

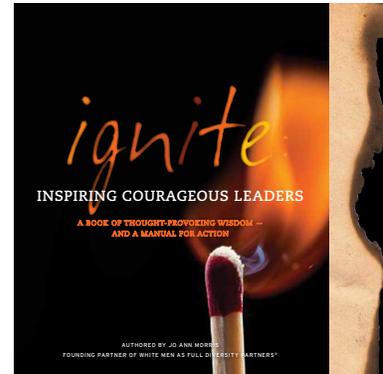


INTEGRAL
COACHING

Ignite is about you catching fire with meaning— meaning that leads you to take courageous action.

"I can imagine using this interactive workbook year in and year out as a facilitator of internal conversations with myself. It is like an interior friend and mentor who is better connected to the world than I am but does not coerce me to stop following my own trains of thought. On the contrary, the many exercises encourage my attempt to see and say what is usually not seen or said, they make the necessary courage seem worth the anxiety, and they support me to recognize and use my power to co-create the world I want to live in."

- Peggy McIntosh, Ph.D., Anti-racist feminist author and educator



Why a book about TRUTH, COURAGE, RISK?

I've been asked why I would invest time in a book about truth, courage and risk. My short answer is that life today provides continual risk in many forms, truth is conveniently situational, and courage is in short supply, at least the forms of courage I am speaking of. That is a cynical answer.

What spurred me to create Ignite were the conversations I've had with leaders who rarely considered courage, or HEART, a skill that can be applied daily or that to apply courage mindfully at work or not, requires making a choice to lead differently and in some respects, to be different.

Many of my clients and colleagues are looking for answers and solutions to important issues of work life balance, the uncertainty of the job market, keeping their job, finding a job, how to pay soaring student loan debt and find/do meaningful work, etc. The list of issues is long and seemingly intractable. The life and work issues raised have something in common; they

require being in touch with the truth of the situation and/or issues raised, the risk involved and the HEART/courage to take meaningful action.

Ignite is a tool that can be used to weigh an issue, see into it, find meaning and value ...and a way through the issue by taking courageous action.



Jo Ann Morris is founder of Integral Coaching LLC and co-founder of White Men as Full Diversity Partners. Executive coaching has been her primary focus for more than 15 years. She also develops leadership,

organization and culture development services that transform partnerships in support of organization priorities. Jo Ann has a master's degree in Organization Management and Development from Fielding Graduate University.