

WORKING



soulplay.ca

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**CREATING
SOUL-FULL EXPERIENCES
FOR YOUR PEOPLE**



WELCOME.

LET'S GET STARTED

If you're in charge of leading a group of people and you're looking for a way to help them slow down and wake up to their life, I'd like to help. Let's tap into their creativity, intuition, and support them in becoming more self-aware, compassionate, and grounded so they can flourish and the mission of your organization can as well.

Whether you're an executive leader or manager in a large or small organization, I know you care deeply about the people you serve and lead.

In my experience, there is no silver bullet for transforming people or organizations, but I've seen first hand how experiential exercises, contemplative practices, powerful storytelling, and tools like The Enneagram can serve as an invitation for people to become open, receptive, and more trusting of themselves and those they work with.

**Let's be honest — compassion, creativity, and vitality emerge in you and your people when you're grounded, centered, and restored.
The busier you are, the quieter you need to become.**

HOW TO USE THIS GUIDE:

Discover:

- Take time to learn about how you can work with SoulPlay to support your people well.

Dream:

- Let your imagination move you. All offerings can be customized to ensure you're meeting your goals and the needs of your group.

Share:

- Consider who else in the organization needs to know about SoulPlay and share this PDF and the web links enclosed.

Contact:

- Christa is looking forward to working with you to determine the best-fit options at this time.

All programs can be facilitated effectively online or in person.

I take great effort to design well-crafted experiences to help you and your group slow down, listen deeply, and wake up to what is most important so that you can lead and love well.

I look forward to working together.

-Christa



ENNEAGRAM WORKSHOPS & STAFF TEAM CONSULTING

USING THE ENNEAGRAM FOR INDIVIDUAL & GROUP TRANSFORMATION

The Enneagram is a powerful psycho-social-spiritual tool that supports people as they explore their inner life, uncover their motivations for why they do what they do, and provides helpful pathways to live with greater awareness and compassion.

Whether it's a staff or volunteer team who want to work more effectively together, a group of leaders desiring more self-awareness and skillful leadership, or a community being introduced to the Enneagram for the first time, Christa can work with you to create the best-fit experience.

Christa has completed the prestigious 200 Hour training program with the Narrative Tradition, and is a certified Enneagram Coach & Practitioner. She has worked with C-suite executive leaders and teams, national sales & marketing groups, not-for-profit staff teams, university students & faculty, denominational coaching network, and has introduced the Enneagram to hundreds of people in public workshops.

Currently, Christa is offering three standard workshops, each being 2 hours in length for a total of 6 hours of content. You can choose to have 1, 2, or all 3 - or a hybrid approach, using parts of each workshop to accommodate your needs. Workshops can be effectively facilitated in person or online.

- **PART 1: Everything you thought you knew about the Enneagram but didn't (and you should!)**
- **PART 2: Diving into the nine types without drowning - Getting Started with Your Type**
- **PART 3: Spiritual Practice & The Enneagram - It's about the Experience!**

***STAFF DEVELOPMENT & TEAM BUILDING**

Work with Christa to create a customized experience(s) that help your team work more effectively together. We can help your people discover their type (if they currently don't know), and help people explore how each type responds to feedback, communicates effectively, resolves conflict, deals with change, and what "wins" look like in the workplace for each type.





RETREATS & REFLECTIONS

ONE HOUR, HALF DAY, FULL DAY, OR WEEKEND EXPERIENCES

The pace of life, the speed of information, and the noisy nature of our days make it difficult for us to find the space, and the quiet we need to slow down and wake up to our inner life.

Experiencing "retreat", even if just for a few hours, allows you to calibrate the rhythms of your life and leadership as you get in touch with your body, heart, mind, and soul.

You want to provide a retreat experience for your group. What might it look like?

- a half-hour online guided "slow-down" meditation and reflective experience to start the day.
- a "lunch and learn" to help bring support and awareness to your group.
- a 2-3 hour retreat experience to help nurture soul vitality, health & well-being.
- Guest speaking at your annual
- a day-long, or weekend retreat that gifts your group to slow down, tune in, and listen deeply to soul

Retreats in all forms are an effective way to give people permission to pause and restore themselves into deeper clarity, confidence, and calm.

Christa can facilitate in person, or effectively online, and can consult with you on how to develop one part, or your entire retreat offering.

She has decades of experience designing and speaking at retreats that meet the moment with sensitivity and wisdom and creates experiences that are designed to restore and not exhaust participants.





COACHING & SPIRITUAL DIRECTION

FOR INDIVIDUALS, EXECUTIVES, & TEAMS

No one is an island and everyone needs a companion or a guide to share the load of life.

