

# Owning Your Story: Anger, Stress & Healing

## A Gathering of and for Men

*Six Tuesdays: 7:00 - 9:15 PM*

*July 31 - September 4, 2012*

**Palabra Counseling & Training Center | 530 Middlebury Road (Rte. 64)**  
**Suite 207 B, Village Square | Middlebury, CT 06762**  
(enter driveway between Shell and Sunoco stations)

**Facilitated by**

**Reggie Marra, M.A., Integral Coach™**

**SEE PAGE 3 FOR REGISTRATION AND TUITION INFORMATION**

This series is for you if you experience any of the following:

- feel stressed, lost or disconnected
- are angry more than you would like
- feel invisible
- want to be able to laugh more
- struggle in and with any relationship
- feel stuck
- feel in over your head

...and are willing to:

- explore yourself at a deeper level
- listen with your heart
- do the work that growth requires
- risk showing up fully in each moment
- speak from your heart
- be truthful
- maintain confidentiality
- write things down (keep a journal)

We'll explore:

- who (you think) you are in the world
- how to make personal change that sticks
- what it means to both grow up and wake up
- how to separate *your story about what's happening* from what's really happening
- how you view yourself, others and the world
- parts of yourself you've disowned or deny

What you'll leave with:

- insight into your "personal operating system"
- practices and processes that will help you
  - when the change you want won't stick
  - when your mind chatter is driving you crazy
  - when important conversations seem impossible (in certain moments, with some people, they are)
  - when you want to accept and own what you've disowned
  - when you feel overwhelmed by stress
- the opportunity for a "new way of being" in the world
- new acquaintances, and perhaps some new friends

**Questions?** Contact Reggie at 203-723-1421 or [ramintegraljourneys@juno.com](mailto:ramintegraljourneys@juno.com)

"Reggie's unique approach and creative methods have truly changed my life and made me a better manager, employee, friend, and family member. He is genuine and kind, and has a remarkable way of leading others into a state of increased self-awareness.

"I highly recommend Reggie's work to any individual or team looking for career growth or succession planning, to improve their strengths or weaknesses, or to increase their effectiveness. Reggie would be an extremely valuable partner to any Corporate HR training program."

- **Robert Gambardella, CPA, CTC**, Concierge Tax Services, Shelton, CT, [www.conciergetax.com](http://www.conciergetax.com)

## DOES ANY OF THIS SOUND FAMILIAR?

Perhaps no one ever told or showed you that stress is part of life, anger often makes sense, and it's all right to feel and to speak what you are feeling; or, perhaps someone did tell you, and you have yet to take the risk.

Now you feel lost. You feel stressed, you struggle with relationship, and even if you have good work and make good money, you find that work and money do not fulfill the deepest parts of you.

You feel a vague or even a sharp sense of dissatisfaction, and questions of meaning and purpose arise for you.

The good news is that you are not alone, and there are ways through this. More good news is that you can learn to see more clearly, be honest with yourself and do some good work that can lead to change.

If this sounds attractive, consider joining us for six sessions.

## FIND OUT MORE ABOUT REGGIE'S WORK

(including what we mean by "integral"): <http://reggiemarra.com/>

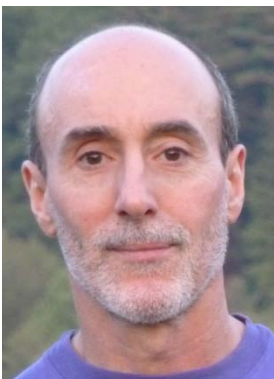
"I can't say enough about Reggie's personal coaching services. I worked with him over several months, and he changed my life. The amazing thing is he accomplished this without telling me how to think or behave differently.

His breadth of knowledge and experience and his uncanny sense of intuition make him an extremely effective guide. He helped me find within myself what was there all along. The result was profoundly empowering.

Reggie brings a level of creativity and humor to this otherwise deep and potentially difficult work that actually makes the process enjoyable."

- **Michael Sallustio**, Nutritional Consultant, Personal Fitness Trainer, Annapolis, MD, [www.michaelsallustio.com](http://www.michaelsallustio.com)

**ABOUT REGGIE** : I'm a Certified Integral Coach,<sup>™</sup> a trainer and speaker, teaching poet, and author of two nonfiction books and two volumes of poetry. Locally, I've been a visiting poet at Middlebury's Memorial Middle School on a regular basis since 1998, and at the Waterbury Arts Magnet High School for the past four years – as well as in school districts throughout the state and much of the northeast.



Since 2010 I've presented group programs to executives in Connecticut, New York City, New Jersey, Chicago, and Whistler, Surrey and Vernon, BC in Canada.

Prior to founding **INTEGRAL JOURNEYS** in 1996, I spent 21 years in secondary and higher education, including 13 years coaching basketball in the New York Catholic High Schools Athletic Association. I earned a B.S. in Marketing from St. John's University, and an M.A. in English from Iona College, both in New York.

My ongoing learning includes a two-year certification program with Integral Coaching® Canada; vision quest, dream, shadow and other Soulcraft<sup>™</sup> work with Animas Valley Institute, and a variety of

integrally-informed programs affiliated with Integral Institute. You can find out more (than you want to know) at <http://reggiemarra.com/>.

Beyond school, work and formal training, my view of the world continues to be informed by 3 ½ years as my mom's primary caregiver from 1996-1999, having both hips replaced in 2003 (Waterbury Hospital) and my sister's 2009 suicide.

I see my work as alleviating unnecessary suffering and helping others live fully—through an authentic, integral approach, motivated by commitments to ongoing development, wisdom, compassion, conscious awareness, gratitude, forgiveness, equanimity, joy love, and a sense of humor. I believe the ability to hold paradox is an essential tool for adults in the 21<sup>st</sup> Century.

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## HOW TO REGISTER

**Option #1:** Tuition for the six-week workshop is \$180.00 — Send a check for \$30.00 for the first session, payable to Reggie Marra, along with your registration (see form below), and pay \$30.00 by check or cash at the beginning of sessions 2-6.

**Option #2: Save 17% (\$30.00)** by paying **\$150.00** as payment in full at the time of registration. This reduces the tuition for each session to \$25.00. Two ways to do this:

1. Send a check for \$150.00 payable to Reggie Marra to 1346 Rubber Avenue, Naugatuck CT 06770 along with your completed registration form (below).
2. Register by credit card online at <http://owningyourstory.eventbrite.com/> (note that a \$4.74 processing fee will be added to your order: Total \$154.74).

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### REGISTRATION FOR *Owning Your Story: Anger, Stress & Healing – A Gathering of and for Men*

**Please mail this form to Reggie Marra | 1346 Rubber Ave | Naugatuck CT 06770** along with your registration check: \$150.00 if you're paying in full; \$30.00 if you're paying weekly.

**You do not need this form if paying in full online.**

Six Tuesdays: July 31 - September 4, 2012 | 7:00 - 9:15 PM

Location: Palabra Counseling & Training Center | 530 Middlebury Rd. Suite 207 B | Middlebury CT 06762

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Name

Phone

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Street Address

Town/City

State

Zip

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Email address