



# The Meta Institute

September 2005

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## What is Therapeutic Coaching® and Who is it for?



We often get asked the questions: What is a Therapeutic Coach? What do they do? What can they help me with? I thought I would take the time to try to explain what we believe a Therapeutic Coach is, in a way that would be helpful to anyone. The word Coach has become a very big buzz word in the past decade, right along side of Emotional Intelligence. But what is a Coach and why would anyone want to have a Coach or become a Coach? If you have ever asked yourself these questions read on, if not read on anyway, you just never know.....just how far....a little information can go!

When most people hear the word Coach they think Sports Coach. An athletic coach is someone who takes raw talent, motivation and a drive to be the best, and brings it all together to create success. Even the most successful athletes, who are high paid professionals, need a coach to give them perspective when the basics aren't working. You may have heard the old saying,

"I can see the back of your head

better than you can." That's what a great coach can do, groom raw talent, focus motivation and drive and be the eyes in the back of your head. A Coach teaches you how to take already existing talent, skills & abilities and use it differently, they give you a broader perspective, and provide more options. A Coach is always looking to bring you to the next level. Have you ever wondered why athletes are never content to sit on their prior success? They are always looking for ways to improve their game. Why? because they all know that there is always another challenge ahead of them, new obstacles to overcome. No matter how skilled they are, they are always working to improve and the Coach is an essential player in their pursuit of being their best.

So what is a Therapeutic Coach? A Therapeutic Coach is someone who takes the raw talent, motivation and drive we all have to be happy and fulfilled and guides and gives you perspective you might otherwise not have available. A coach teaches you how to successfully negotiate all the ups,

downs and challenges that life and relationships throw at you. A Therapeutic Coach assists you in bringing out the very best of your skills and resources and helps you to utilize them more effectively in all

areas of your life, personal, professional, family, financial, relationships etc..

What if we all had the opportunity as kids to join a team that coached you to be the best person you could be, the happiest, most content, the best communicator and great at relationships? Someone to always motivate you, teach you, challenge you to go to the next level in your life. Someone who could recognize your abilities and resources and bring them to the forefront to utilize anyway you needed to, to get your desired results. What if it was easy, fun, quick and taught you skills that you could continue to use throughout life? Do you think there would be value in that kind of Coach, that kind of opportunity?

That is what a Therapeutic Coach  
Continued on page 2

**We've moved all of our offices into one location!**  
**We are now at:**

5748 Olson Memorial Highway  
Golden Valley, MN 55422

Our new numbers are:  
(763)544-0211

Fax # (763)-544-0175



### What's Inside!

Pg 1 - What is Therapeutic Coaching® and Who is it For?

Pg 2 - Twin Cities Wellness is 10 Years Old!  
What is Therapeutic Coaching continued.

Pg 3 - Therapeutic Coaching Updates

Pg 4 - Updated Class Schedule

The Meta Institute Newsletter is a quarterly publication. It is published & edited by Pat Vitale & Mirtha Solis, Co-Directors of The Meta Institute.

# Twin Cities Wellness is 10 years old! Come celebrate Oct. 1



**WELLNESS is giving itself a birthday party...with gifts for you!**

Saturday, Oct. 1 from 10 a.m. to 4 p.m.

Abbott-Northwestern Hospital's Institute for Health & Healing  
28<sup>th</sup> & Chicago, Minneapolis

- Refreshments
- Drawings Every 10 minutes

## Information & mini-lectures

- Feng Shui: Carole Hyder
- Massage: CenterPoint Massage & Shiatsu Therapy School & Clinic
- Yoga and Acupuncture: Institute for Health and Healing
- **Therapeutic Coaching, NLP, Reiki: The Meta Institute**
- Essential Wellness Essential Oils: Jodi Baglien of Inner Scents debuts EW oils
- Flower Essences: Martin Bulgerin
- Homeopathy: Northwestern Academy of Homeopathy
- Spiritual Counselors/Readers: Patrice Connelly and Kathleen Kalil
- Visionary Artwork: Richard Bonk
- Silva Method: Courses for Life, Valerie Lis and Brenda Campbell
- Events & Expos: MediaMax, Rick Martinek and Brad Gudim
- Spirituality: Eckankar

*Wellness publishers and producers will be on hand to meet and greet you. VIPs in the healing and spirituality community are being individually invited, so come hobnob with the movers and shakers.*

**The Meta Institute is presenting and the instructors will be there to answer questions on our classes and services!**

For monthly updates on the 10<sup>th</sup> Anniversary Celebration, visit [www.tcwellness.com](http://www.tcwellness.com).

## What is Therapeutic Coaching continued from page 1

does. They have all the skills necessary to help you discover your full potential as a person, as a human being, in any area of your life. They help you learn to create an effective decision making strategy, learn to motivate yourself, manage your emotions and your relationships. A Therapeutic Coach helps you to maximize your potential and resources, while teaching you how to manage life's challenges and obstacles, and improve emotional intelligence. A Therapeutic Coach puts the fun back into the process of learning, growing and changing. They put the excitement back into the sport of life!

