

Eric Hellman



Coaching & Consulting Services

Mentoring/Coaching:

- Reflecting on your current work (and life) issues
- Listening for your deeper needs, aspirations, blocks or challenges
- Helping you take steps (professionally & personally) to grow your work
- Finding practical ways to bring more “spirit” and values into all aspects of work
- Someone to talk with, about what you’re going through (work, personal, spiritual issues)

Consulting:

- Designing & implementing projects, programs & services which make a difference, and contribute to spiritual growth/consciousness change
- Communicating new services, ideas and projects – in ways that express “what matters most” to you, while meeting the needs of others

Summary: 40 years of experience in bringing new ideas/projects into the mainstream, in areas such as environment, recycling, home-based & values-based businesses, NGO/voluntary organizations, computers, health & wellness, spirituality, peace, leadership and addictions

Skill Areas & Focus: Communications, marketing, project design & implementation, bringing spiritual values/guidance into work, social change, personal support, stress reduction & finding peace – with a particular focus on individuals, self-employed, home-based & conscious businesses, and non-profit organizations

Approach: Simply put... I love seeing people happy, engaged, fulfilled and at peace. My passion is to create what I call ‘healing change’ in the world. And the work I do is based on: living what matters to us, personal growth, listening deeply to others, working with spiritual wisdom, making a difference – and supporting others in doing the same.

Rates/Fees: \$60 to \$125 per hour (Based on the service, with flexibility based on need)
Rates for other services, such as writing/editing, and speaking, are different. Please inquire.

Want more information? Please see below... or contact me for more information:

416-233-8665 or eh@erichellman.com



Skill/Service Areas - Experience - Approach - Rates/Fees

Skill/Service Areas include:

Communications, e.g.

- listening (within, and to others)
- writing and speaking
- valuing people needs & desires, and building bridges of understanding
- talking about spirituality with others
- marketing, aligned with values/spirit

Applying values & spirituality in our work, e.g.

- Product/service/project selection, design, implementation, marketing, communications
- Finding purpose, meaning and direction
- Choosing work that uplifts your spirit

Insight/assistance for self-employed & home-based businesses

Creating Change / Ways to make a difference

- Conscious business and new business paradigms
- Practical ways to live what matters to us through our work
- Spirituality, work, and the environment

Supporting people who are walking a spiritual path, e.g.

- listening to guidance & understanding the signs
- application of spiritual wisdom/insight (in work and life)
- blocks to spiritual awareness / ways our ego/shadow shows up
- spiritual experiences (validating, sharing, integrating)
- deepening our practice and process

Dealing with personal issues, e.g.

- loss of desire/interest, inner conflicts, busyness, finding peace of mind
- ways to restore and deepen our spiritual connection
- difficulties expressing our feelings, values or spirituality with others
- healing (with self, relationships, work/worldly issues)

Personal support – “I just need someone to talk to...”

Relaxation & Energy/touch sessions

- to reduce stress and improve work/life clarity & focus

Helping people understand/work with *A Course in Miracles*

Experience:

Over the past 40 years, I have worked as an environmental consultant & public educator, self-employed business person, ghostwriter, marketing/communications consultant, organizer of local & international events, and more. I am presently a coach, consultant and communicator, and **Director of the Centre for Spirituality at Work.**

Examples of my past work include:

- co-founder of the Recycling Council of Ontario
- co-founder of the first “Blue Box” recycling program
- consulting writer of the bestselling book, *Leadership from Within* (for Peter Urs Bender)
- ghostwriter of emails, letters, articles, resumes, and a book on addictions
- assistant manager of a values-based, home business which served major companies
- organizer of events for social change, business, ethics and spirituality
- Website manager for spirituality/work organizations
- organizer/designer of a UN peace event (that ‘stopped’ a world’s fair for eight minutes)
- co-organizer of the first UN Habitat Roundtable on Spirituality and Sustainability
- practitioner of Therapeutic Touch (TTRP) & other relaxation techniques
- author of *Coming out of the Spiritual Closet*, about my 30-year struggle with spirituality
- 25+ years of experience with *A Course in Miracles*
- speaker, workshop leader and facilitator.

Approach:

I have a passion for creating what I call ‘healing change’ – change in line with our deepest well being – personally, professionally, societally. I believe that many people want this too. But we all need practical ways to do that, in line with our own values and beliefs.

My work comes out the “loves and challenges” in my life: My love of nature. A deep desire to see healing in our world. The joy of giving to others. A need to heal my relationships and myself. A desire to work at what matters & enriches my spirit. And my own deep challenges with “God” & spirituality. Starting there, my work is then about listening to people. Helping them discover, live and work at what matters most. Then communicating & growing that, through assisting them to connect with the people they want to serve.

It’s also about nourishing the spirit – through authenticity and listening within. Making our work an expression of our deepest values and aspirations. Bringing love, caring and quality into what we do. Treating people with respect, appreciation and compassion. And being examples of the change we want to see in our world.

Rates/Fees:

\$60 to \$125 per hour. Sessions & services are available in person, or via phone/internet.

(Note: Rates vary based on the service provided. Need/ability to pay will also be considered. Writing/editing rates, and speaking fees, are different, and available on request.)