



CARLEEN ROSS

B.Sc. Psychology
Health & Life Coach
Grief Recovery Method Specialist
HeartMath® Certified Practitioner

COACHING SENSITIVE PEOPLE

Supporting those who want to reduce the effects stress and loss have on their life and relationships.



Carleen Ross is a Licensed Health Coach in Alberta, a Certified Life Coach, a Grief Recovery Method Specialist®, HeartMath® Certified Practitioner and an International Recognized Wildlife Artist, who studies how science and mindfulness can create powerful change.

The heart of Carleen's work is supporting others to discover how they can take control of the effect that stress, and loss have on their life. In turn learning how to support those around them with stress and loss.

Carleen shares her expertise in a way that combines her many years of training in the holistic field with scientific backing, so that those she works with can create meaningful lasting change. Carleen connects with her audience in such a way that they become inspired to live the life that they desire and begin to understand the importance of emotional connection with themselves and others.

EACH OF THESE TOPICS CAN BE TAILORED TO MEET THE NEEDS OF YOUR AUDIENCE:

- ◇ How to support others in times of loss
- ◇ How to improve customer relations and create loyalty
- ◇ How to create emotional connection in the classroom
- ◇ How to decrease the effects of stress in our lives
- ◇ How we can honour and move through loss with our senses

CARLEEN HAS DELIVERED PRESENTATIONS TO:

- ◇ Corporations
- ◇ Schools
- ◇ Non-profits
- ◇ Wellness Programs
- ◇ Professional Associations
- ◇ Victim Service Personnel
- ◇ Health Professionals
- ◇ Social Groups

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TESTIMONIALS FROM INDIVIDUALS THAT HAVE WORKED WITH CARLEEN

This program was good as it opened my eyes to what is loss. Especially from a child's point of view. Moving, or loss of a favourite toy was not something I thought of as loss. But after going through this program, it made me more aware. This is good because I can now have discussions with this knowledge and will hopefully be able to help them through this. For my own past loss, I realized that maybe I have not fully grieved the loss of my parents when I was 11 and 17 years old. Although I thought I had, the emotional energy checklist and letter writing sections of the book made me think back to how something like that would have been good to do. I look forward to sitting down and going through this process and to grieve. Thank you for this course it was great.

~ S.V.

Carleen is a wonderful presenter. Her material is so relevant and necessary. Not only did her teachings solidify my belief about detaching from the ego in order to care for and serve others; it also opened my eyes to the depth of trauma in some people's lives - young or older. Learning how to communicate in order to gently touch on such a sensitive subject is something I will use in my own teachings and in life. I am so grateful to have been a part of these sessions. Thank you, Carleen!

~ CHRIS CARTIER

This course is an invitation to dig deeper and to know oneself better, with the ultimate goals of both healing and greater joy in one's own life, as well as becoming more equipped to support your students in their own journey.

~ SHARI

Carleen Ross was professional in all our interactions with her. Her presentation on "How to deal with loss: A practical explanation for the practitioner and the client" was well prepared by Carleen and well received by participants.

~ REFLEXOLOGY OF CANADA

I first worked with Carleen on a personal level, to help me be able to help my students during COVID lockdowns, the changes that were rushing at them and the overwhelming loss that the children were experiencing. What I experienced was insightfulness, caring and information that has impacted my personal and work lives.

Due to the fact that Carleen's coaching supported me so well, I asked her to do a couple of sessions with the school staff. Again, her quiet, but powerful demeanor, passed on knowledge that has positively impacted many staff members. Her knowledge has allowed us to help our students more effectively and has created a more emotionally open space for the students to discuss their feelings and be able to deal with the constant changes in their lives.

Carleen gives immediate tools and strategies that can be used with children, to help them cope with their losses. I now have more confidence in helping my students deal with their losses and emotions.

~ PATRICIA ARCE

Carleen is an amazing coach! I highly recommend the courses she offers. I have learned amazing tools to assist my family with everyday losses in life. It opened my eyes to a completely new way of thinking. It has helped me to create a new and deeper connection to my young sons. It has assisted my husband and I to coach our sons to assist with processing loss. Life is filled with challenges. If we have the tools to help our children. I feel we are empowering them for the future.

~ LANA PANCHUK