

Live Your Brilliance

Messenger Tele-course

This course has been specially designed for Messengers in the Messenger Network.

This tele-course allows you to smooth the ruff edges of self-doubt, hesitancy, and fear that can hold you back, keep you stuck, frozen or unable to move forward. When these barriers are better understood and moved through you will find a new depth of resource and have greater access to all of who you are. You will be freed to offer your unique message, to Live Your Brilliance and to support others in doing the same.

What can I expect to get out of this tele-course?

- Increase your self esteem, self confidence, self worth and self advocacy for improved performance and success
- Increase your willingness to take on greater response-ability, leadership, and creativity in your work
- Develop awareness of your learning style and preference, your personal intelligences and areas of mastery to better hone your message
- Increase your coping strategies and resilience for greater personal and professional connectivity
- Identify Educational Wounding and the limiting effects it can have
- Examine and move beyond the limiting effects of shame and trauma, and into your willingness to be seen
- Build the concept and experience of living from the Whole Self
- Draw from and contribute to the power of the group

A psycho-educational and experiential approach is taken in this tele-course and through personal coaching. You will enjoy a balance between personal insight, guided healing experiences and practical daily strategies to live your truth and brilliance. This course will keep bringing you back to deepening into your truth, into your gift, talent, and the message you wish to share with the world. You will be supported in moving through the sticking places which have, in the past, slowed or prevented the full expression of your work in the world.

Tele-Course Outline:

- Session One:** Identifying Educational Wounding – what is it, where does it come from, and how it impacts peoples lives, self-assessment
- Session Two:** The Dynamic of Shame – Meeting the false self
- Session Three:** The Effects of Trauma, The Tree of Life – meeting the whole self
- Session Four:** Soul loss and Soul return – Re-membering the whole self
- Session Five:** Bridging to Now – Integrating all that you are, Stepping into your message
- Session Six:** Self-Authority, Mastery and Tips for the Road, self-assessment

Each session will be 1.5 – 2 hours in length, will incorporate guided experiential work, self reflection, and integration

Dates: To be set

Fee: To be decided



Dr. Shannon Simonelli is an Assistant Professor at the University of Hawaii at Manoa in the College of Education's Center on Disability Studies, adjunct faculty at Chaminade University in the Masters in Counseling Psychology program in Honolulu, and at The Union Institute and University in Cincinnati Ohio. Dr. Simonelli's doctoral research is in Educational Wounding (an original term). She has a lifetime of experience with Educational Wounding and overcoming it's grip, to live her personal brilliance. Shannon brings 10 years of professional experience teaching courses and working with clients overcoming perceived limitations and living their full potential. She is masterful at facilitating people into their authentic life expression, and natural enthusiasum. She is the originator and primary facilitator of this work. Shannon also enjoys surfing, skiing, swimming, dancing, making art, hiking, and spending time with friends, family and loved ones.

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