

Joan McDonald, RSW.



Joan is registered social worker (RSW), certified (need to spell out TRE her first Joan) TRE trainer and experienced counselor and consultant. Joan has completed a five year professional training program in Bioenergetic Analysis and is a member of the Atlantic Canada Society for Bioenergetic Analysis and the International Bioenergetic Society.

Joan has been an educator for twenty five years in a community college system, and a learning consultant in the public sector. Today Joan is a highly respected consultant working in health and human service organizations where employees are experiencing a high degree of stress, dysfunction and trauma.

She is gifted teacher and mentor. She combines her deep understanding of the body / mind connection with her intuitive inter-personal skills and knowledge of adult learning principles to create powerful learning and growth experiences.

She is a highly skilled counselor, coach, presenter, and group facilitator. People Joan has coached or facilitated say they feel liberated by her approach that is grounded in a deep regard and respect for everyone's capacity to grow and evolve. Joan builds on people's inherent capacity and fosters their transition all the way to results they desire. She has a unique ability to design and deliver interactive and explorative programs that create profound change in individuals and organizations.

Joan's vision for her work includes working internationally as a TRE trainer, with plans to bring TRE to Nepal in 2010.

Joan is the owner and principle consultant of Inverlie Consulting. She is co-creator and business partner in Spirit Path, a personal well-ness approach to life enhancing programs and services