The Meta Institute has trained over a hundred Therapeutic Coaches in the past few years. Our students are people from all walks of life looking to change careers, start a new career, or just become a better person and get the most out of what life has to offer. They

are trained for 13 months in a very comprehensive face to face program. Our students learn the latest information and skills available to facilitate transformation in a gentle, safe, quick and effective style. They are highly motivated and skilled professionals ready to assist you in taking on some of the toughest challenges life can throw at you. They are capable of working with a wide range of issues from phobias and allergies to life transitions, depression, lack of motivation etc. and the list goes on to include just about anything that's getting in the way of a person's happiness, success or fulfillment.

So, if you are ever in a place where you feel like you really just need someone to help you get through one of life's challenges or get rid of some old obstacles and you want to have some fun while you do it, get a Coach, a *Therapeutic Coach* to facilitate the

transformation from where you are to where you want to be, easily and comfortably while you learn and grow beyond your wildest dreams and create skills and tools you can use for the rest of you life.

For those of you interested in joining our team of Therapeutic Coaches, we have a new class starting in Nov 05. Class is filling up so, call now for an application and get started becoming your own Coach!

**Pat Vitale**

Co-Owner of The Meta Institute

*The Meta Institute offers an array of services and training programs. If you are interested in a coaching session, or more information on any of our certification programs, please give us a call at (763)544-0211 or e-mail us at [metainst@msn.com](mailto:metainst@msn.com).*

# Therapeutic Coaching Updates

Our sixth Therapeutic Coaching Class is on their way to graduating. They will be celebrating their accomplishments on Oct. 25<sup>th</sup>, at the Zuhrah Shrine Center in Mpls. Our seventh class is in their 6<sup>th</sup> month and there is another class on its way this November. There is still time to submit your application for the November 2005 class and even receive our early payment discount. Students who apply and are accepted can receive a \$400 discount if they pay in full 30 days prior to the beginning of class. If you are interested or would like more information, please give us a call at 763-544-0211.



## Open House Schedule

September. 22nd, Thurs.  
October 20th, Thurs.

6:30-8:30 pm

*Please call to reserve a spot and for location of open house.*

### Skills & Techniques You'll Learn

The Therapeutic Coaching® Program includes skills and techniques from the following fields:

- Learning Styles
- Systems Theory
- Quantum Physics
- Life Cycle Changes
- Hypnosis
- Emotional Intelligence
- Past Life Therapy
- Gestalt Therapy
- Team Building and Leadership
- Motivational Counseling
- Business Management and Consulting
- Developmental Stages
- Neuro Linguistic Programming
- Structural Therapy
- Couples Communication Counseling
- Experiential Learning
- Professional Development

This program will also include an NLP Practitioner, Master Practitioner Certification and a Hypnotherapist Certification.

### To Apply

If you would like to speak with one of the instructors over the phone or in person, please call to make an appointment. You can also reserve a seat at our free Open House.



To receive an application, information packet and schedule, please call us at (763) 544-0211, e-mail us at [metainst@msn.com](mailto:metainst@msn.com) or visit [www.metainstitute.com](http://www.metainstitute.com).

**Application deadline is October 21st.**

The November class will only accept 18-20 students.

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## Sept. 2005-Jan. 2006 Calendar of Trainings

### Reiki Trainings

<b>Reiki Level 1</b>	<b>One Day Training</b>	<b>\$75</b>
Sept 24 Sat	10am - 6pm	
Jan 28, 2006 Sat		
<b>Reiki Level 2</b>	<b>One Day Training</b>	<b>\$150</b>
Sept 25 Sun	10am - 6pm	
Jan 29, 2006 Sun		
<b>Reiki Level 3</b>	<b>One Day Training</b>	<b>\$300</b>
Oct 30th Sun	10am - 6pm	
<b>Reiki Master Teacher</b>	<b>One Day Training</b>	<b>\$295</b>
Coming in early 2006		
<b>Reiki Sessions</b>	<b>60 minutes</b>	<b>\$60</b>
	<b>90 minutes</b>	<b>\$90</b>
By Appointment Only		

### Reiki Shares

Sept 13th	Tues	Dec 13th	Tues
Oct 25th	Tues	Jan 17th	Tues
Nov 16th	Wed		

All Reiki Shares are open to anyone trained in at least Reiki Level 1. Reiki Shares are FREE. Please call in advance to reserve a seat. Seating is limited to 15 people.

**Reiki Shares are from 6:30pm - 9:30pm**

All Reiki Shares are held at the Golden Valley location

*The Meta Institute accepts Visa and MasterCard, Discover Card, American Express, Checks or Cash. Payment plans are reviewed on an individual basis.*



*The Meta Institute is licensed by the  
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St. Paul, MN 55108-5227  
651-642-0533*



**The Meta Institute (763) 544-0211 Website: [www.metainstitute.com](http://www.metainstitute.com)**

## PERSONAL AND PROFESSIONAL COACHING

In addition to our training and experience teaching NLP, Hypnosis, and Reiki, we are Licensed Independent Clinical Social Workers, with over 40 years of combined experience working with individuals, couples and families. We combine our years of experience and diverse training to assist people in achieving optimal performance both personally and professionally.

***If you are interested in learning more about personal or professional coaching, call us at (763) 544-0211.***

***“Cause you just never know how far a change will go!!!”***

