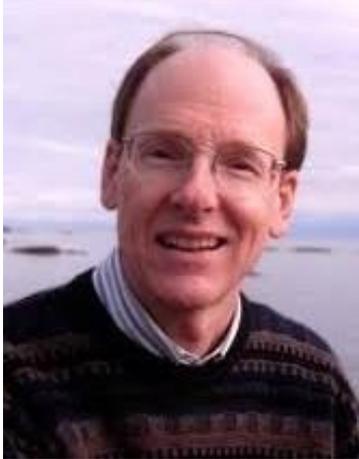


# Centre for Spirituality at Work

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*Hi, I'm Eric Hellman...  
Director of the Centre for Spirituality at Work.*

I have a large vision for what is possible in our work and in our world – and I've had the great opportunity of living into it over the past 40 years.

At the same time, I've also touched the depths of despair in my own work/life – feeling totally lost for direction, losing my own sense of value/worth, and being unable to even talk about spirituality (especially in work) for over two decades. I know many of you have been there too.

My deep desire is to help people in all of these areas, by assisting you to:

- connect with what you love or care about, and express your truths/gifts through work
- develop & communicate new ideas, projects or services
- grow your work/livelihood, heal, and make a difference
- handle the many challenges that come with living/working with spirit, and pioneering change.

To do that, I'm now providing **Coaching, Mentoring and Consulting Services** (as well as Energy-Touch Sessions) through the Centre. And it's a major milestone for me, as this is the first time I've expressed my core work & services in 30 years!

If you are walking a spiritual or consciousness path... needing help in your work... long to create a better world... or want to experience more richness in work/life, perhaps I can help.

There's more about my services and background/experience below. Or, if you'd like to know more *without reading*, then just give me a call – at 416-233-8665.

All the best in YOUR work!

*Eric*

Director  
Centre for Spirituality at Work

# Eric Hellman

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**Services - Skill Areas - Experience - Approach - Rates/Fees**

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## **Coaching/Mentoring:**

- Reflect on your current work (and life) issues
- Listen for your deeper needs, aspirations, blocks or challenges
- Identify and take steps (professionally & personally) to grow your work
- Find practical ways to bring more spirit, purpose and values into whatever you do
- Have someone to talk to about what you're going through (work, personal, spiritual issues)

## **Coaching & Consulting:**

- Designing & implementing projects, programs & services which make a difference, grow your work, and contribute to well-being and transformation
- Help with communicating new services, ideas and projects – in ways that express “what matters most” to you, and connect with the minds, hearts & needs of others

*Energy-Touch Sessions:* I also offer healing light-touch/energy sessions to help you centre, ground, feel more stillness/peace, and access deeper wisdom.

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## **Skill/Service Areas include:**

Communications:

- listening (within, and to others)
- writing and speaking
- hearing people's needs & desires, and building bridges of understanding
- talking about spirituality with others
- marketing – in ways that are aligned with our values/spirit

Applying values/spirituality/consciousness into our work:

- Through product/service selection, design, implementation, marketing, communications
- Finding purpose, meaning and direction
- Choosing work that uplifts our spirit
- ‘Raising’ staff, co-workers, customers/clients by our energy/intention
- Choices/actions that heal, inspire, connect and contribute

Insight/assistance for self-employed, home-based & ‘conscious’ businesses/organizations

# Eric Hellman

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## Skill/Service Areas (cont.):

Creating Change / Ways to make a difference:

- Conscious business and new paradigms for work
- Practical ways to live our values/vision through work
- Connecting spirituality, work and social change
- Deepening our effectiveness
- Making change in new ways (e.g. from behavior to 'conscious' change)

Supporting people who are walking a spiritual path:

- listening to intuition, guidance & understanding the signs
- application of spiritual wisdom/insight
- seeing blocks to spiritual awareness / ways our ego/shadow shows up
- talking about spiritual experiences (to validate & integrate)
- deepening our practice and process

Dealing with personal issues, such as:

- loss of desire/interest, inner conflicts, busyness, finding peace of mind
- ways to restore and deepen our spiritual connection
- difficulties expressing our feelings, values or spirituality with others
- healing (with self, relationships, work/worldly issues)

Relaxation & Energy/Touch sessions – to support your clarity, focus and peace

Helping people understand & work with *A Course in Miracles*

Personal support – “I just need someone to talk to...”

## Experience:

Over the past 40 years, I have worked as an environmental consultant & public educator, self-employed business person, ghostwriter, marketing/communications consultant, organizer of local & international events, and more. Currently, I am Director of the Centre for Spirituality at Work as well as a Communications and Change coach/consultant.

Examples of my past work include:

- co-founder of the Recycling Council of Ontario
- co-founder of the first “Blue Box” recycling program
- consulting writer of the bestselling book, *Leadership from Within* (for Peter Urs Bender)
- ghostwriter of letters, articles, resumes, marketing materials, and a book on addictions
- assistant manager of a values-based home business which served major companies
- organizer of events for social change, business, ethics and spirituality
- website manager for spirituality/work organizations
- organizer/designer of a UN peace event (that ‘stopped’ a world’s fair for eight minutes)
- co-organizer of the first UN Habitat Roundtable on Spirituality and Sustainability
- practitioner of Therapeutic Touch (TTRP) & other relaxation techniques
- 25+ years of personal practice with *A Course in Miracles*
- author of *Coming out of the Spiritual Closet*, on my 30-year struggle with spirituality.

# Eric Hellman

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## Approach:

I have a passion for creating what I call ‘healing or conscious’ change – change in line with our deepest well-being (personally, professionally, societally) by becoming more conscious of our thoughts, choices and impacts. I believe that many people want to live this way. But we all need practical ways to do this, which align with our values and beliefs.

My work comes out of the “loves and challenges” in my life. For example, my love of nature. A deep desire to see change & healing in our world. The joy of giving to others. A need to heal my relationships, and myself. A desire to work at what matters & enriches my spirit. And my own deep challenges with “God” & spirituality.

Starting there – and with what’s most important to you, my work is about listening. Hearing. Assisting you to discover, live and work at what matters most. Helping you to communicate & grow that, while raising others (clients, customers, co-workers) and caring for the planet.

It’s also about nourishing the spirit – through authenticity and listening within. Inviting Life to guide us. Doing work that expresses our deepest values/aspirations. Bringing love, caring and quality into what we do. Treating people with respect, appreciation, compassion. And being examples of the change we want to see in our world.

## Rates/Fees:

\$60 to \$125 per hour. Sessions & services are available in person, or via phone/internet.

(Note: Rates vary based on the service provided. Need/ability to pay are also considered.)

## How could this help me? What might I gain? Why bother?

Here are some possible outcomes:

- Greater clarity about your direction and purpose
- Practical ways to use spiritual wisdom to grow your work
- Insights into how to make ‘more of a difference’
- New ways to communicate your ideas, projects, events, products or services
- Greater understanding & connection with clients/customers, co-workers/colleagues
  
- Feel more enriched/whole
- Feel heard, understood, valued – and supported
- Grow healthier relationships (professional & personal)
- Transform intractable problems and solving them at their roots
- Have more hope for the future

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If any of this speaks to you, I’d welcome the opportunity to have a chat.  
I’m at 416-233-8665 – or [eric@spiritualityatwork.org](mailto:eric@spiritualityatwork.org).

Thanks for considering them...  
Eric