

About John Owens

John Owens began his transformational training and practice with peer-to-peer co-counseling in the 1980's. In 2001, he began extensive work with men through the ManKind Project™ before doing coursework and certification with the Coaches Training Institute™.

John became a Certified Professional Co-Active Coach (CPC) in 2009. He is also accredited by the International Coach Federation as an Associate Certified Coach (ACC).



John grew up in New Jersey, and moved to the Midwest in 1970 to go to Carleton College in Northfield, Minnesota. Besides a degree and great education, he came for the closeness to nature and the strong sense of community here. Following a childhood vision, he went to India on his own at age 20, and lived there with a family who received him with unconditional love. John returned to India years later to visit his adoptive family, and was introduced by a friend to his wife, Sujata, to whom he became engaged after six days. They have been married for 25 years (and counting). They have three adult children, and dote on their two cats. John enjoys playing piano, gardening, writing and cycling, to name just a few of his interests.

MooseHeart Coaching



MooseHeartCoaching.com
507.581.1118

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MooseHeart Coaching
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Northfield, MN 55057

Are you living fully from your heart?

When you were young, you had full access to feeling and experience. You were curious. You were connected to the people in your life. You were fully alive and bursting with energy. Anything was possible.

Is that you now?

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What would be different for you if you could live more from your heart? Rather than living life in two dimensions, checking off boxes on your To Do List, what **would be different** if you were living life with intention, purpose and feeling?

What would be different for you if discovering your core values could generate for you your personal mission of service to the world?

What if you knew what you are here to do, and you were doing it, instead of feeling empty or confused?

Your power, connection and groundedness come from your heart. It is your authentic core.

I am John Owens, and I am a "Coach of the Heart."

I have a passion to help you align with your heartfelt values so you can live a powerful, productive, **fulfilling** and joyful life.

I believe you are born to discover and live your values and give your gifts to the world.

By doing so you will leave a legacy that benefits others beyond your human existence.

I have training and talent that will help you to open your heart, articulate your values, and call forth that magnificent Being of Light within you. Your deeper connection to heart will transform you from limited thinking to the unlimited universe of Possibility.



How I work

Coaching is not therapy, nor is it consulting. There is nothing in you that needs to be "solved." As coach, I believe you inherently possess the abilities and resources to deal with whatever circumstances you are in. You possess a brilliant mind to find your way to happiness and fulfillment. As your coach, I ask you powerful questions that are designed to bring new information into your consideration. **I will make requests of you to take positive action from new-found perspectives to benefit you.** The cycle of doing-learning-being continues in a transformative, virtuous, upward spiral.

Life transformation begins with three hours of Discovery Sessions to explore and identify your core values, the source of your aliveness and fulfillment. You identify your personal and professional goals for coaching, and we assess your level of current fulfillment in vital areas of your life. Together, co-actively, we design our coaching alliance to fit your style of learning, communication and accountability. After the Discovery sessions, telephone coaching sessions take place, and are generally three 40-minute sessions per month.

Curious to know more?

To learn if coaching is for you, contact me by

Phone: (507) 581.1118

Email: john@mooseheartcoaching.com

Website: www.mooseheartcoaching.com

Go to the Sample Session page on my website for a free 30-minute consultation. I will answer your questions about coaching, discuss my fees, and, if we both want to explore the coaching relationship, I'll schedule you for a complimentary sample session (45 minute call). If we both wish to continue, we will schedule our Discovery sessions.

Coaching is an investment in yourself and in a powerful, designed relationship. The coaching chemistry should work for you. Being nervous about taking such a big step into your destiny can be a good sign that you are on the right track. Trust your heart.

What clients are saying about working with me

Being coached by John Owens opened doors I thought had been opened with my years of therapy. However, my door was opened only a crack. **His approach has unfolded a deeper me.** John's guiding ways are not for those who want to skim the surface of life. Working with John is highly recommended for those that want to live beyond. Thanks, John, for creating a bigger life for me! *--Irma Jennings, Holistic Bone Coach*

John is a great **comfort through challenging times, and a great challenger through comfortable times.** John is a great listener, ally, and perspective expander. I've found many discoveries in me much faster than I would have believed possible. John makes coaching me all about my needs and my solutions. I feel respected and whole working with John. Thanks John, you are GREAT! *--Mark Mueller-Dahl*

Coaching with John, I have been able to realize great change and growth by clarifying my Life-Dreams, writing my first-ever business plan, and starting my new business. Coaching has been the single most effective external factor in my recent successes. I have received great support for the personal work required in this major push **for me.**

John has a giant heart that he has used with deep commitment to me to support me in my wholeness. Working with John has been inspirational, nourishing, strengthening and challenging. Working with John Owens as my Life Coach has been one of the smartest investments of time and resource I've ever made. *--Peter Thomas*