

## **Mythic Lives: Living Your Deeper Story, Part 1**

Tuition: \$895 if paid by May 26  
\$995 thereafter  
(\$1,695 for Parts 1 and 2)  
Fee includes materials, Sunday dinner and workshop lunches/snacks  
20 hours/credits for coaches

What: 3-day on-site workshop, with follow-up teleconference

When: July 10-12, 2006

Where: La Porte, Collins, CO (north of Ft. Collins)

Would you like to paint a picture of a larger life and deeper purpose for your clients? If so, join us for an extraordinary three-day adventure into the world of personal mythology, set against a backdrop of towering mountains and rich ranch land. In the fabled setting of an old ranch house turned retreat center, you will eat, breathe and tell stories, using your own life story as the playground. You'll also share your insights with colleagues, and learn how to reframe your clients' pathologies to heroic mythologies. The result? A rich experience professionally and personally.

As a coach or practitioner, you will also leave with some tangible takeaways:

- A positive way to reframe client transitions and challenges
- A proven methodology to use with diverse populations
- A non-threatening way to access deeper levels with your clients
- An easy way to target specific emotional client challenges
- Tools to use with clients such as:
  - *Personal Mythology Map*
  - *Mythic Compass*
  - *Life Story Map*
  - *Personal Legacy Profile*
  - *Tribal Laws Dictionaries*
  - *Tribal Legacy Profile*
- Personal growth for yourself as a coach or practitioner
- A practical framework to complement unique modalities
- Ideas for applying *Mythic Lives, Part 1* techniques to your practice
- Deep relationships and community with colleagues
- 20 continuing education units if you are a coach
- *Part 1* initial *Mythic Lives* facilitator training

### **The Roots of Mythic Lives™**

This unique life-story methodology is grounded in transpersonal psychology, feminist theory, narrative therapy, mythology and writing. Thus, you may recognize pathology's concepts repackaged and re-languaged. Complexes are mythic patterns, issues are dragons, childhood trauma is the dark forest, and those who enter it—your clients—are heroes. The work of living a conscious life is also enlarged to include and celebrate the spiritual tasks mythology teaches.

**Specifically, in *Mythic Lives, Part 1*, you will learn:**

- What mythic codes are and how they appear in a life
- How to decode personal mythic clues for deeper meaning
- Where your life story fits in a larger mythic/spiritual context

- How your own authentic story got lost beneath other stories
- What you must do to unearth that lost, authentic story
- How to reframe “victim” to “hero” for yourself/your clients
- How family legacies shape a life and what to do about them
- How to see the *fiction* of the morals of your stories
- How to choose tribal legacies that optimize emotional health

## **Who Should Attend**

This workshop is for life coaches, executive coaches, therapists, alternative practitioners, social workers, educators and clinicians.

## **About the Workshop Leader/Developer**

M. Carolyn Miller, M.A., is an author, educator and personal mythologist whose graduate work, and personal desire to live more authentically after facing multiple losses, resulted in *Mythic Lives*. A former corporate trainer, Carolyn is a working writer who leads personal and professional workshops, retreats and keynotes on the role of “story” in our lives. She is also a personal growth columnist and author/creator of personal development books, games and tools, including *The Woman Who (Lost and) Found Her Wings*, and the forthcoming *Mythic Lives: Using Personal Mythology to Reclaim Your Authentic Story*. For more information on Carolyn or this program, please visit [www.mythiclives.com](http://www.mythiclives.com).

## **About the Workshop Co-Facilitator**

Patrick Williams, Ph.D., CEO and founder of the Institute for Life Coach Training, has been a licensed psychologist since 1980 and an executive coach since 1990. A former Coach U senior trainer, he founded The Institute for Life Coach Training in 1998 and has trained 1500+ helping professionals. Pat teaches graduate-level coaching classes, chairs the coaching psychology program at the International University of Professional Studies, and is co-author of such works as *Therapist as Life Coach: Transforming Your Practice* and *Total Life Coaching: 50+ Life Lessons, Skills, and Techniques to Enhance your Practice and Your Life*.

## **Seminar Logistics**

### ***Hotel/Workshop Locations and Gatherings***

The workshop will launch with dinner Sunday evening at a local restaurant in Old Town Ft. Collins. (Details to be provided in your workshop packet.) The workshop itself will be held at Tapestry House ([www.tapestryhouse.com](http://www.tapestryhouse.com)), in La Porte, Colorado, 10 minutes north of Old Town Ft. Collins. Limited lodging is available at the retreat center. There are also many smaller motels in the area. (Keep in mind that July is high tourist season in Colorado so book early!)