COACHING FOR GROUPS & INDIVIDUALS

Are you looking for a sounding board? Needing support as you hold onto your values while you clarify your goals and navigate important decisions? Going through a transition and looking for clarity? Whether it's personal or professional, a short-term coaching connection might be the answer.

Christa is able to accompany you in the following ways:

- Personal and Team Coaching
- Enneagram Typing & Support
- Birkman & Leadership-Grip Assessment for teams and individuals
- Sabbatical Support: Reclaiming the Roots of Rest

Learn more: www.soulplay.ca/coaching

EXECUTIVE COACHING

Take your leadership to the next level using the Enneagram, thoughtful coaching paradigms, and helpful practices that support your vision, management, and grounded action.

SPIRITUAL DIRECTION FOR GROUPS & INDIVIDUALS

Spiritual direction is also known as "soul friendship". It is a relationship that is designed to support you as you pay attention to your inner life, discern the presence and action of the Divine, and encouraging you as you listen to the movements of your soul.

As a certified spiritual director, Christa will accompany individuals in an ongoing direction relationship that is confidential, personable, and professional.

If you would like to assemble a group to experience a gathered group direction experience, please speak with Christa to determine the best-fit options.

Learn more: www.soulplay.ca/spiritualdirection

Most personal coaching and spiritual direction is effectively facilitated online using the Zoom Meeting Platform.





PILGRIMAGE & WALKING EXPERIENCES

SELF-GUIDED OR FULLY FACILITATED

Life at 4km/hour has a way of bringing perspective, clarity, and insight - and you don't need to travel to some distant, exotic, and ancient place.

Get outside, slow down, and discover the profound lessons to be learned as you take a physical outer journey that is soaking with soul-full metaphor.

PILGRIMAGE

If you're looking for a powerful experience for your group (big or small), consider working with Christa to organize a pilgrimage that lasts a half/ full day, a weekend, or even longer. All pilgrimage experiences include the proper preparation, logistics support, on-the-trail reflective walking exercises, and post-pilgrimage debrief.

You can work with Christa to discuss distance, location, and how this experience can impact your group. And, this experience can be facilitated in person, or at a distance online from wherever you are located. Not sure how that's possible? Ask Christa about experiences she's created for groups at a distance! This experience is appropriate for most ages and abilities.

WALKING CHURCH, DIY SAUNTERS, & A WALK WITH THE ENNEAGRAM

SoulPlay has developed three multi-activity reflective walking experiences to use with groups large and small. These resources can be purchased and used on their own or facilitated by Christa (in person or at a distance with personalized recordings for your group)

- WALKING CHURCH: Five experiences that guide individuals and groups to ground in God, and grow in love
- DIY SAUNTERS: Five experiences to guide individuals and groups to slow down and pay attention to their soul
- A WALK WITH THE ENNEAGRAM: Nine experiences to help people learn about the enneagram in an embodied way.

CUSTOMIZE A REFLECTIVE WALKING EXPERIENCE FOR YOUR TEAM

If you're wanting to include a creative, outdoor, embodied, and reflective activity for your team, you can work with Christa to design and implement your ideas that will truly make a difference.

- Staff Wellness Lunch & Learn
- Soul Care Strolls for Small Groups
- Retreat or Conference Workshop or Breakout Option





HUSH WORKSHOP

AN INTRODUCTION TO CHRISTIAN CONTEMPLATIVE PRACTICE

In these curious times, our racing minds, anxious thoughts, wearied and worried hearts can get the best of us. Life and leadership is reminding us just how much “allowing and letting go” we need.

There has never been a more important time to learn about, and join others in contemplative practice.

Christianity has a rich heritage of contemplative practice that support people’s connection to God. And, while much of these have been “lost” over the centuries, there is a growing interest and recognition of their profound support for our spiritual journey. Cultivating a spiritual practice has never been more important!

In this workshop, participants will explore and experience:

- the gifts of contemplative practice in the midst of confusing, anxious, and exhausting times
- concrete practices rooted in the Christian contemplative path including: Lectio Divina, Audio Divina, Visio Divina, Examen, Breath Prayer, Welcoming Prayer and more. You’ll be able to see which is a good fit for you at this time.
- the history of contemplative practice within the Christian tradition
- the reasons why this rich well of resources has been largely lost to many 21st century Christians, and why there is a growing interest and resonance.
- the benefit of being present with others and practicing together
- The value & gifts of solitude, silence and stillness in these chaotic times

Participants will receive:

- a break from the anxiety, confusion, and uncertainty of life, to connect with God and listen to your soul
- a deeper understanding and appreciation for the roots of Christian contemplative practice
- an opportunity to ask your questions about specific practices and the contemplative path
- a ten-page “take-home” resource guide to support your personal practice

The Hush Workshop in it's fullest expression is 5 hours of content, but can be abbreviated as needed.

