

Individual Session Work

With Pathways Institute Founder, Carole Kammen



Individual Life, Relationship, and Career Coaching

Coaching is about making the impossible possible. Carole will help you transform the way you see yourself, and help you align your thoughts, feelings, and actions with your desired outcomes. Drawing from her experience in the fields of depth psychology, human and organizational development and the perennial wisdom traditions, Carole custom tailors her coaching approach in a way unique to each client. Session work draws upon a wide variety of modalities including discussion, guided visualization, active imagination, dream work, voice dialogue, goal setting, and skill building. Through this dynamic process in you'll be guided to listen to the guidance of your own soul, think creatively, be challenged to do things you might not do on your own, and make clear effective choices that enable you to reach your desired outcomes and quite possibly, fall in love with yourself.

You might work with a coach because...

- You want to deepen your PMI experience
- You could use help navigating a life transition
- You want to take better care of yourself
- You want to achieve more at work
- You're a coach, therapist, or manager and want more skill

Couples Coaching

Carole will assist you in achieving a stronger sense of empathy, connection, understanding and partnership leading to deeper intimacy and individual and interpersonal growth. Too often couple's work focuses on immediate problem solving, addressing the symptom but not the root cause. Carole's approach begins with an-depth assessment to identify areas of relationship strength and resilience, and areas of opportunity to be addressed. Couples will create shared meaning, purpose, and goals, heal past hurt, effectively manage the rupture and repair cycle, replace negative patterns with positive ones, create a climate of compassion and empathy, and implement practices for maintaining partnership health and well being.

You might want couples coaching because...

- You want more intimacy, empathy and understanding in your marriage
- You want to transform a stagnant relationship into a passionate one.
- You have power struggles over kids, money, time etc.
- It's time to create a new vision or purpose for the relationship
- You fear conflict and avoid the important conversations



Parent Coaching

Parent coaching will empower you to navigate parenting challenges to create an enriching and enjoyable family environment. Through the work you'll become more confident and less stressed. As you trust your parenting instincts you'll regain the joy of child raising and develop solutions that work for the entire family.

The fastest way to transform a family system is to change your self. Carole will lovingly guide you toward profound insights into the causes and unconscious connections occurring within your present day family dynamics. Together you'll develop strategy for change and practice the skills needed to transform your household into a place of joy and equanimity. Parent coaching is healing for you and the whole family.

You might want parent coaching because...

- Bedtime's a battle; how to get them to sleep and keep them in bed
- Too much time spent repeating and reminding
- You constantly question your parenting skills
- Home life's filled with tantrums, whining, back talking or power struggles
- You wish you had time to read those books about positive parenting
- You don't want to repeat the mistakes your own parents made

Small Group Coaching

Some people find group coaching extremely effective. This modality offers the benefit of peer learning, community support, allowing you to explore without always being "on the hot seat". It can be illuminating to witness how others approach the same issues and you often leave group coaching having made life long friends. This method is ideal for immersion into key topics such as couples, parenting, dream work, dating, self- leadership, courageous communication, aging, women's groups. If you have a group of 4-8 friends interested in group coaching this is a powerful way to leverage your time and money.

Coaching Packages

Individual coaching packages range from 3 to 6 months in length based on desired outcome.

Small Group packages are offered in 6 to 12 week sessions depending on topic.

Sessions may be held on the phone, by web conference, or in person when available.

For more information contact Carole by e mail: CKammen@PathwaysInstitute.com