



Transformational Arts College

OF SPIRITUAL AND HOLISTIC TRAINING

APRIL

SPRINGTIME

ARE YOU READY TO BLOSSOM?

Our Website: <https://www.transformationalarts.ca/>

**DISCOVERING YOUR
TOTAL SELF PROGRAM**



What if you could tap into the unlimited creative potential available to you by learning about ancient spiritual wisdom, esoteric principles, contemporary psychology and emotional healing?

The Discovering the Total Self Diploma

Program is a unique series of courses in personal and spiritual development designed to balance body, mind and spirit, bringing the individual to a state of personal empowerment through the transformational process.

- + Develop a faster and greater ability to heal physically, emotionally, mentally and spiritually
- + Reconnect to your passion for life
- + Experience the power of living in the now
- + Discover uncertainty can be comfortable when we connect to our 'wise' self
- + Learn to make clear choices that reflect who you are
- + Tap into your own unlimited creativity
- + Access your intuition

A Unique Program

This extensive program encompasses a psychospiritual approach, blending timeless spiritual wisdom, esoteric principles, contemporary psychology and emotional healing. The Modern Mystic's Pathway encourages us to transcend our egos, to surrender, to go with the flow, to trust divine guidance, to detach, to enter into the mystery, and to be of service.

The Emotional Healing and Self-Discovery Pathway takes us into our Self, healing our wounds and developing a healthy sense of Self.

This program honours both our Spirituality and our Humanness and that we really are spiritual beings having a human experience.

MODULES ARE ON-LINE MODULES ARE INSTRUCTOR - LED

Courses run one evening per week for total of 8 weeks. **TIME: 7 pm to 9:30 pm EASTERN**



The **Discovering the Total Self Program** offers a total of 200 hours in 10 course modules of psychospiritual development. You can complete the program at your own pace, take more than one course at a time or take only those that interest you.

Course Modules:

- 01 Meditation and the Chakras
- 02 Spirituality and Higher Self
- 03 Exploring the Non-Physical
- 04 The Path of Emotional Healing
- 05 Spiritual Healing and Energy Transfer
- 06 The Intuitive Arts
- 07 Meeting Your Inner Selves
- 08 From Child to Adult
- 09 Living Your Higher Self
- 10 The Healing Power of Sound

THE FOLLOWING MODULES START MAY 2025

All classes are 1 evening per week for 8 weeks, 7:00-9:30 pm Eastern unless otherwise noted

TS-01 Meditation and the Chakras

Module 1 introduces the start of your spiritual journey: The Path of the Contemporary Mystic.

Explore fundamental meditation theory and its various building blocks.

Learn the Chakra system and how to use it as a basis for meditation. Develop the ability to meditate effectively. Use creative visualization, intention, and the law of attraction to apply to goal setting.

- ✚ Exercises exploring the human energy field
- ✚ Discover toning, sounding, chanting and instruments for the chakras
- ✚ Creating your own reality versus Divine Order

TS-01 – Starting Date: Monday May 5, 2025
7:00 to 9:30 PM EST with Krysz Jawlosewicz
(Online / Instructor Led)

TS-04 The Path of Emotional Healing

Module 4 introduces the psychospiritual approach to embracing light and dark on the road to emotional healing and wellness.

Benefits and learning outcomes include:

- ✚ Correlate focusing tools and integrate feelings
- ✚ Incorporate forgiveness
- ✚ Reprogramming old beliefs and affirmations
- ✚ Relate emotional blocks & relationships
- ✚ Re-frame perfectionism
- ✚ Assessing how to create change safely in our life
- ✚ Psychospiritual key issues and addictions
- ✚ Examine Family Systems theory and unhealthy family behaviour

TS-04 -Starting Date: Wed. May 7, 2025
7:00 to 9:30 PM EST with Angela MacDonald
(Online / Instructor Led)

TS-07 Meeting Your Inner Selves

The transformational process propels us consciously through change, introducing us to our sub-personalities including our inner critic. One of the many benefits in this module is the integration of our “committee” of selves. Our inner child, from the hurt to the magical child, which taps our creativity.

Benefits and learning outcomes include:

- Re-frame the 4 seasons of transformation
- Assess the dark night of the soul and how to navigate it.
- Integrate the treasures of our shadow with consciousness
- Explore the impact of shame and the benefits of healing shame.

