



Peejo Sehr

Capacity Building Training Partner

she/her/her

I am fueled by witnessing the soul show up in the facilitation process.

I am fueled by the power of the "third" thing in the facilitation process and of the use of silence and spacious space holding. I am fueled by stories and the power of the healing qualities of stories. I am fueled by the wisdom of the body to support the healing process, of truth telling and truth listening. I am fueled by witnessing the eternal that shows up in breath, in silence, in movement. I am fueled by love and bearing witness.

What was your journey to this work?

I have been an educator for the last two decades in the US and before that in Pakistan. I learned earlier on in my career that building deep connections and "radical openness" and "being love" (*hooks*) is why I am an educator. I also recognized that being an educator meant that I must develop not just habits of mind but habits of heart. I committed to being a life long learner. To learn from ancient wisdom traditions and from the rich vast experiences and knowledge of thinkers like bell hooks, Paolo Friere and Parker Palmer. I have been greatly influenced by these elders as I have by my parents. I have been a teacher, K-12, Dean of Students at a Quaker School and developed a holistic coaching program for student success and was a director of academic support at a liberal arts college. I developed, trained and implemented a holistic coaching program for student that was strengths-based and focused on building resilience and thriving in students. I currently (and joyfully!) run a coaching consultancy with my soulfrind Morgan, called BeMobius that supports individuals and communities live integrated, joyful and most creative expressions of themselves honoring rest, and renewal.

Training History

I have a Masters in English from Pakistan. I came to the US for graduate school in Education (M.Ed) and MAT (Masters of Arts in Teaching). I am currently back in Graduate school for a Masters in Social Work. I am a Functional Medicine Certified Health Coach and a Board Certified Health and Wellness Coach. I have been a student and practitioner of yoga for the last 15 years and have a 200 level YTT in the classical tradition of Jivan yoga and certified in Yoga Nidra (Amrit Method of Yoga Nidra). I am a JourneyDance Guide. I also am MBTI certified practitioner.

What brought you to CEIO?

What brought me to CEIO was a fork in the road. I attended a BD101 training in 2007. The depth of work and the quality of exploration I experienced during that training left a lasting impact on my heart. It gave me tools to begin to navigate my identity in the US as an immigrant, a muslim and a woman of color, something I did not quite have the bandwidth to comprehend at that time. I had only been in the US for 7 years and was rather stunned and ill equipped to handle the complexities of multiple identities, especially since many were imposed upon me.

In 2019, I was laid off. Suddenly. Abruptly. Unjustly.

I found myself gasping for air and in that moment, landed back on the BD 101 site as I remembered Niyonu and her eldership. I reached out to her and knew that my heart was ready for showing up to be part of the work that she started with BD 101 and bring my whole self to this experience -co creating, effective, inclusive organization. My whole being felt the power of this work as an answered prayer.

I know that I want to be part of transformational change. I know that I want to work with individuals within systems to support change. I know that justice is a lens that is central to my calling. I know that elders matter. I know that space holding and courage matters. I know that learning, growing and questioning matters. I know that I am called toward "revolutionary love" and healing. I know that change has to be both at the micro and the macro level. Activism and love is why I am here.



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