

ELAINE TURNER

PERSONAL DEVELOPMENT

COURSES TAKEN AND CREDITS

* * Elaine is currently enrolling in Houston Baptist University to receive a Master's degree in- The Masters of Arts in Human Counseling.

1. COMPLETED 3 DAY IN PERSON WORKSHOP HOSTED BY BO FORBES

The science of well-being - Inflammation's role in anxiety, depression, chronic pain, & more -- received 12 yoga alliance CE hours of certification

2. COMPLETED DIGITAL WORKSHOP

Empathic Regulation: Physical, Emotional, and Social Health hosted by Bo Forbes -- received 2 yoga alliance CE hours of certification.

3. COMPLETED DIGITAL WORKSHOP

"Mindful Movement: Immunity, Emotional Health & Well-Being" hosted by Bo Forbes.

4. COMPLETED 7 WEEK COURSE ONLINE

Unlocking your Feminine Power by Claire Zammit.

5. COMPLETED 4 WEEK COURSE

The Four Tendencies e-course by Gretchen Rubin

6. RISE BUSINESS CONFERENCE

Attended a 3-day conference in Charleston, South Carolina hosted by Rachel and Dave Hollis. Highlighted digital business strategy and tactics

7. COMPLETED THE HIGHLY ACCLAIMED

Knowledge Broker Blueprint e-course led by Dean Graziano and Tony Robbins.

8. COMPLETED DIGITAL COURSE HOSTED BY NICABM

(National Institute for the Clinical Application of Behavioral Science) – "Working with Core Beliefs of "Never Good Enough."

BOOKS THAT HAVE SHAPED ELAINE'S WORK:

1. *DARING GREATLY* - BRENE' BROWN
2. *GIFTS OF IMPERFECTION* - BRENE' BROWN
3. *BRAVING THE WILDERNESS* - BRENE' BROWN
4. *WHEN THINGS FALL APART* - PEMA CHODRON
5. *WHEN THE HEART WAITS* - SUE MONK KIDD
6. *MINDFUL SELF-COMPASSION WORKBOOK* - KRISTIN NEFF AND CHRIS GERMER
7. *SELF-COMPASSION* - KRISTIN NEFF
8. *RADICAL ACCEPTANCE* - TARA BRACH
9. *UNTAMED* - GLENNON DOYLE
10. *MEDITATION FOR FIDGETY SKEPTICS* - DAN HARRIS AND JEFF WARREN
11. *YOGA FOR EMOTIONAL REGULATION* - BO FORBES
12. *LIVING YOUR YOGA* - JUDITH LASATER
13. *I'M STILL HERE* - AUSTIN CHANNING BROWN
14. *SUFFER STRONG* - JAY AND KATHERINE WOLF
15. *FIERCE, FREE AND FULL OF FIRE* - JEN HATMAKER
16. *THE ROAD BACK TO YOU* - SUZANNE STABILE & IAN MORGAN CRON
17. *THE PATH BETWEEN US* - SUZANNE STABILE
18. *HOW TO BE AN ANTIRACIST* - IBRAM X. KENDI
19. *THE INNER VOICE OF LOVE* - HENRI NOUWEN

20. *THE SACRED ENNEAGRAM: FINDING YOUR UNIQUE PATH TO SPIRITUAL GROWTH* - CHRIS HEUERTZ

21. *FALLING UPWARD* - RICHARD ROHR

FOCUSED TOPICS, RESOURCES & RESEARCH FOR KNOW YOUR WORTH PROGRAM:

1. ENNEAGRAM RESEARCH -

a. Elaine has studied the enneagram primarily from the works of: *Suzanne Stabile, Ian Morgan Cron, Richard Rohr and Chris Heuertz.*

b. *Enneagram Triad* - <https://www.thegoodtrade.com/features/enneagram-triads>

2. MIND/HEART/BODY- RESEARCH ON THE THREE BRAINS -

a. The Mindfulness Summit - *The Head-Heart-Gut Check In: A Mini-meditation for Making Wise Choices*

b. Sage journal: *Head, Heart, and Gut in decision Making: development of a Multiple Brain preference Questionnaire: Grant Soosalu, Suzanne Henwood, and Arun Deo*

c. <https://www.mindrewire.com/uncategorized/heart-brain-gut-connection-and-how-to-connect-them/>

3. YOGA, EMBODIMENT AND EMPATH -

a. Bo Forbes- Elaine has participated in several Workshops hosted by Bo Forbes - *as referenced above*

b. Judith Lasater- *Her book, Living your Yoga*- influenced my work.

c. Daily Om e-course - *Restorative Yoga for Empaths* by Sadie Nardini

4. MEDITATION -

a. Elaine has studied mediation- she is a beginner. The teachers she has focused on are: Dan Harris- and the entire 10% Happier App, Sharon Salzberg, Sebene Selassie, Chris Warren and Joseph Goldstein.

5. SELF-COMPASSION -

a. Elaine has focused primarily on the research and works of Tara Brach and Kristin Neff with self-compassion.

6. SHAME, VULNERABILITY AND PERFECTIONISM -

a. Elaine is heavily influenced by works of Brene' Brown and Tara Brach.

b. Elaine participated in the digital course hosted by NICABM (national Institute for the Clinical Application of Behavioral Science) – *“Working with Core Beliefs of “Never Good Enough.”*

7. SUFFERING, GRIEF AND PAIN -

a. Elaine is heavily influenced by works of Henri Nouwen, Megan Devine, Katherine and Jay Wolf and Shelby Forsythia with regard to redefining our relationship with pain and suffering.