



Coaching For Change, LLC
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ADMINISTRATIVE COACHING

So many times as we supervise staff members we spend our time managing instead of empowering and leading. We can learn ways of transforming our time from management to leadership and empowerment. Through administrative coaching an individual will learn to spend time motivating employees and building the organizational Community.

Administrative Coaching can be done in

- private on-site sessions,
- by phone, or
- in group sessions in the workplace.

Coaching for Change, LLC was founded in 2002, by Kathleen 'Kate' Theriot who holds a Master of Pastoral Studies from Loyola University, N.O., with emphasis in Christian Spirituality. Kate has 30+ years experience in the non-profit world of human resources and employee benefits. Wellness has been the cornerstone of her work in human resources, as well as, finding the giftedness in others in order to find the right place in the organization for individuals to assist in the fulfillment of the organizations mission.

Kate is a certified Wellness coach, facilitator, and Spiritual Director. She works with persons from many cultures and backgrounds in areas of conflict resolution, wellness programs, personality profile, stress management, balancing life, discovering gifts, talents, and skills, personnel management, spiritual direction, dream work and finding purpose in one's life.

SPIRITUAL LIFE COACHING

"Love thy neighbor As Thyself" Lev. 19:18

Each of us is capable of loving others, but only to the extent that we love ourselves. We cannot give to others what we don't first experience within our self. As we journey within discovering our true self we will find our Creator. The wisdom, that voice within, is our Creator ready to be our friend, companion, our love.

Journey within to the Divine, answering the questions of life in private sessions or in group sessions -

- Holy Listening Groups
- Dream Groups
- Retreats

All sessions can be customized to the needs of the client. Standard groups are scheduled on a regular basis. Call for dates, times, and topics. For one-on-one sessions call for your free 30 minute introductory session.

WELLNESS COACHING

The Circle of Life process provides the tools to balance everyday life. Inside each of us is the wisdom answering all of the questions each of us has while trying to negotiate through life. All we have to do is listen. Many times the noise of life is too loud for us to hear. The tools of this Wellness Process provide time and space in our busy, hectic lives for us to begin living the life of our dreams.

Experience the process in one-on-one coaching session, small groups, or in your workplace with colleagues.

