



# Welcome!!!



## The Art of Being

C e r t i f i c a t i o n

---

the study of the power within



**Who am I and why did I create  
The Art of Being Certification?**



# TO BUILD A LEGACY I AM PROUD OF





TO BUILD A LEGACY I AM PROUD OF

that shows my family that what I speak  
is who I am & what I do

It is about creating a lasting impact that  
reaches far beyond where I can touch  
alone.





For this little girl who had a lot to say and a lot of spunk who was then silenced, tamed and had to fight her way back to free to breathe, speak and be.





## How I communicate:

- Inclusively
- Curiously
- With Swear Words as Energetic Punctuation
- With Impact and the ability to shake things up
- With an element of fun & and informality



Reluctantly I was led by the Universe to be  
an invitation to a new conversation that  
created results that people were longing for.

I fought it and tried to fit in with other  
modalities and processes but in the end,  
the Universe beckoned me to be this and  
then birth it so others could bring it to the  
world too.



Once I stopped resisting and  
said **YES** to the invitation,  
a sense of freedom, peace  
and momentum took place.





# The Art of Being

C e r t i f i c a t i o n

---

the key to unlock the power within



# SO, What is the Art of Being Certification?

- It is an ONLINE, 12 month intensive program
- Built to honor all that has been experienced so that it can be utilized to create a life worth living
- It is about showing our clients how to unearth the parts of themselves that have been locked away so that they can finally feel whole and move forward with ease.



# SO, What is the Art of Being Certification?

- It stands in the GAP between therapy and coaching.
- It honors the pain while using it as fuel for the way forward.
- It celebrates the aspects of self that have often been corrected or silenced, so that the individual can feel at home in their own life and confident in their own desires, voice, and actions.



# A MAJOR aspect of the Art of Being comes from The Muse Method

- Intention - to pause, connect to self and take up more space in your body and life
- Hands on - Because touch is integral to wholeness
- Eyes Closed - So that you can move from living only from the brain and begin to live from the body's wisdom as well
- Breath-Because it is life and brings vitality and purpose back to a body living in constant fight or flight



## **What are the key elements in this Certification?**

- 3 WEBINAR based lessons each month
- 3 POD support calls each month starting month 2
- Quarterly LIVE practice calls
- Weekly assignments



## **3 WEBINAR based lessons each month**

- The 1st three Thursdays of each month NOON CST
- 45 mins to 1 hour long
- Recorded and stored on the Portal (ie The Art of Being website)
- Webinar - ie instructional only
- AFTER the webinar - 15 mins of interactive Q&A



## **3 POD support calls each month**

- These start month 2
- Your pod groups will be announced by the end of month 1
- Your group decides when during weeks 1,2 & 3 of each month
- Not week 4 because that is your HONORING YOU week without scheduled calls. Great for catch up, reviews or taking in a pause.



## **Quarterly LIVE practice calls**

- 4 times throughout the year
- These are LIVE, online and interactive
- The goal is to practice the tools and get feedback
- You are required to attend a minimum of 3 out of the 4 calls
- The list of these dates is in the syllabus



# **Weekly assignments**

- These are online forms to be filled out in order to access the next lesson
- The Goal of your assignments is to:
  - own the tools and information
  - play with the information shared in a way that is fun and helpful
  - to gain clarity and momentum in the course



## **Other important elements**

- **Facilitation Feedback & Transcripts**
- **Certification Test (recording and short answer)**
- **Behind The Scenes Journal Videos**
- **Group Facilitation Certification: @month 4**
- **Private Mentorship Certification: after month 12**
- **Notebooks and Journals - your choice**
- **Binder - your choice**



**Many of the concepts within this course are different and may challenge the concepts you have grown up with or learned elsewhere.**

**They are created to expand your world and to create results for you and those you eventually work with.**



**"You have taught me so many things that are very different than I have learned or been told. The difference is your tools have produced results, not just any results, but amazing, lasting, effective results.**

**I cannot wait to learn more and share this with all of those around me. "**

**Gina**



**"Your processes/practices are the ONLY methods I truly trust to make a difference. I will be interested in your graduates to work at my studio!"**

**Danielle Kerr**



**"The proof is in the pudding"**

**...the proof is in the RESULTS**

**In our case the proof is in the  
smiles, the lives changed, & the internal  
experience that creates a fulfilling life.**



Some key terms we will play a lot with:

- WHOLENESS
- Curiosity
- Centered in Self
- Bless Everyone Involved
- Co-creators with the Universe - the mystical and the Universe through people



**Thank you SO much for showing up today!**

**I will open up the zoom in a moment for Q & A.**

**If you feel like you know anyone that might be interested in an avenue where they can create a life changing impact, and include their own, feel free to share my information or the website!**

**I am soooo excited to go on this journey with you!**





Lucca

is excited you are taking  
this incredible step!

People are waiting for  
you!