

FROM THE INSIDE OUT: A DOCUMENTARY FILM

From the Inside Out documents the remarkable transformation among a group of prison inmates who, through Life Coaching skills, learn to improve their chances for success both inside the prison system and out.

SYNOPSIS

It has been said that our lives are an accumulation of “moments in time,” those moments which direct and steer the course of a life and lead it to its destiny.

For Talib Shakir, his first moment may have been watching his friend being gunned down while waiting for a bus in Washington, D.C., a moment which led to his vow to never go unarmed. It may have been the moment when he was arrested for carrying his unlicensed gun shortly thereafter. It would appear that Talib’s biggest moment was the night when, seventeen years old and desperate for money, he accidentally shot and killed a store clerk during his first attempted robbery, a robbery gone wrong.

That was the moment that brought Talib, a young, frightened, seventeen year old, to the roughest jail in DC and set the course for a “twenty to life” sentence, a sentence which he is still serving today. For many, that would seem to be the end of Talib’s story, the end of the accumulation of moments. For many, life stops in jail; life becomes an endless round of meaningless, empty days which accumulate no more moments of influence, only moments of desolation.

But Talib’s biggest moment came in 2012, when he picked up Dr. Patrick Williams’s book, *Becoming a Professional Life Coach: Lessons from the Institute for Life Coach Training*. By now, Talib had already beaten the odds in jail, seeking opportunities to educate himself, grow as an individual, and reflect on the moments which led him to where he found himself. He’d established the Reconstruct Program and was serving as its director, seeking opportunities to help inmates break the cycle of violence, incarceration, release and recidivism. He’d begun tutoring other inmates to help them earn their GEDs. He’d started facilitating a Victim Impact class.

And he began to explore the principles of Life Coaching as established by Dr. Patrick Williams, and knew instantly that he’d found the key to making all these programs work to their highest potential. Today, with the assistance of Dr. Williams, Talib’s inclusion of the Life Coaching programs has helped to turn around the lives of dozens of inmates. Testimony from the prison warden, assistant warden, and the inmates themselves attest to reduced levels of aggression, better communication with fellow inmates and family members, more directed set of goals for rehabilitation, and more positive outlooks for a productive return to society.

From the Inside Out documents the changes experienced by inmates participating in the Life Coaching program as facilitated by Talib, and shares their journey to hope and redemption.

FROM THE INSIDE OUT PRODUCER/DIRECTOR/WRITER BIOS

DR. PAT WILLIAMS – PRODUCER/DIRECTOR

One of the early pioneers of coaching, Pat is often called the ambassador of life coaching. Pat has been a licensed psychologist since 1980 and began executive coaching in 1990 with Hewlett Packard, IBM, Kodak and other companies along the front range of Colorado. He then started his own coach training school, the Institute for Life Coach Training (ILCT), which specializes in training those with a human services orientation.



Pat is a past board member of the International Coach Federation (ICF). He is past president of ACTO, the Association of Coach Training Organizations, an honorary VP of the Association of Coaching Psychology, and a Founding member of Harvard University's Institute of Coaching.

In May of 2006 Pat was awarded the first Global Visionary Fellowship by the Foundation of Coaching for his Coaching the Global Village (www.CoachingtheGlobalVillage.org) initiative to bring coaching methodologies to villages in developing countries and to the leaders of non profits and nongovernmental organizations who serve them. He is passionate about coaching and dedicated to ensuring it remains a respected profession, as well as a process for impacting social transformation.

In witnessing the rewarding and life changing results among the prisoners who have been through the Life Coaching Process, Pat's life has been greatly impacted. *From the Inside Out* is a story that needs to be told - it gives hope to those within the system and points to improvement in the system itself.

SHARON BOECKLE – WRITER/EDITOR

Sharon Boeckle is a filmmaker who founded Sila Productions after more than fifteen years experience in the study and teaching of writing and literary analysis, which led to a career in the art of storytelling through journalism, film, and fiction. Sharon graduated from the University of Maryland at College Park in 1992 with a degree in Language and Literature, and she was awarded her Masters of Liberal Studies degree from Rollins College in 2006.



Sharon's experience as a producer, writer, and editor includes the documentary film *Vendemmia*, which explores the struggle to maintain sustainable tourism and cultural integrity in the remote Cinque Terre of Italy. She is also the author of more than four screenplays, one of which, *The Single Chick's Guide to Italy*, has now been adapted into a novel. She is currently in post-production on *From the Kill Pen*, a documentary which explores the brutal nature of horse

slaughter in the United States, Canada, and Mexico, and she has begun production work on *From the Inside Out*.

From the Inside Out is the exactly the kind of story to which Sharon frequently finds herself drawn. In founding Sila Productions, she chose a name derived from Buddhism's Eightfold Path, the code which embraces a commitment to virtue, including right action, right speech, and right livelihood. Sila Productions embraces the philosophy that in making our daily living, we have an obligation to seek the highest level of integrity and only embrace business opportunities which elevate and honor the human experience, and avoid any which exploit or otherwise inflict harm.

The story of redemption and hope, as illustrated through the inmates of FCI McKean, has special appeal to Sharon and she looks forward to seeing the film to completion.