You can choose to have a half day, full day retreat experience, or to split the workshop into 3, 1.5 hour "classes".

This workshop can be effectively facilitated in person or online.





Speaking & Facilitation

WORKSHOPS, CONFERENCES & KEYNOTE

Christa Hesselink has been guiding individuals and groups as they dig deeper into their inner life for her entire twenty-five-year career

She is a well-respected keynote speaker, workshop facilitator, and retreat leader and has spoken to audiences of all sizes - 50 to 5000.

If you're looking for someone for your next conference, retreat, or event, you can work with Christa to bring a compelling, informed, and engaging presentation that will help your audience slow down and wake up to their life in order to love well.

When Christa prepares to address a group of any size, she asks organizers three questions:

As a result of this presentation:

- 1. What do you want them to learn?*
- 2. What do you want them to feel?*
- 3. What do you want them to do?*

And, when working with leaders and organizers, Christa collaborates to support their goals as well.

Focus content includes:

- The Enneagram
- The Inner-life of an Effective Leader
- Spiritual Formation & Transformation
- Contemplative Spirituality & Practice
- Soul Care and Spiritual Wellness
- Retreat & Rest
- Pilgrimage & the Spiritual Journey
- The Enneagram
- The Inner-life of an Effective Leader
- Grief & Loss

All presentations have been developed to work well in an online format, and live in person. In addition, all presentations are accompanied by helpful handout resources tailored to your group.

If you would like to learn more and discuss possibilities of working together, please contact Christa today.



About Christa

GETTING TO KNOW YOUR GUIDE

Christa Hesselink has been guiding individuals and groups as they dig deeper into their inner life for her entire twenty-five-year career, working in higher education, non-profit development, and church ministry.

She is a well-respected keynote speaker, workshop facilitator, and retreat leader.

Christa is a certified spiritual director, certified yoga instructor, and certified coach including her specialization with the Enneagram. She has completed the prestigious 200 Hour training program with the Narrative Enneagram.

She holds a Master's of Leadership, and a Master's of Theology degree.

As the founder and creator of SoulPlay.ca, Christa is known for her strategic and collaborative approach to working with individuals and teams, and her greatest satisfaction comes when designing compelling experiences for people to slow down so they can wake up to their own life.

She is the Canadian best-selling author of Life's Great Dare and the founder of the Love2Love Project which supports vulnerable children in multiple countries around the world.

Christa's "happy place" is hiking on the trail.

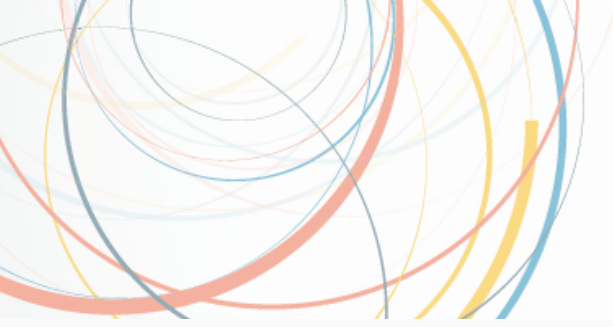
Her favorite adventure to date has been her solo trek across northern Spain, walking 800km on the Camino de Santiago.

Having roots in the Christian tradition, Christa enjoys companioning others who endeavour to deepen their connection to Spirit, Source and Soul. Regardless of a person's faith (or no-faith) persuasion, Christa believes that everyone deserves a safe place to explore their soul and all its fullness.

If you're curious about how to work with Christa and adapt and customize any of these SoulPlay experiences, please contact Christa directly.

www.SoulPlay.ca/contact

905.599.6960



About SoulPlay.ca

SLOW DOWN. WAKE UP. LOVE WELL.

Christa Hesselink founded SoulPlay.ca in early 2019 after over two decades of working in education, non-profit and Christian ministry contexts.

SoulPlay offers creative experiences, curated resources, and personal support to help individuals and groups dig deeper, listen well, and journey towards loving themselves, others, God, and our world, well.

Through retreats, workshops, Enneagram coaching/ spiritual direction and pilgrimage experiences, this young organization is nimble, dynamic, and responsive to the emerging needs unfolding around us.

