

sage canyon retreats

transformational change • renewal • fresh vision

The Work

Following an initial consultation where we determine if the coaching/retreat experience is suitable for you, we schedule private telephone coaching sessions which continue over a series of weeks or months. Coaching involves the exploration of options. At the end of each call you will choose certain actions to take prior to your next session. These collective steps unfold to support the transition you are seeking. This coaching program includes a four-day retreat at Sage Canyon Ranch where you will expand your vision and create an action plan for your new future.

When you engage in this comprehensive level of coaching you will break free from external limiting conditions, re-define life purpose, uncover options, and create a new map for living. This process helps you create life balance and have new energy for the things you most want to do. By slowing down and looking at your life from a new vantage point, you will become acutely aware that this is it, this is my life and I get to choose how to live it.

The Process

You will stay in the Cliff House guest quarters at Sage Canyon Ranch, with the option to spend one or more nights in the tepee. Time for solitude is interspersed with private coaching, meals, hiking, educational videos followed by discussion, and developing practices to support permanent change. The practices, customized for each client, may include meditation, movement, aikido, awareness, and spiritual practices. You will leave Sage Canyon Ranch with a renewed capacity for change and a commitment to presence, equanimity, and having a new level of success in your life.



The Place

Sage Canyon Ranch is in the high desert, four corners area of Southwestern Colorado near Cortez. Clients enjoy 187 acres of red-rock canyon lands located at the end of a two-mile dirt road. With the Canyon of the Ancients National Monument to the North, the 10,000 foot Sleeping Ute mountain to the South, Utah deserts to the West, and Mesa Verde National Park to the East, this is a place to retreat on ground where solitude quests have been tradition for centuries.

The Guide

I have been teaching and practicing human development for more than 40 years, holding credentials in orthodontics, holistic healing, body-mind psychology, and personal coaching. My one-on-one coaching and personal retreat work is based on personal and career coaching models, the power of presence and awareness, introspection, and connecting with nature.



The Options

- Four-day retreat at Sage Canyon Ranch plus twenty-four coaching sessions (to be completed within one year, scheduled and spaced to meet client needs).
- Four-day retreat at Sage Canyon Ranch including four telephone coaching sessions prior to the retreat and four following.
- Telephone coaching only: Twelve weekly telephone coaching sessions over three months.
- Adult Development and Immunity for Change Process, usually done with teams.
- Call for more information

