

FOR CENTURIES,
HEALERS HAVE
BEEN PART OF THE
TRIBE — PEOPLE
WHO TOUCH THE
HEART AND MAKE
IT WHOLE.

pass it on

IS A NEW
SECTION IN
RED BANK RED HOT
INTENDED TO
INTRODUCE
PEOPLE IN OUR
COMMUNITY
WHO FIT THAT
DESCRIPTION.

THEY'VE COME TO
OUR AWARENESS
FROM FIRSTHAND
EXPERIENCE OR
TRUSTED PERSONAL
REFERRAL.

ONLY YOU WILL
KNOW WHETHER
YOU WANT THEM.
OUR JOB IS SIMPLY
TO PASS ON THE
KNOWLEDGE.

THE REST IS UP
TO YOU.

By CLAUDIA ANSORGE
Photography by DANNY SANCHEZ

OUT OF THE WEST



BILL McDONALD IS A CERTIFIED PROFESSIONAL COACH, BUT DON'T LET THE TITLE LIMIT YOUR THINKING.

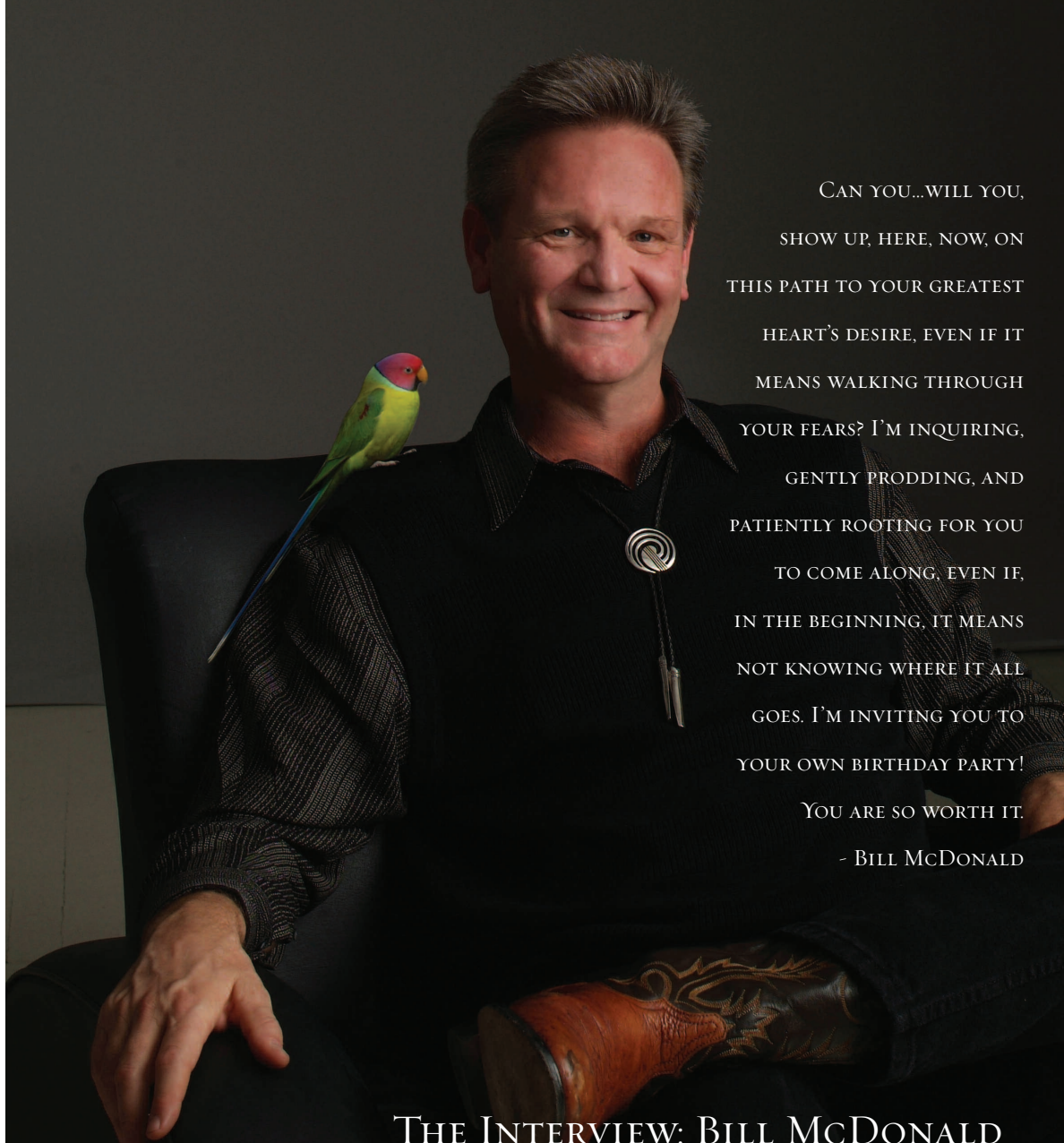
If you work in a corporation large enough to have a human resources department or are savvy enough to know what's happening on the cutting-edge of human systems theory, you're probably familiar with professional coaching, a pragmatic offshoot of traditional psychology that looks to solutions rather than problems. Professional coaching — executive, as well as personal — is a burgeoning field designed to put a qualified and credentialed mentor in your corner who is trained to bring out the best in you, and, in a business setting, your team or your company.