Consider SoulPlay as an outfitter for the inner life - companioning people on the adventure and exploration of their spiritual life, and providing opportunities, tools & tips, and helpful guidance along the way.

What do you need to slow down? What do you need to wake up and love well?

These questions require a posture of curiosity and courage, and transformation is found in both the asking and the unfolding answers that arise as one gives attention to their inner life.

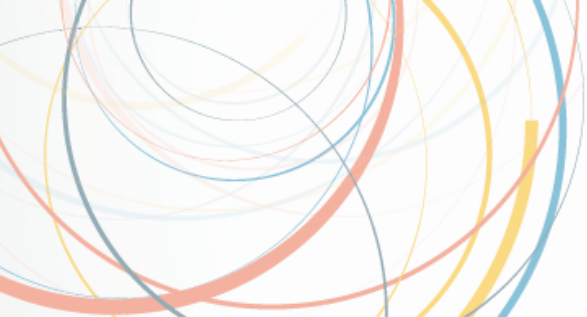
Knowing how the power of inner transformation impacts people's desire and ability to live fully into the values of love, inclusivity, kindness, and generosity, SoulPlay experiences are providing the safe, contemplative space, and community, to slow down and wake up to Spirit, Source, and Soul.

Christa has roots in the Christian tradition, and many of her clients identify as Christian - committed and deconstructing, Protestant & Catholic, traditional and progressive, content & disillusioned alike.

All are affirmed & welcome.

Regardless of race, creed, color, ethnicity, national origin, religion, sexual orientation, gender expression, age, marital status, physical or mental ability, SoulPlay endeavors to create a safe space to support your soul's journey in all its fullness.





Who has worked with SoulPlay.ca?

CHRISTA HAS BEEN HONOURED TO WORK WITH THESE GROUPS*.



*THIS IS NOT AN EXHAUSTIVE LIST OF CLIENTS.



ADDITIONAL RESOURCES

DISCOVER SOULPLAY'S RESOURCES FOR YOU & YOUR TEAMS

Soul Care Kit - Practices, Poems, and Prayers for Trying Times

The Soul Care Kit is full of free resources to support individuals and groups desiring to slow down, tune in, and give space and attention to the inner life.

www.soulplay.ca/soulcarekit

Planning Your Personal Retreat - a resource to guide you

Giving yourself the gift of retreat is no small task. It is an investment of time, financial resources, and a willingness to engage in silence, stillness, and solitude.

This free guide will help you make the most of your investment and support your experience. Every retreat is a bit different and these tips and instructions will help you plan your personal retreat whether you are taking one day, a week, or longer away from your regular routine and setting.

www.soulplay.ca/personalretreat

Weekly Quotes, Reminders & Questions to Inspire, Agitate and Encourage

Every week, you'll be moved to consider your inner life by finding a quote, a reminder, and a question of the week nudging you as you scroll your social media.

Find these weekly resources on [Instagram](#) & [Facebook](#).

Book Club Resources to be used anytime, anywhere - perfect for small groups

SoulPlay has developed book club resources to accompany two books that help people slow down, tune into their soul, and ground in God. Resources include chapter questions, contemplative practices, music play lists, articles, podcasts, poems, videos, and more.

- An Altar in the World - www.soulplay.ca/bookclub
- Learning to Walk in the Dark - www.soulplay.ca/bookclub2021
- How to Love the World - www.soulplay.ca/bookclub2022





PERSONAL PLANNING PAGE

YOUR NEXT STEP

ASSESSING THE HEALTH & NEEDS OF YOUR GROUP IN 7 QUESTIONS

How would you rate the soul health & wellness of your teams today? Why would you rate it this way?

How has your organization prioritized "soul-care" or "wellness" for your people over this past year? How effective has it been, or not?

Does your team need shorter spurts of consistent inspiration, or a longer, more immersive experience lasting one or multiple days?

Would your group benefit from a more educational-style workshop, or a retreat-type experience? Do they want to be more active & outside, or would the experience be exclusively indoors?

When and how do you think your team would like to gather? In-person or online, and when (fall, winter, spring, summer?)

How receptive might your group be to participating in experiences that focus on their inner life?

Is there a specific goal, desired outcome, or hope you have for the overall wellness of your group now, and into the future?

Now, once you've answered these questions, take a look at the options outlined in this guide, *"Working with SoulPlay"*, and start dreaming of a way to create an experience with Christa that will help your group slow down, and wake up to their soul.

**If you do not have someone to guide you, to hold onto you during the times of not knowing, you will normally stay at your present level of growth."
-Richard Rohr**