

CONSCIOUS COMMUNICATOR ARCHETYPE

# The Healer



conscious  
growth





# PROFILE

THE NURTURER.  
THE HELPER.  
THE GUIDE.

Healers are **intuitive and compassionate** individuals who see helping others as their mission in life. Healers are troubled by injustice making them naturally altruistic. Guided by their intuition, Healers use their self-awareness to **enlighten others and pursue their own emotional and spiritual growth for collective change.**

Healers **approach communication through a prism of emotion, compassion, and idealism**, and are always searching for a deeper meaning. They're **natural connectors and relationship-builders, making them excellent networkers.** True free-spirits, Healers are often **creative, highly expressive, and communicate their feelings through writing and art.**

INTUITIVE.  
ALTRUISTIC.  
IDEALISTIC.



## CHARACTERISTICS:

- Compassionate
- Empathetic
- Intuitive
- Protective
- Expressive
- Altruistic
- Caring
- Sincere
- Idealistic
- Nurturing
- Generous

**KEY MOTIVATIONS:** to guide themselves and others through emotional and physical healing

# ACTIVISM EFFORTS

## STRENGTHS:

- **Altruism & Empathy:** Tend to think about how their actions affect others and strive to help people achieve a healthy and happy life
- **Communication & Relationship-Building:** Skilled at connecting with others and communicating feelings and ideas in creative ways
- **Insight & Guidance:** Able to dig deeper to find the underlying meaning of things in order to understand people's motivations, feelings, and needs
- **Idealism & Creativity:** Enjoy brainstorming ideas, imagining a better world, and expressing themselves creatively

## INDUSTRY FITS:

- Psychology
- Human sciences
- Consulting
- Art & writing
- Communication
- Holistic healing

## FORMS OF ACTIVISM:

- Art & Music
- Sustainable Living
- Personal Development
- Support Groups
- Philosophy
- Spirituality



## CHALLENGES:

- **Focus:** Find detail-oriented tasks like administration and upkeep mundane, preferring to stretch their creative muscles and have a more flexible environment where they can spontaneously think and create
- **Overthinking & Stress:** Always eager to pursue deeper meaning and help others, Healers may create self-imposed problems and stress by trying to take on all of the world's problems at once
- **Practicality:** May struggle with making actionable plans, preferring to stay on the conceptual side of things



# FAMOUS HEALERS



**Langston Hughes**

Poet, social activist & playwright



**Glennon Doyle**

Author & activist



**Maya Angelou**

Poet & civil rights activist



**Fred Rogers**

Television host, author & minister



**Winona LaDuke**

Environmentalist & Indigenous rights activist



**Zora Neal Hurston**

Author, anthropologist & filmmaker



**James Baldwin**

Novelist, playwright, poet & activist



**Abbie Hoffman**

Flower Power movement leader



# RESOURCES

## Movies

1. ***Moonlight*** (2016)
2. ***If Beale St. Could Talk*** (2018)
3. ***Call Me By Your Name*** (2017)
4. ***Daughters of the Dust*** (1991)
5. ***Short Term 12*** (2013)

## Books

1. **"I Know Why the Caged Bird Sings"** by Maya Angelou
2. **"Between the World and Me"** by Ta-Nehisi Coates
3. **"Heavy: An American Memoir"** by Kiese Laymon
4. **"Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing"** by Dr. Joy DeGruy
5. **"Men We Reaped: A Memoir"** by Jesmyn Ward

## Documentaries

1. ***Dark Girls*** (2011)
2. ***This is Personal*** (2019)
3. ***Word Is Out*** (1977)
4. ***Tomorrow*** (2017)
5. ***Scared Sacred*** (2004)