Accommodation Choices:

- Tapestry House ([www.tapestryhouse.com](http://www.tapestryhouse.com)) rooms are available for the special price of \$85/night but are only available July 10-12. Contact Carolyn directly to book these at 303.883.4606 or [Carolyn@mythic.lives.com](mailto:Carolyn@mythic.lives.com)
- Best Western University Inn (970.667.7810 or [www.bwui.com](http://www.bwui.com))
- Edward’s House B&B (970.493.9191/800.281.9190 or [www.edwardshouse.com](http://www.edwardshouse.com))
- Armstrong Hotel (970.484.3883/866.384.3883 or [www.thearmstronghotel.com](http://www.thearmstronghotel.com))

## **Airport/Car Rentals**

La Porte is approximately 10 minutes north of Ft. Collins, Colorado, which is approximately an hour north of Denver. You will fly into Denver International Airport (DIA) and can either take Shamrock Shuttle (970.482.0505 or [www.rideshamrock.com](http://www.rideshamrock.com)) to a local car rental agency or rent a car at the airport. If you'd like to share a car, please contact Carolyn (303.883.4606) and she will facilitate that.

## **Next Steps**

Once you register for *Mythic Lives*, you will receive:

- A telephone call to discuss your needs and expectations
- A pre-workshop packet, including workshop materials

Are you still unsure about exploring the adventure of your life?  
If so, join us for a free teleconference on May 3, 2006, 6 p.m. EST  
to chat with Carolyn Miller and Pat Williams, the program facilitators.  
Register online for the call and receive the teleconference phone number.

## **Mythic Lives: Living Your Deeper Story, Part 2**

Tuition:           \$895 if paid by September 1  
                      \$995 thereafter  
                      (\$1,695 for Parts 1 and 2)  
Fee includes materials, Sunday dinner and workshop lunches/snacks  
20 hours/credits for coaches

What:             3-day on-site workshop, with pre- and post-teleconferences

When:            October 16-18, 2006

Where: La Porte, Collins, CO (north of Ft. Collins)

This workshop builds on Part 1 of *Mythic Lives* and begins with a reunion as fall paints the mountains gold and the air hints of winter. Appropriately so, for in this session, you will go deeper into the forest of the dragons to identify some of the “old stories” and unhealthy scripts that prevent you and/or your clients from living authentic lives. You’ll also play with “old-story energy” using intuitive tools, and learn how to enliven newer, more authentic stories. A closing ritual will mark the end of our time together.

As a coach or practitioner, you will also leave with some tangible takeaways:

- More positive language for “inner child work”
- A do-it-yourself process to teach clients for changing unhealthy stories
- Hands-on practice with intuitive arts such as ritual, art-as-process and divination
- Tools to use with clients, such as:
  - *The Message Board*
  - *Old Stories (The Plot)*
  - *Mythic Quest Process*
  - *Predator Plan*
  - *New-Story Action Plan*

- *New-Story Community Map*
- A unique way to combine inner work and outer action to create change
- Personal growth for yourself as a coach or practitioner
- Ideas for applying *Mythic Lives, Part 2* techniques to your practice
- Practical application and problem-solving of *Part 2* techniques
- Deep relationships and community with colleagues
- Continuing education units if you are a coach
- *Part 2* initial *Mythic Lives* facilitator training

*Mythic Lives, Part 2* focuses on the underlying rules clients put in place as children to make sense of their lives (and which often result in inauthentic behavior). You will surface some of your own childhood stories, and, in a safe environment, begin to work with them in both language and un-language ways. The goal is to learn a process to use with clients while simultaneously enhancing your own authentic life.

Specifically, in *Mythic Lives, Part 2*, you will learn:

- How to decode family stories for their unhealthy hidden agendas
- What family labels suggest about family members' stories
- How the fictions of childhood are created and reinforced
- How childhood stories shape a life and how to renegotiate them
- How to work with “story energy” to transform unhealthy stories
- How to use intuitive tools and processes such as art, meditation, divination and ritual, to unstick “old stories”
- Ways to identify the “new story” often embedded in the old one
- How to birth a newer, healthier story using inner and outer actions

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