personal Profile based on Nine Star Ki analysis which reveals your essential nature, elemental composition, predictions for the current year and future life cycles.

Clients may wish a full report which covers all the above aspects in detail – or instead may opt for a combination of different aspects of their choice.

Spiritual Coaching

This is a holistic approach to personal coaching. The idea is that we address your issues and needs from a spiritual perspective - as well as an emotional and mental one. So, for example, we may use traditional coaching techniques to help you prioritise aspects of a problem, then we might use an experiential technique drawn from Louise Hay's work to help you uncover your emotional issues, perhaps even including some inner child work. We might then decide to do some spiritual healing to build up your chakras and energy levels - before using life coaching techniques to formulate a plan of action.



Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning.

Mahatma Gandhi



Counselling

Counselling is offered on a person centred basis. This means the counselling will be completely focussed on the client's needs, their inner resources and the environment that surrounds them. Time will be spent exploring the area of concern so that it is clarified and well defined. The counsellor's role is to help the client develop a new perspective and a deeper understanding of the issue. Once this is achieved the client will be able to decide what might be done about the problem, and through creative thinking and support the client can create goals and a specific plan of action. Counselling is completely confidential. People come to counselling for many different reasons, these can include issues such as: inner child work, grief and bereavement, couples and relationships, stress problems, depression, eating disorders, alcohol problems, children, substance abuse.

Life Coaching

Life Coaching is a powerful tool designed to help people make some real changes in their lives. Acting a bit like a catalyst, a life coach will work with you to help you clarify - where you are now, where you actually want to be, and how to get there. Unlike counselling however, which works on a more open ended process which is often linked to the past, life coaching is action orientated. It works because it recognises that each person is an expert on their own life. Appropriate and challenging questions help to uncover personal barriers and identify the steps necessary for success. It's about tackling those dormant areas in our lives – such as a just OK job, a mediocre relationship, or any area generally where we feel we could do better.

Using Emotional Intelligence at Work

Emotional intelligence is a powerful resource which can make a positive difference to the quality of decision making, leadership, customer loyalty, creativity and innovation. The key to competitive advantage in the knowledge driven economy is behaving in a more emotionally intelligent way. Then you can harness the potential of the organisation's greatest assets - people.

Workshops can be provided on any of the following:

- the hard case for soft skills, assessing emotional intelligence competences
- learned optimism for success, - surveying the emotional landscape
- managing conflict, - managing diversity
- surviving office politics, - handling the emotional side of downsizing

Developing Assertiveness

Training in assertiveness aims to help people overcome patterns of behaviour that contribute to difficulties in communicating effectively.

- Identify assertive, aggressive & passive thought and behaviour patterns
- Saying "no"
- Dealing with criticism
- Body language / non-verbal communication
- Managing change and assertiveness

101 Ways to Manage Workplace Stress

This practical approach is based on the principle that stress at work is most effectively managed when reinforced at different levels within an organisation. Workshops can be provided on individual approaches, team approaches and corporate approaches through the development of a stress management policy and programme.

Training

Workshops can be delivered as short sharp interventions of 1 - 2 hrs during meeting time - or as half day or full day courses tailored to your own business needs and specifications.

Team Building through Colour Work

Different and fun, colour selections made by individuals are assigned to differing personality types. More traditional Belbin team role analysis is then combined with the colours to create individual and team profiles. A lighthearted and enjoyable way to improve team performance.

Colour Analysis

According to our skin tone and hair colour, colours that relate to one of the four seasons complement each one of us. So an autumn person would look stunning in the colours of gold, green, brown and orange. Find out what your season is and learn how to make the most of your appearance.

Colour Reflection Readings

Colours you choose from a set of cards are used to provide insights into your life and help interpret your personality traits. Amazingly accurate this activity is revealing, uplifting and fun.

Colour Counselling and Therapy

Colours are used to provide the stimulus for in-depth counselling sessions, light therapy, spinal chart dowsing, chakra balancing and holistic healing.