



LIGHT BEFORE DAWN

GUIDING YOU TO YOUR AWAKENING

Calandra Balfour

Qualifications:

BSc in Neuroscience.

NLP Practitioner Qualification accredited by the ANLP.

Business & Life Coaching Certificate accredited by the Association for Coaching.

Mindfulness training.

Qualified yoga teacher registered with Yoga Alliance.

Certificate in Counselling Skills

ASIST: Advanced Suicide Intervention Skills training

Breathwork

Additional studying/interests informing practice

Stephen Porges' Polyvagal Nerve Theory.

Deb Dana's work with the Polyvagal Theory and Trauma.

Berne's Transactional Analysis Theory.

Somatic Theory.

12-Step Program.

Transformative Couples Therapy by Hedy Schleifer

Internal Family System Therapy

Acceptance and Commitment Therapy (ACT)

Children's Therapy

Attachment Theory

Treating Complex Trauma with Internal Family Systems (IFS) with Frank Anderson, MD

Top Three Influential Books

The Body Keeps the Score by Bessel van der Kolk

In the Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Mate

Entrepreneur Revolution: How to Develop Your Entrepreneurial Mindset and Start a Business that Works by Daniel Priestley

