

“Integral” generally refers to that which attempts to be comprehensive, balanced and inclusive. More specifically, my use of “integral” refers to **AQAL** (all-quadrants, lines, levels, states and types), a specific, dynamic integral framework, developed by Ken Wilber, and still emerging through Integral Institute and its partners.

Very briefly: whether we like it or not, there’s a lot going on. AQAL offers a cool framework within which to engage this “a lot”:

- the interiors and exteriors of individuals and groups (i.e. intention, behavior, culture, and environment, a.k.a. **quadrants**);
- various intelligences or **lines** such as cognitive, somatic, interpersonal, moral, visual-spatial, musical, emotional and spiritual;
- **levels** through which these lines, and each of us, can develop—earlier development tends to be simpler and less inclusive; later development tends to be more complex and more inclusive;
- everyday **states** or energy levels, as well as a variety of states that can result from practice, intoxicants, and grace;
- a variety of **type** distinctions such as gender, personality, and body;

Working within this framework as a coach and trainer allows me to focus on those elements that are most relevant, appropriate and necessary for clients and participants—*who don’t have to know anything about the framework.*

www.reggiemarra.com
203.723.1421
reggie@integraljourneys.com

About Reggie: I’m a Certified Integral Coach™, a speaker with Vistage International, a poet, and author of two nonfiction books and two volumes of poetry.

Prior to founding INTEGRAL JOURNEYS in 1996, I spent 21 years in secondary and higher education as a teacher, basketball coach and administrator. I earned a B.S. in Marketing from St. John’s University, and an M.A. in English from Iona College, both in New York.

My post-traditional education includes a two-year certification program with Integral Coaching® Canada; vision quest, dream, shadow and other Soulcraft™ work with Animas Valley Institute, and a variety of integrally-informed programs affiliated with Integral Institute.

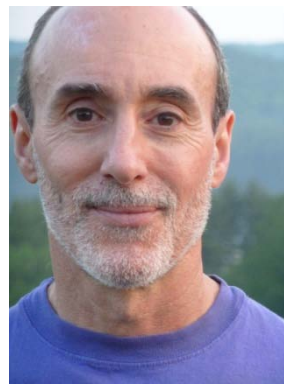
Beyond academia and formal training, my view of the world continues to be informed by 3 ½ years as my mom’s primary caregiver from 1996-1999, and by my sister’s 2009 suicide.

I see my work as helping others live fully into who they truly are—through an authentic, integral approach, and I’m motivated by commitments to ongoing development, compassionate wisdom, conscious awareness, gratitude, forgiveness, equanimity, joy and love. I believe the ability to hold paradox is an essential tool for adults in the 21st Century.

Right now my personal practices include writing, strength training, meditation, integral inquiry, wandering in nature, drumming and shadow work. I like to think I’d still be a competitive age-group runner if I hadn’t had both hips replaced in 2003.

If you and I work together—whether in a coaching relationship or in group training, I will bring all of me—body, mind, soul and spirit—to the exchange, and will encourage you to do the same.

Oh, and a sense of humor is essential.



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INTEGRAL JOURNEYS
FOR PILGRIMS, POETS, FOOLS & SAINTS

Reggie Marra, Integral Coach™

Integral Coaching®
Workshops, Trainings & Retreats

“Reggie’s unique approach and creative methods have truly changed my life and made me a better manager, employee, friend, and family member. He is genuine and kind, and has a remarkable way of leading others into a state of increased self-awareness.

“I highly recommend Reggie’s work to any individual or team looking for career growth or succession planning, to improve their strengths or weaknesses, or to increase their effectiveness. Reggie would be an extremely valuable partner to any Corporate HR training program.”

- **Robert Gambardella, CPA, CTC**

Concierge Tax Services, Shelton, CT
www.conciergetax.com

It is a true art to watch Reggie work his magic. . . His gentle manner and wonderful sense of humor invite honesty and remove fear. . . . He has the type of persona that crosses all age, race, and educational barriers.

- **Sue Cavanaugh**, Memorial Middle School, Middlebury, CT

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reggie@integraljourneys.com

Alleviating unnecessary suffering since 1996

Integral Coaching®

As an Integral Coach™ I am actually a muscle-builder—rather than an advice-giver, strategy-planner, or to-do-list giver. I help you develop the muscles (competencies) you need to engage your coaching topic or issue in a new way—you came to coaching because your current way no longer serves you.

You show up with your topic—what brings you to coaching, and we agree on what this is, and why you want it. We identify your current way of being in the topic—both what still serves you, which you'll keep, and what no longer works, which you'll let go. We agree on a new way of being, through which you can succeed in your topic, and on some objectives required for this success. You do the practices necessary to develop the muscles you need to accomplish the objectives and succeed in your topic.

Whether you're struggling with direct reports or board members at a multi-billion dollar enterprise, yearning to rekindle the spark with your significant other, negotiating a major life transition, or seeking common ground with your 12- (or 32-) year-old, exactly one person is at the scene of every triumph and disaster—**you**. I will help you develop what you need in order to grow through your current way and into a new way of being in your topic.

If this sounds valuable, or if it doesn't, I'm happy to answer any questions you have.

Workshops, Trainings & Retreats...

...hold the intention of deepening your awareness of who you think you are (identity) and how you see yourself and the world (perspective).

"Reggie's work is affirming, instructive and inspirational as he explores the relationships inherent in spirit, body and intellect. He gently wends his way into our lives and questions us about that which is integral to our happiness, success, and finally, our peace of mind.

Amid our restless search, we all may find a safe harbor in Reggie's work, which provides a road map for our individual and collective journeys toward what is essential to creating conscious, elevating change and transformation in our lives."

- **Gayle Beyer**, Owner & Principal Designer
Gayle Beyer Designs, LLC, www.gaylebeyer.com

Your values, beliefs, intentions, experience, behaviors and relationships, and the natural and human-made environments in which you live contain both the trappings of your habitual worldview, **and** the keys to release, expand and deepen how you see and engage yourself, others and the world at large.

Each of us has "accuracy" or "completion" gaps — aspects of our worldview that are in some way inaccurate or incomplete. Unaware of our gaps, we suffer unnecessarily; aware, we can alleviate some suffering. These workshops develop "gap awareness."

Gratitude

"You were extraordinary! ... I wanted an opening very different from anything our members had ever experienced, and you delivered on that vision."

- **Lenora Billings-Harris**, CSP, 2006-2007 President of the National Speakers Association; author, *The Diversity Advantage*; www.lenoraspeaks.com

[Reggie provides] an introduction to a more inclusive way of approaching work, love, business, personal growth and leadership. I came away feeling that change and transformation are not only possible, but necessary, and these techniques provide working and workable maps for such transformation—essential for living new ways of thought in the 21st Century.

- **Phil Linz**, EMD Chemicals, Inc., Hawthorne, NY

"I can't say enough about Reggie's personal coaching services. I worked with him over several months, and he changed my life. The amazing thing is he accomplished this without telling me how to think or behave differently.

His breadth of knowledge and experience and his uncanny sense of intuition make him an extremely effective guide. He helped me find within myself what was there all along. The result was profoundly empowering.

Reggie brings a level of creativity and humor to this otherwise deep and potentially difficult work that actually makes the process enjoyable."

- **Michael Sallustio**, Nutritional Consultant, Personal Fitness Trainer, Annapolis, MD, www.michaelsallustio.com