Pre-Requisite: Course TS-04

TS-07 -Starting Date: Tuesday. May 13, 2025
7:00 to 9:30 PM EST with Angela MacDonald
(Online / Instructor Led)

“ ”

**LIGHT MUST COME FROM
INSIDE. YOU CANNOT ASK THE
DARKNESS TO LEAVE; YOU
MUST TURN ON THE LIGHT.**

– SOGYAL RINPOCHE

“ ”

**LIGHT AND SHADOW ARE
OPPOSITE SIDES OF THE SAME
COIN. WE CAN ILLUMINATE OUR
PATHS OR DARKEN OUR WAY.
IT IS A MATTER OF CHOICE.**

– MAYA ANGELOU

COACHING



LIFE SKILLS COACHING CERTIFICATE PROGRAM ON-LINE – INSTRUCTOR-LED

Life Skills Coaching is a dynamic and transformative process that empowers individuals to enhance their personal and professional lives by developing essential skills and overcoming challenges. As a Life Skills Coach, you play a crucial role in guiding clients toward achieving their goals, gaining clarity, and cultivating a fulfilling life. This profession goes beyond traditional coaching by focusing on practical, actionable steps that help clients build resilience, improve decision-making, and navigate life's complexities with confidence. The positive impact of Life Skills Coaching is profound, as it equips individuals with the tools they need to thrive in all areas of their lives, from relationships and career to personal growth and well-being.

Training to become a Life Skills Coach offers significant advantages for those pursuing this rewarding career. As a trainee you will:

- ✚ gain a deep understanding of the core competencies required to coach effectively.
- ✚ develop communication, empathy, and problem-solving skills.
- ✚ have the opportunity to develop your own life skills, enhancing your ability to connect with clients and guide them through their personal journeys.
- ✚ learn to create tailored strategies that address each client's unique needs, empowering them to overcome obstacles and achieve their full potential.
- ✚ the skills you acquire during your coaching training will enrich your own life, enabling you to lead with greater self-awareness and purpose.

Transformational Arts teaches and provides coaching from a psychospiritual approach using experiential participation, dyad work and role plays. Students will be expected to identify an area of their own life, be it personal, professional or business that they would like to be coached through. They will be coached by other students in the program. Students will also do case studies with 2 other clients that will be evaluated through progress reports.

Life Skills Coaching is a powerful catalyst for change. Whether your clients are seeking to improve their career prospects, enhance their relationships, or develop a healthier lifestyle, coaching provides a structured and supportive environment to explore their goals and aspirations. Clients benefit from the personalized guidance of a coach who helps them identify their strengths, build on them, and address any limiting beliefs or behaviours. This process fosters increased self-confidence, better decision-making, and a clearer vision for the future.

Ultimately, **Life Skills Coaching** empowers clients to take control of their lives, make informed choices, and achieve lasting success and fulfillment.

This 36-hour ON-LINE course covers:

- Coaching vs. Psychotherapy
- Developing a vision and setting goals
- Passions and motivators
- Fear of failure/fear of success. Moving from fear, to change and success
- Listening and communication skills
- Addressing client resistance to growth
- Spiritual Coaching
- Relationship Coaching
- Ethics and Professional Coaching
- Skills, traits & tools of an effective coach



Who is this program for?

This course is for individuals who are Psychotherapists, Counsellors, Human Resource professionals, Holistic Practitioners and Psychotherapy and Holistic students. Those with different backgrounds are encouraged to apply.

Course Code: COA-CER

Starting Date: Tuesday, May 20 , 2025 plus one Saturday May 25

Time: Tuesday times 6:30 to 9:30 PM ; Saturday time – 10 am to 1 pm & 2 to 5 pm

Instructor: Gord Riddell RP, Registered Psychotherapist, Life Coach, Spiritual Director, and President of Transformational Arts College. He is also the creator of the Coaching Program.

Fee: \$985 + HST

Deposit Fee: A \$300 non-refundable deposit is required to reserve your space.

Administrative Fee: \$150, plus Material Fees of \$35.

Note: Upon successful completion of all assignments a certificate will be awarded.

In addition to assignments – 90% class attendance is required.



Professional Ethics

Ethics are significant in any profession, especially the helping professions. Ethics provide a framework of actions and choices, examining what should be done. Human behaviour can be directed and shaped by ethics. It helps professionals carry out their responsibilities. Ethics serve as a standard for behaviour in personal and professional settings, preventing actions harmful to individuals and to society.

Values are powerful influences that guide a person's behaviour and determine their priorities in life. They are the significant concepts or beliefs that direct our decision-making abilities, conscious or not. They serve as the focal point of our life and a code of conduct. They have a profound impact on a person's emotional state of mind. Our values guide how we are and act, even when no one is watching!

