



# LIGHT BEFORE DAWN

GUIDING YOU TO YOUR AWAKENING

## Fi Feehan

### **Qualifications:**

Two Master Degrees – one with a focus on loss and bereavement in children and young people and the other in educational research and evaluation.

Diploma in Personal Performance Coaching

Master Practitioner in NLP-Neuro Linguistic Programming

Introductory Transactional Analysis IOI from UKATA at the Berne Institute.

Certificate in Motivational Interviewing.

Positive Psychology Foundation level.

Certificate in ASIST – Applied Suicide Intervention Skills Training.

Clinical Application of Polyvagal Nerve Theory Level one - led by Deb Dana.

Complex Trauma and IFS in a Practitioner Setting, led by Frank Anderson.

Foundation Level in Compassionate Based Therapy with Paul Gilbert.

A diploma in Mentoring.

## **Fi has studied or experienced:**

Daring Way and Rising Strong psycho-educational workshops by Courage Works by Brene Brown.

Attachment and Somatic Experiencing with Diana Poole Heller.

Attachment Theory: An Embodied Approach, through Embodied Philosophy with Dr Maureen Gallagher.

The Grief Recovery Programme.

Foundations of Storytelling. Autobiographical Storytelling, and Storytelling Interwoven with Autobiographical and Folk Stories.

Small business coaching

Coaching in corporations

Youth Impact Coaching

Fi has attended a variety of training experiences lead by contemporary thought leaders such as: Richard Bandler, Connierae Andreas, Mike Dooley, Shaa Wasamund, Gabby Bernstein and Robert Dilts.

Fi is presently studying 'Internal Family Systems' (IFS) level one.

Fi has been involved in mental health and emotional well-being for most of her paid service including Commissioner for Mental Health Services for Children and Young People, Joint Commissioner for Young People's Substance Misuse Services and National Lead advising policy on children and young people's mental health. Fi was Strategic Lead for the National Healthy Schools Programme. Fi is a Community Ambassador for her local NHS, and a volunteer Buddy with the local Recovery College. Fi is a facilitator with Frazzled Cafe-established by Ruby Wax.

Fi facilitates group programmes on themes such as men embodying their inner wisdom and women honouring their true essence. Fi jointly leads on the Be More Tree Programme-a mind and body programme for nervous system regulation.

Fi is a mental health advocate, thought leader and speaker.

