



# 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.

Personal Performance Coaching - Diploma

Mentoring - Advanced Diploma

Master Practitioner in NLP-Neuro Linguistic Programming

Introductory Transactional Analysis IOI from UKATA at the Berne Institute

Motivational Interviewing - Certificate

Certificate in Mindfulness - British Association of Mindfulness

Positive Psychology - Foundation Level

ASIST – Applied Suicide Intervention Skills Training - Certificate

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

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

Compassionate Based Therapy with Paul Gilbert - Foundation Level

Internal Family Systems - Level One.

### **Additional studying/interests informing practice:**

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

Treating Trauma and Addiction with the Felt Sense Polyvagal Model with Jan Winhall M.S.W.

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

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 on policy for mental health of children and young people. 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. <http://www.bemoretrees.com/>

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

Fi is an ambassador for safe and effective space holding.

### **Top Three Influential Books**

The Big Leap by Gay Hendrix

The Book of Joy by Dalai Lama and Desmond Tutu

The Courage to be Disliked by Fumitake Koga and Ichiro Kishimi