Bill McDonald knows how to do all that. He's walked into tough professional situations like the dissolution of a business partnership or the downsizing of a company or the redirection of a long-time career and helped set a new course in a strong, positive direction. On a personal level, he has worked with spouses in a floundering marriage and entrepreneurs struggling with going to the next level. His clients include artists and surgeons, pilots and publishers, filmmakers and fine artists, successful people by outside measures, as well as folks who are not satisfied with the hand life has dealt them ... all kinds of people who have in common the desire to bring their heart's deepest desires in sync with the life they are leading.

Bill is a certified professional coach, which means he's trained to see through people — past the problems, the excuses, the conflicts, the disappointments—and go right to what matters to bring about real and positive change. The result can be nothing less than finally getting the life you want, one grounded in the bedrock of your own inherent strengths and motivated by wanting it all. That doesn't mean just wanting your name in lights or a lot of money, although that's okay. It does mean getting to that place where outside success is finally matched with what your inner guidance already knows is best for you.

What makes Bill special is not that he's trained in all the professional coaching principals that help people navigate toward meaningful, positive change — whether it's in their personal or professional life. It's not even that he has an amazing portfolio of client testimonials. What puts him first-up in "Pass It On" is that he has the gifts of a healer, the knowing that lets him see into the heart and, without ego or judgment, help a person to become more whole and fulfilled.

Thirty years ago, Bill set out from New Jersey for Colorado and a life yet to be revealed. Recently, he's come back, traveling with a bird named Sammy, and bringing with him the knowledge, drawn from experience, that he can help people change their lives for the better in ways that may, ultimately, even be able to influence their world.



CAN YOU...WILL YOU,
SHOW UP, HERE, NOW, ON
THIS PATH TO YOUR GREATEST
HEART'S DESIRE, EVEN IF IT
MEANS WALKING THROUGH
YOUR FEARS? I'M INQUIRING,
GENTLY PRODDING, AND
PATIENTLY ROOTING FOR YOU
TO COME ALONG, EVEN IF,
IN THE BEGINNING, IT MEANS
NOT KNOWING WHERE IT ALL
GOES. I'M INVITING YOU TO
YOUR OWN BIRTHDAY PARTY!

YOU ARE SO WORTH IT.

- BILL McDONALD

THE INTERVIEW: BILL McDONALD

Q: What's with the bird?

A: His name is Sammy. He says his name is Beakers, but I call him Sammy. One day, I opened my front door and he was hanging on the screen...This beautiful tropical bird...just hanging on my door... out in the middle of Durango, Colorado. I invited him in.

Q: What's that all about?

A: Birds are ancient harbingers of change and transformation. Clearly, it was time for me to pay attention.

Q: You grew up on the Jersey Shore. How did you wind up in Durango?

A: I left because I felt I needed something I couldn't find here. A place where I could live closer to the spirit of the land. A place where I could make

a deeper connection to myself.

Q: So how did that play out?

A: I headed west and eventually wound up in Durango. It's a geographical vortex in the southwest corner of Colorado where high deserts and canyons and mountains and geographical borderlines all come together. It's an amazingly beautiful part of this country that has a lot to teach if you're ready to learn.

Q: Were you?

A: Not at first. But I found my way. I started relatively clueless. All I knew was what I didn't want and what I'd left behind. I worked all kinds of jobs. Surveying land, thousands and thousands of square miles across New Mexico, Utah and Colorado. I put myself through college doing that.

Then I taught school on the edge of the Navajo reservation. I lived in a teepee for two years at 6,500 feet above sea level.

Q: How did you get to coaching?

A: First, I went in the direction of psychology, thinking that being a therapist would let me deliver to others what I was learning about myself. Colorado put me in touch with Native American people and their connection to spirit...medicine men, sweat lodges, the altered states of ceremony. I thought psychotherapy would give me the vocabulary to speak about these experiences in acceptable, familiar ways. I put myself through graduate school as a tile contractor in my own business, became a licensed therapist, and had a psychotherapy practice for years. In the end, I discovered that talking about problems doesn't necessarily lead to solutions. In fact, it's impossible to be in the solution and the problem at the same time. That insight led me to coaching.

Q: How so?

A: Coaching looks to what's *right* in your life, builds on your strengths and values, and, most importantly, puts someone in your corner who fosters the best in you. It is the Western, contemporary version of the ancient tradition of the mentor...the guide who can lead you through the dark night of the soul to an enlightened, awakened state of being. Professional coaching puts the experience in the American vernacular.

Q: How does someone reading Red Bank Red Hot connect to you?

A: All they have to do is call or email. I'll be able to direct them from there. Thirty years ago, I left New Jersey searching. Now I've returned knowing that I can help people live a truly joyful life, living everyday out of their heart's deepest desires. I've named my practice Open Passage. One definition of "passage" is "the movement from one place or condition to another." That's what I do. I know how to help people open up and move their lives to what they want — right here, right now, and from now on — even if they're not sure of what that is themselves.

Q: Does your bird talk?

A: He says, "Eureka!"

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