



ShannonRae is a coach, facilitator, consultant, speaker, author, business owner, entrepreneur, artist, mother, sister, daughter, passionate woman...

Her undergraduate degree in Human Development, Master's degree in Organizational and Human Effectiveness, and most importantly intuition about people, enable her to support individuals, families and organizations in achieving their greatest potential, rooted in their core essence. She combines this with a deep connection to spirit and 18+ years of successful experience with small businesses, large corporations and the service sectors of juvenile justice, residential treatment, domestic violence and child protective services.

Her clients include companies from Hilton Grand Vacations to non-profits like ONE Circle Foundation, from the State of Iowa to the Shade Tree Shelter, from executives to homeless women, from school administrators to families. Her reach is vast, her touch is deep.

ShannonRae works with her clients to produce the results they desire through behavior management that they can sustain themselves for the long term. She practices client centered work, through strengths based approaches providing practical applications that are simple and fun for everyone to practice.

No matter how you connect with ShannonRae, her coaching and consulting create unprecedented productivity improvements for organizations and astounding results for individuals, couples and families.

Contact The Power Integration Center today for an appointment.



The Power Integration Center  
*Where People Connect to Peace, Power and Passion!*

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"I am Powerful has allowed me to touch the inner workings of my heart. I now look at myself with no judgment, no fear, and no limitation. It is breathtakingly beautiful to allow yourself to experience conscious choice and know that I am already everything I need to be, right where I am. I feel for the first time I have opened up and embraced my power; as well as, loving and honoring myself. Looking at my internal power has taken me through a vulnerable experience where I haven't allowed myself to travel before because I had shame and guilt associated with myself feeling that I was never good enough. There is a poetic justice knowing that when I have arrived, my journey has just begun! I can't wait to continue and share my journey."



"I gained insight into who I am, how I am perceived, and have risen my sense of personal responsibility. I learned to speak for myself, to get over obstacles, the past and move on, to be able to say how I feel. Most important, I had fun while doing it"

"The most impactful thing to me has been the reminder that I choose, I really do have the power within me."

"It seemed as with every sentence an unlayering occurred that I was not consciously aware of in the moment. I found myself with tears rolling down my face with the feeling that someone had pierced my heart.... with a dagger of love. I realized then she was speaking to my soul."



"She gave us the tools to get our relationship back on track. Our communication is phenomenal, we negotiated shared outcomes, we learned to take responsibility for our things, and give each other enough space to take on theirs. The self-awareness allowed us to become more empathic and compassionate with each other. Most of all, the practices she gave us in-between sessions and the exercises we did together in our coaching sessions created immediate results. We were back on track in 6 months!"

"Working with ShannonRae enhanced my entire family. The drama is reduced, everyone is managing their own behaviors, taking personal responsibility, achieving goals, sharing tasks, and communicating more directly, honestly and healthy. We use these techniques with our family every day, now have regular family meetings, negotiate conflicts quickly and in a more joyful and healthy process. My teenage daughters know their sense of power, are communicating better with their teachers and I feel more supported, empowered and effective as a parent."



The Power Integration Center  
*Where People Connect to Peace, Power and Passion!*

Providing  
**Practical Behavioral Management**

Shifting behaviors  
from destructive, unhealthy choices  
to productive healthy outcomes  
through behavior management.

*"Practical applications that give you the tools to create long term sustainable outcomes is our commitment! Doing it with you is our compassion." ShannonRae*

## Behavior Management

We all find ourselves in challenging situations in life, not always because we lacked the knowledge or moral compass but because when finding ourselves in the middle of it we didn't have the tools to navigate our way through it.

At the Power Integration Center we focus on giving you practical tools to self-manage behavior and create the outcomes you chose. The result is a connection to peace, power and passion in our lives that is priceless and more importantly self-sustained.

For:

- ❖ Individuals
- ❖ Families
- ❖ Couples

## Individual and Family Coaching

- ❖ Sessions are generally one hour once a week until outcomes are achieved.
- ❖ Sessions are based on helping you to engage in the Cycle of Power and redirect negative, unhealthy, destructive behaviors to powerful, constructive and positive behaviors.
- ❖ You will gain practical tools to create outcomes, redirect behaviors and manage thoughts, feelings and emotion in the process.
- ❖ You will learn and practice practical tools to reduce your triggers, redirect your behavior, and increase your chosen results.
- ❖ All individual sessions leverage our published and widely used I AM Powerful program.

## Structure Group Format

We also offer a structured group format called I AM Powerful.

Offered in two formats:

- ❖ 2-day seminar sessions
- ❖ 8-week 2-hour sessions once a week

Contact us for a schedule.

*\*\*This is not therapy, nor is it licensed work with the board of any social work or state agency. Nor is it designed to replace any medications, or therapies; only to **enhance** the outcomes, practical application and self-sustainable, self-responsible nature of shifting our lives, improving our outcomes and managing our behaviors.*

## Partial Client List (current and previous)

This work and style of coaching is being, and has been, done with some of the following clients as well as with individuals, families and couples:

- Hilton Grand Vacations (Resort Company)
- Youth Offenders Court (Offenders/Addicts and their Families)
- The Shade Tree (Homeless/Domestic Violence Shelter)
- We Care, We Share Foundation (Educational SEL Funding)
- Ruby Thomas Elementary School
- St. Ann Elizabeth Seaton (Private School)

## Current Client Populations

We work with the following populations:

- Leadership and Staff Development in Corporations
- Organizational Development in Companies, Non-Profits and Government
- Social Emotional Learning in the Educational System (for students, administration and teachers)
- Family and Parenting Development in Social and Educational Systems
- Structured Support Groups and Life Skills Development for populations such as domestic violence, mental health, addictions, offenders in the justice system, and much more

## Age Ranges

We work with people of all ages. We have people who have effectively gone through the I AM Powerful program from age 15-85!!

We've worked with younger people as a part of a holistic approach to behavior management and outcomes that impact, and are integrated, within the family unit.

## Research Partners

Our agency and group programming work is being researched in partnership with Dr. Ann Ting-Sun at the University of Nevada, Las Vegas. We've been monitoring our own research results for 3 years internally. Please visit our web site [www.powerintegrationcenter.com](http://www.powerintegrationcenter.com) for further information.



## Research Supports that:

Developing our Social and Emotional Skills improves performance

Self-Awareness and Behavior Management tools redirect people to healthy behavior and positive results

Pair those with Practical Life Skills, Transpersonal Awareness, and Practiced Application in Real Life Scenarios and you have profound, consistent and exponential results

You have **I AM Powerful!**

## Practitioner Techniques

- Facilitation, Client Centered Work
- Strengths Based Approaches
- Motivational Interviewing Techniques
- Cognitive Behavior Management
- Coaching for Outcomes
- Scenario Based Learning and Applications
- The Theory on the Cycle of Power
- Transpersonal Self-Realization, Self-Awareness and Self-Responsibility

## Core Skills and Learning Focus

We address:

- Leadership
- Critical Thinking Skills
- Self-Awareness
- Responsibility and Accountability
- Healthy Boundaries
- Emotional Intelligence, Management and Health
- Behavior Management (Self-guided)
- Communication Skills and Techniques (Both Proactive and Responsive)
- Building Relationships and Agreements between two parties (or people, or a group of people)
- Power Dynamics (Internal and External)
- The Behaviors of Addictions (all kinds)
- Acceptance, Surrender and Forgiveness
- Life Skills Applications
- Many More...

