

The art of living big.

How do you engage with life and live big?

Tikkato hosts a variety of creative programs to inspire personal growth and connection with others. We offer new ways to engage with the challenges and joys of life.



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Update July 2015

We've wrapped up! Tikkato was an energetic hub of career and life coaches which came together in 2011 to host workshops and discussions for personal and professional development. Our mission was to offer creative programs to inspire personal growth and new connections. We hosted workshops and guest speaker events in Toronto that emphasized learning, sharing, and living big.



About Tikkato

All of our Tikkato programs aimed to nourish the innate creativity within each of us and offer new opportunities for meaningful connection with others. Our program areas focused on three themes: Life Transitions, Career & Professional Development, and Health & Well-being. For a PDF document listing all of Tikkato's programs offered from 2012 to 2014, please click [here](#).



Tikkato Co-Creators:



Anne Carbert, Career Counsellor & Transition Coach

Anne emphasizes meaning, creativity, and quality of life as she helps people to craft satisfying careers. Her coaching focuses on assisting her clients to clarify work needs and desires, identify and explore new options, and take concrete and manageable steps towards personally rewarding work. Anne specializes in supporting people in navigating unconventional and self-directed career paths. She has a master's degree in counseling psychology and made her own career transition from law to career counselling. www.annecarbert.ca



Marion Langford, Coach & Consultant

Marion is a skilled coach, facilitator and organizational consultant who works collaboratively with her clients to build careers and meaningful work lives. Marion is a career re-inventor, who mid-way in a successful management career, took an unpaid sabbatical, enrolled in coach training, and invented a new career story. She leads workshops in communications, problem solving and self-care that help people to thrive in their workplace relationships, and to achieve the goals they set for themselves and their organizations. Marion has a masters degree in adult learning, is a certified career coach, and has studied and been certified in the practice of Narrative Therapy. www.creativepeoplesolutions.com



Christine Ardagh, Co-Active Wellness Coach

Christine Ardagh brings a wealth of personal and professional experience to her work as a co-active wellness coach. With extensive knowledge of nutritional and energetic healing arts, she works with clients to create effective and lasting change in how they live and "dance" in their everyday lives. Trained as a macrobiotic counselor and as a coach, Christine enriches client sessions with her knowledge of reiki, shamanism, her long career as a professional musician, her experience as founding Executive Director of the Artists' Health Centre Foundation, and her life experience as a wife, mother, and grandmother. www.healingcircles.ca



Lianne Krakauer, Career & Leadership Coach

Lianne Krakauer is an experienced Career Coach and Leadership Consultant who helps individuals to successfully navigate career change and professional growth. Lianne uses a solutions focused coaching approach, which emphasizes strengths, generates a sense of personal competence, and leads to practical results. Her aim in coaching is to focus on how clients can best leverage their strengths to bring about positive and lasting change. She is also an experienced facilitator who delivers engaging and hands-on learning experiences to groups. Lianne has a Bachelor of Laws and a Masters of Education (Counselling Psychology) from the University of Toronto and a Graduate Certificate in Executive Coaching from Royal Roads University. She is a Professional Certified Coach (PCC) with the International Coach Federation. In her spare time Lianne can be found on her yoga mat in a favourite warrior pose. www.krakauer.ca



Nicola Holmes, Life Coach

Nicola Holmes, MEd. inspires people to create meaningful lives and move towards fulfillment. Nicola has worked in education and social service for over 15 years, helping clients navigate transition, transform limiting beliefs, and achieve success. As an educator, Nicola has influenced systems-level change, developing curriculum on patient-centered communication and health literacy. Clients value her attentiveness, compassion, and ability to evoke deep insight. Her Masters in Adult Education and her passion for mindfulness and the expressive arts inform her coaching practice. As a Life Coach, Nicola helps clients gain clarity, strategies, and courage to move in inspired, authentic directions. www.nicolaholmes.ca