In this 9 hour on-line course you will learn:

- What are your core values?
- Ethics in the Helping professions.
- Ethical Dilemmas.
- Client – Practitioner Relationship.
- Informed Consent.
- Boundaries – Personal and Professional.
- Boundary violations.
- Critical ethical thinking.



This course is open and recommended to anyone in the Helping professions including but not limited to: Holistic Health Practitioners, Psychotherapists, Counsellors, Coaches, Spiritual Directors, Clergy, Social Workers, Personal Support Workers.

Course Code: HSC-ETH **On-Line – Instructor Led**

Instructor : Gord Riddell RP , Registered Psychotherapist, Spiritual Director, Life Coach

Dates: Monday May 5, 2025 (12 hours, four 3-hour classes) NO CLASS MAY 19TH.

Time: 6:30 to 9:30 PM

Fee: \$250.00 (see note below re: combined pricing)

Register: <https://www.transformationalarts.ca/product/ethics-and-managing-a-business/>

Best Practices



Best Business Practices

This course is open to anyone in the Helping professions including but not limited to: Holistic Health Practitioners, Psychotherapists, Counsellors, Coaches, Spiritual Directors, Clergy, Social Workers. It is for anyone who is planning to develop your own Private Practise, open a Clinic or incorporate.

Business Practices is designed to help you navigate the legal, government, regulatory bodies, in establishing your Practice. You will be taken through experiential exercises to establish a vision for your business. Name, branding and determining who are your clients. Whether starting out or needing a refresher, this 12- hour course provides valuable information.

- Envisioning your Practise
- Define who are your clients? Socio-economic demographics.
- Naming your Practise – legalities
- What type of business structure – sole practitioner, partnership, corporation?
- What services are you offering?
- Establishing your fee structure
- Are you also selling Products? HST, PST
- Business Insurance
- Bookkeeping and Taxation
- Client Records Keeping
- Branding your Practise
- Developing a marketing plan
- Advertising



Course Code: HSC-ETH – B

On-Line – Instructor Led

Instructor : Gord Riddell RP, Registered Psychotherapist, Spiritual Director, Life Coach

Date: Monday June 9, 2025 (12 hours, four 3-hour classes)

Time: 6:30 to 9:30 PM Eastern

Fee: \$ 250

Fee Note: Combine the Ethics and Business Practise Courses and the fee drops to \$450.00.

You save **\$ 50.00.**

To Register: <https://www.transformationalarts.ca/product/business-practices/>

Register for both: <https://www.transformationalarts.ca/product/professional-ethics-business-practices/>



The Mediumship course is experiential and will lift the participants up from a place of hiding their abilities to owning and embracing those abilities. Mediumship expressed through healing, clairvoyance, clairaudience, clairsentience, psychometry, inspirational speaking, writing and art will all be worked with. Overcoming fears that may be present and moving through any blockages that may be holding your mediumship abilities back.

Who is this course for? – Anyone with a committed interest in developing their mediumship skills. Best for those who have already had experiences but find them hit and miss and/or have trouble regulating the flow of energy and information. Anyone with experiences that were frightening and may be holding you back.

Date: Thursday May 22, 2025

Time: 7:00 to 9:00 pm

Fee: \$600 + HST per 10-week cycle. Talk to us about payment options.

Instructor: Gord Riddell RP - Registered Psychotherapist, Spiritual Director, Life Coach
President of Transformational Arts College

This course is an on-site class held at a home located in downtown Toronto on the subway system. The address and directions, including free parking, will be sent out upon registration and just before the start date.

Note: As mediumship development is an on-going process, at the end of the 10 weeks, students who wish to continue will have first right of refusal for the next set of classes, assuming all is in balance. Any vacancies, new people will be invited to join at this point. **The cost for ongoing sets of 10 classes is only \$350.00.** Class size is quite small due to it being in a private home.

Register here: <https://www.transformationalarts.ca/product/toronto-mediumship-course/>

Returning students register below:

<https://www.transformationalarts.ca/product/mediumship-course-for-returning-students-only/>

Contact information:

To talk with someone please call:

Linda Kuschnir (Registrar)

416-484-0454 ext. 1

Email Linda at lindak@transformationalarts.com

Pat Rigby (Financial Co-ordinator)

416-484-0454 ext. 3

Email Pat at prigby@transformationalarts.com

**If you know anyone who would be interested in our courses,
please forward this mailing, it's the nice thing to do.**

**Transformational Arts College
Bringing Body, Mind and Spirit Together**

Website: <https://www.transformationalarts.ca/>