



CELINE ROSE TRAINING

TAKING THE LEAD

1. Understanding Trauma

“Trauma is not what happened to you but what happened inside of you as a result of what happened to you.” Gabor Mate

Trauma is a personal experience that cannot be discounted. We have been trained and taught that only certain experiences count as traumatic. What we now know is that it's our inner reality that determines the level of trauma we experience. Trauma leaves its mark on each of us. We explore how unsolved trauma impacts our current behaviour, communication and body health. Without the acknowledgement of the internal trauma, the lack of connection with ourselves increases and pushes us further away from creating healthy relationships with others.

2. Shadow Work (Unbecoming; IFS)

Shadow work is best known as a process of unlearning what we were taught or conditioned to believe, behave, see, and feel. This is one of the steps that will help us understand the trauma we have experienced. We discuss the importance of shadow work in order to start honouring our needs and to show up for ourselves. In this process, we discover our buried Inner Child, and learn how to nurture and love our Inner Child. We examine how to best deal with loss, endings, regrets, or resentments that we may still be carrying. The goal of shadow work is to find compassion and self-love for ourselves and others. It's how we go from unbecoming to becoming.

3. Building & Breaking Down Trust

I'm sure we have all heard the phrase “you can't trust anyone these days.” We end up watching someone's every move or we do things ourselves because we don't trust they will be faithful or to do what we've asked them to do. Trust has to start somewhere so why not “me”? We start by examining the behaviours that build and break down trust, identify feelings associated with each, and what the consequences are when building and breaking down trust. Trust is at the heart of all relationships, even with our self.

4. Empowerment Map of Emotions

We experience life through our emotions. It is our emotions that influence how well we cope with the demands and pressures of everyday life. We cover the first six emotions from the Empowerment Map to help understand who we are, and why we feel and react the way we do. Gaining this insight will provide the know-how when navigating change, challenges, and tough conversations. The six emotions are: shame, guilt, apathy/blame, grief, fear/anxiety and anger.

5. Core Values

Core Values are important to one's personal wellbeing, health, relationships, and career. Unfortunately, they are often ignored resulting in living someone else's value and not our own. We look at what core values are, identify our top 15, and why they are important to us. We will come to recognize how those values show up or don't show up in our daily life, and why.

6. Boundaries

The heart of boundaries lies in our need for belonging and acceptance. Unfortunately, most boundaries are ignored and left unattended because we have this belief we need to be accommodating, helpful, we can't say no, and we want to be liked. There are three kinds of boundaries: personal, healthy and unhealthy. We start by examining how personal boundaries to ourselves is crucial to establishing healthy boundaries with others. We learn why boundaries are needed, what happens when they don't exist, what gaslighting sounds like, and to what extent our current boundaries are helping or hindering us.

7. Courageous Conversations

We have all been in situations where we've had to have a tough or sensitive conversation with someone. It's never easy. We feel nervous and scared. Will the conversation go smooth, or will it make things worse? What happens if the other person gets angry and defensive? We teeter between should I start the conversation or ignore it all together. Most of the time, we turn a blind eye hoping the problem will go away. Having these tough conversations takes planning and really thinking it through. We will cover the reasons why we stay silent one time and other times we feel compelled to speak up. We will learn how to prepare, how to find the right words by rephrasing, and where does vulnerability come into play. Establishing a new approach to conversations will help build confidence for future situations.

8. Dreams & Passion

We all strive to find meaning and purpose to our life and have a unique drive to contribute. However, when we ask, "what is my passion?" some of us will come up empty; our piece of paper is blank. Asking ourselves first what our strengths and weaknesses are, and what challenges us, will give us a greater sense of who we are. We will gain insight into what we want for ourselves. Understanding what is of interest to us and why, will spark the courage to explore them. As we fit the pieces together, we discover a new sense of direction, and our passion is ignited. Discovering our passion and dedicating ourselves to pursuing it, can make a huge difference in our happiness, self-motivation, and achievement.

9. 5 Love Languages

Not everyone communicates love the same way. Even though we may feel we are expressing our affection, we may not be communicating it the way the other person needs to receive it. This is at the core of whether someone feels loved, appreciated, and valued. We explore what the 5 Love Languages are (Quality Time, Physical Touch, Gifts, Affirmations, Acts of Service) and what they look and sound like. By determining our primary love language as well as those close to us, we will strengthen our connection and be able to effectively communicate our love to them.

10. Understanding Love in Relationships

Every relationship is unique. They all take work, commitment, and a willingness to adapt and change with one another. How our own parents/caregivers interacted with each other can and does have an impact on our own relationships. It becomes a template for what we think relationships should look like. That, however, doesn't mean we are permanently bound to having the same experiences they had. Awareness is everything. We examine and determine what qualities we want to emulate and what we don't want to repeat in our own relationships. By exploring what partnership means and how to define power in a relationship, we gain clarity on what we want our own vision of a loving relationship to look like.