



Coaching for Change, LLC

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- Masters of Pastoral Studies Focus in Christian Spirituality & BLS with Minor in Women's Studies Loyola University, N.O.
- Certified Circle of Life Wellness Coach
- Certification in Spiritual Direction with Haden Institute
- National Wellness Institute Member
- LA Business Group on Health Wellness Work Group Member/Co-Chair
- 32 Years in Human Resources with Diocese of Houma-Thibodaux
- Coaching For Change, LLC established in 2002
- National Association of Church Personnel Administrators - (NACPA) Past President & Board Member 1996-2000

Change — Friend or Foe ?

When you think of the word change do you -

- a. See opportunities
- b. Pretend you didn't hear it - hoping it will go away
- c. Or rush to be the first in line
- d. Complain and refuse to participate

Change is difficult even when we embrace it. However, understanding what has to happen in order for change to take place makes it more palatable. As we understand the techniques of change the knowledge allows us to have more patience with our self and allow change to take place without fighting.

work. Systemic change takes place when we can connect the change will all aspects of our humanity in a slow methodical manner.

Once the planning is set up properly we can move

There are three basic stages of change: pre-contemplative, contemplative, and action. First we hear the idea of change, we begin thinking we should change a behavior, process, or idea. We are certainly not ready to take any action but we know something has to be done. This is the pre-contemplative stage. If the change being discussed is being imposed then at this point we're asking lots of questions - of those imposing the change and of self. We may be fighting the change or refusing to participate in the change.

Once we work through the pre-contemplative stage, which can last from a few seconds to months and years. It is our choice how

into the action stage. It is necessary during this stage to consistently review the plan, as well as, evaluate and make adjustments as needed. Patience and a positive attitude are absolutely necessary for change

long we linger in the pre-contemplative stage thinking about the change, we can move towards contemplation. During this time period we begin to imagine what might happen if we change, how we might achieve the change and the ultimate benefits of the change. This is the planning stage and is probably the most important stage of the process. The work done during this time will determine whether the change is temporary or a systemic life change.

How do we make systemic life change? Rebecca McLean, *Circle of Life*, suggests we develop a "Blueprint for Success". The Blueprint will consist of body, mind, and spirit

to take place in a peaceful, harmonious manner. Keep in mind change is not a bad thing - how we approach the change is our choice and is what makes the difference in our success!

develop a "Blueprint for Success" states Rebecca McLean, "Circle of Life".



“Love thy neighbor as thyself”

Lev. 19:18

How well do you love yourself?

How do you love others?

WELLNESS
COACHING

ADMINISTRATIVE
COACHING

SPIRITUAL LIFE
COACHING

- Do you desire more balance in your life?
- Do you feel like life is passing you by?
- Are you having trouble finding time for YOU?
- Does everyone else come first?
- Have you found yourself asking “Is this all there is to life”?
- Do you even remember how to play?
- Are you using your gifts, talents, & skills?
- Would you like to have Peace, Joy & Harmony in your life?
- Are you willing to take on the challenge of looking inward?
- Are you ready to Change?

Put yourself on the road to recovery with the Circle of Life Process – Learn an intention, challenge, affirmation, action, accountability, and support process that will take you from where you are to where you want to be!

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.

- Do you have an employee who has not adopted the philosophy of your organization?
- Do you have a manager who is not sure of their management style?
- Are you overstressed and looking for balance in your life?
- Are personnel issues causing you to dread going into the office?
- Are you thinking about changing careers?

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:

In person ~ By phone ~ Group sessions

- Holy Listening Groups
- Dream Groups
- Retreats