Mary Corrigan

Transformational Coaching

I envision a world where we live from the heart, fully expressing our true nature and inner wisdom:

- realizing life dreams
- making a meaningful impact
- enjoying healthy relationships
- embodying true health and wellbeing

Mary asks questions that resonate. She models being real, vulnerable, okay in the unknown and in allowing answers to come. She trusts in my own wisdom and is patient enough to catalyze conversations that matter. Mary is powerful in a relaxed way, and inspires others to dig deep. In doing this she somehow manages to take the pressure off to make things accessible & fun.

— Emily Shepard, Principal, The Graphic Distillery

I work with people who have the desire and are ready to:

- skillfully navigate a life or career transition
- design a life that prioritizes self in the work/life balance equation
- create a breakthrough in old patterns of behavior
- unlock their constrained creativity
- imagine a new dream for the second half of life
- reclaim their authentic voice and express it fully

"Mary has been exceeding helpful with clarifying and redirecting my work/life goals. Her process includes useful assessments of personal history and values, work experience, interests and goals. I appreciated her keen listening skills, relevant observations and exceptionally helpful exercises that built on the work we did in regular sessions. If you're wondering how to find work that is more closely aligned with where you sense you should be, I strongly recommend hiring Mary to help you find your path."

— Kevin O'Connor, Principal, elevation online

"Mary has a gift for being able to really hear what people are saying and drawing it out when we're not saying it. She has a positive, practical way of reflecting patterns she observes...which is frequently an inspiring reframe from how I originally looked at it." - JoAnn Siebe, Portland State University Faculty

This program is a serious commitment to your transformation that consists of:

- Three or six-month engagements
- Bi-weekly Skype meetings
- Unlimited email access
- Unlimited additional phone support

"Mary Corrigan has been instrumental in helping me uncover my dreams and successfully go after them. Through conversation, workshops, circle, and art Mary has inspired me to go after the dreams I uncovered; first by chipping away at the belief that I couldn't have them and then by inspiring me through the way she lives her own life."

 Andra Mitchell, Manufacturing Product Manager, Avid Technology



Mary Corrigan is an organizational consultant, teacher, entrepreneur, and artist.

Having made several career/life pivots of her own, creativity is the air that she breathes. Described as a pragmatic idealist, Mary has the ability to generate new forms bringing her curiosity and unique insight to every situation from an imaginative perspective. She is a fierce and compassionate ally for realizing your goals and dreams. She writes a blog – *Creativity For the Rest of Us* – exploring everyday creativity and how to live from our true nature.

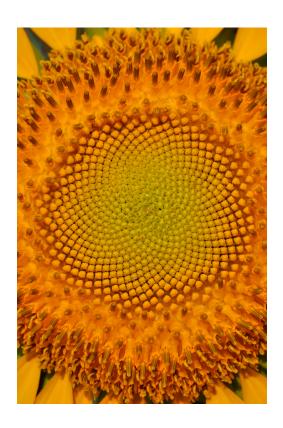
She used her recovery from a life-threatening illness as a portal for personal growth, creativity, and compassionate self-care.

For over twenty years, she was blessed to be a protégé of the late Angeles Arrien, well-known teacher, mentor, and author of The Four Fold Way. She is committed to carrying on Angeles' work in the world.



Ready to work? Still have questions?

Contact Mary Corrigan at mary@trackingthewisdom.com or call 650-355-8981



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"There comes a time when you start making choices from a very different place. And if a choice lines up so that it supports truth, health, happiness, wisdom, and love, it's the right choice."

- Angeles Arrien