



Listening In: A Course in Inner Guidance

Instructed by Aine Stanley, RMT

Registration Deadline: May 18, 2026

- Date:** Course begins **September 1, 2026** (12-weeks self-paced) ***Minimum 10 participants**
- Location:** The course includes 12 hours of self-paced online work, two one-on-one sessions totaling 2 hours, and 6 hours of guided check-ins over a 12-week period. *To be arranged directly between the instructor and each participant.
- Fee:** **\$275** (ANBMT Member) **\$375** (Non-Member)
**If you were to enroll in this course directly through the instructor, the course fee is \$402.50 (inc. HST)*
(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
- CEUs:** **20 hours** *CMTNB supplementary verification letter will be submitted for **Category B** credit.
***Student members are eligible to take this course.**

Course Description

This course is for anyone feeling stuck, uncertain, or burned out — personally or professionally. It offers a grounded and compassionate space to (re)connect with your inner guidance, which is often buried under “*should*” and other barriers.

This is more than a course — it’s a practice. And with practice, your trust in yourself will deepen. Your clarity will sharpen. Your way of being in the world will shift in sustainable and powerful ways.

Together, we’ll explore a wide range of mindset tools and embodiment practices to help you discover what works best for you. Whether you’re returning to this kind of work or engaging in it for the first time, remember: your inner guidance is always present. This course helps you hear it more clearly.

By the end of this training, you will have created a personalized method of moving from confusion, frustration, or burnout toward greater ease, alignment, and clarity — both in life and work. Above all, you’ll learn to coach yourself. I’m simply here to help you remember:

You are your own best coach.

This course is especially valuable during life transitions, emotional overwhelm, or times when your clarity and confidence feel out of reach.

Let’s begin.

Course Format & Content

Delivery: Online (Virtual)

Each week, participants receive a new module via email over the course of 12 weeks.

Time Commitment: ~1 hour per week for video content, journaling, and optional practices. You'll be invited to engage with recordings, worksheets, journal prompts, and simple daily practices. The more intention you bring, the more transformation you'll experience.

Course Materials/One-On-One Sessions/Guided Check-Ins:

Participants will receive access to all course materials; 1 module per week for 12 weeks;

Two one-on-one sessions totaling 2 hours, arranged directly between the instructor and each participant; and **6 hours of guided check-ins (3 times per week) over a 12-week period**, scheduled individually with each participant.

Module Breakdown

Week 1: Welcome + Orientation

Week 2: Your Inner Navigational System (INS)

Learn to sense alignment (mind, heart, gut agreement)

Release beliefs that cloud your inner knowing

Practice: Audio: Exploring your INS

Worksheet: "Feeling Yes vs. No"

Journal Prompt: What is the name of your INS? Where does it live in your body?

Week 3: Noticing

Awareness is the first step to change

Normalize discomfort and explore its messages

Practice: Speak to discomfort with compassion

Worksheet: Life Wheel 1

Journal Prompt: What happens to your discomfort when you offer it your attention

Week 4: Barriers

Identify internal blocks and recurring patterns

Build nervous system support for real change

Worksheet: Life Wheel 2

Week 5: Getting Curious

Ask powerful questions and listen inwardly

Locate yourself before plotting your path

Worksheet: Core Values & Desired Feelings

Journal Prompt: "Up until now..."

Week 6: Choice

Make aligned decisions with confidence

Practice saying YES and NO with integrity

Audio Practice: Mind, Heart, Gut connection

Worksheet: Choices and Boundaries

Journal Prompt: How will I manage big feelings that arise with boundaries?

Week 7: Act

Translate clarity into consistent action

Learn pattern disruptors to shift energy

Practices: Growth Cycle, Wonder Woman Posture, Wim Hof breath

Journal Prompt: What daily practices help you grow?

Week 8: Acknowledging Small Steps

Celebrate progress and build momentum

Practice: Barrier Management Review

Journal Prompt: How do you celebrate your small wins?

Week 9: Mapping

Reverse-engineer your goals with clarity

Create sustainable systems for forward motion

Framework: Vision → Goals → Action Steps → Daily Practices

Week 10: Your Self-Coaching Method

Learn a 5-step process to guide yourself anytime

1. **Notice** – What needs attention?
2. **Get Curious** – What is your desired feeling or vision?
3. **Choose** – What steps support that vision?
4. **Act** – What's your plan, and what support do you need?
5. **Celebrate!**

Week 11: Savasana

A restorative pause to integrate learning

Practice: Guided relaxation + Yoga recording

Week 12: Review & Reflect

Reflect on progress and name what's next

Journal Prompt: What are you proud of? What's your next right step?

Outcome: Solidify learnings and gently pivot where needed

About the Instructor

Àine Stanley, RMT—My passion for holistic wellness began in my teens and led me to train as a Registered Massage Therapist (RMT) from 1997 to 2000. Working hands-on with clients inspired me to deepen my offerings by incorporating yoga, empowering clients to invest in their well-being between sessions.

In 2021, I completed my certification as a Wellness Coach—a natural evolution that honors the whole person. My approach is compassionate and client-centered, rooted in the belief that the answers we seek often live within us.

I live and work in Chamcook, New Brunswick, and I am registered with the College of Massage Therapists of New Brunswick (CMTNB). I have also been a proud member of the Association of New Brunswick Massage Therapists (ANBMT) since March 2011.

<https://www.facebook.com/HometoYouMassageYogaCoaching/>



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(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone:(Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Student Member Non-Member Association _____

Please return the completed registration form by email and submit payment via one of the options below

Method of Payment: Cheque Money order E-transfer Email: anbmt@anbmt.ca

Credit Card *Please contact the ANBMT anbmt@anbmt.ca to pay by credit card.

***No refunds will be issued after the registration deadline has passed.**