

Workshops

Is personal coaching for you? What is it all about?
How is Intentional Journey Coaching different?



These workshops are experiential, meaning you will not only learn about the coaching methods but also experience and feel what it is like to work with them. What can you expect . . .

- Authenticity, vulnerability, and realness for yourself and others
- A new foundation in your heart for your desires this lifetime
- Recognition that the skills of your mind are assets for your aspirations
- Work through a challenging mental or emotional block around a goal
- Make new friends, become closer friends, find support in each other

Visit www.envoypeace.com/workshops to learn more and see what people are saying.



Kevin Lockwood is the founder of EnvoyPeace Coaching & Consulting, creator of Intentional Journey Coaching, and author of *Be the Designer of Your Life*. He has nearly thirty years of experience creating transformation from the inside out for individuals, Fortune 500

companies, government agencies, and non-profit organizations in over fifty countries. Kevin loves this practice because the best and most empowering solutions not only involve the people facing challenges, but indeed come from deep within them.

When we have a bigger idea for life, Life begins to show up for us . . .

Every day I wake up more aware of who my soul is crying out to be and how I am meant to show up in this world. My deep soul wraps you up in warmth and thanks for walking with me and guiding me with your abundant love.
Linda – Boulder, CO

Kevin is a masterful coach and healer. This man enters your heart and brings his whole presence, all of his gifts and experiences, into each session. Expect much laughter and many tears as he gently and inevitably spurs you to create a fulfilling life plan and to find a creative purpose that you didn't even realize you were wanting.
Donnaah – Wilmington, NC

Presence is rare nowadays. Go to Kevin, he'll listen and be there for you to help lead you through the labyrinth of your psyche/soul. Kevyn – Thornton, CO

Kevin creates a space that is healthy and safe to bring ones vulnerabilities to the surface. His energy is powerful and gentle and his techniques are masterful and loving. He is rooted and balanced in the feminine and masculine in ways that I have not seen in any other coach.
Nikki – Westminster, CO

I love being a part of something bigger than me . . . facing my own truths, my own inner demons, the reality that I am the lead character in my own life story. I am the writer. My life will be exactly as I am liking it.
Mindy – Denver, CO

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Intentional Journey Coaching



AWAKEN YOUR BEING DESIGN YOUR LIFE

You may be thinking that “designing my life sounds strange or unrealistic,” or you may be thinking “I have been there and done that and I still feel uninspired, burnt out and non-impactful!” These are normal thoughts and perfect questions to probe into.

You are in the right place!

Something even more precious than being successful is feeling fulfilled. This is unlike any other coaching practice. It is a journey to support you in balancing your heart, mind, spirit, body and field of support to work together and find fulfillment with your life, relationships, career, or spiritual path.

To learn how Intentional Journey Coaching can work for you schedule a free 30-minute consult at www.envoypeace.com/schedulingservices.

*Engage your heart,
mind, spirit, body and
field of support.*

Heart



Open to your Life Purpose and your desire to thrive;
reveal the amazing person you were born to be.

- Uncover Your Heart's Desires
- Explore Your Value & Values
- Vision a Life You Love

*Honor your calling,
let the power of
your passions fly.*

Mind



Acknowledge your Learned Skills
and need to survive; utilize your
abilities and create new ones.

- Recognize What's Working
- Identify What's Wanting to Change
- Prioritize Your Mission and Goals

The Field



Cultivate a Supportive Environment that
feeds your desires and visions; create a
sustainable container for your life.

- Strength/Weakness/Opportunity/Threat
- Assess Your Support Environment
- Grow Resonant Relationships

Body



Explore Experiential Behaviors
and new ways of being; discover
more about what you love in life.

- Identify Emotional Qualities of Goals
- Make a Growth & Learning Plan
- Celebrate the Journey of Life

Spirit



Journey through an Integrative Discovery process;
awaken natural potential and release old patterns.

- Identify Mental & Emotional Blocks
- Clear Limiting Thoughts & Beliefs
- Sustain & Grow Healthy Awarenesses

*Release ideas of what
you and others think
you 'should' be.*

*Uncover your greatest
gifts and talents to share
with the world.*