



Coaching for Change, LLC

Houma, LA 70360

Gratitude and New Birth



Kate Theriot, MPS
Coaching for Change, LLC
Houma, LA 70360
www.asthyself.com
ktheriot@asthyself.com
985-804-2903

- Masters of Pastoral Studies
Focus in Christian Spirituality
& BLS with Minor in
Women's Studies
Loyola University, N.O.
- Certified Circle of Life Well-
ness Coach
- Certification in Spiritual Direc-
tion with Haden Institute
- National Wellness Institute
Member
- LA Business Group on Health
Wellness Work Group Mem-
ber/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 Mem-
ber 1996-2000

Happy Thanksgiving to All!

This week we celebrate the season of Gratitude and next week we begin the season of birthing. Christians all over the world are anticipating the birth of Christ on Christmas Day – we call this the season of Advent – the time of “coming”.

Why is gratitude so important? Gratitude puts us in touch with our deepest self. That place where our Divine Creator resides. It is the first layer of birthing the Creator within each of us. As we try to list the things in life we are grateful for we are peeling away the negativity of our world and looking for the simple goodness. Our Divine Creator is simple goodness.

your life reflects today. Now think about what you would like them to say. Do they match? What do you need to change in order to have them match – the reality and the ideal?

Seeing the simple goodness in life today can be sometimes very difficult. Many of us are dealing with our loved ones in war, with financial difficulties, loss of jobs, illness, and abuse of all types and the everyday demands of a world built on consumerism. Our world measures success by how many things we own. In order to be grateful in a world like this we need to change our way of thinking. It means measuring our success on reputation, kindness, respect, love of self and love of others instead of on things. None of these cost money. These are things we can do whether we have worldly success or not. These things are the successes of our Creator.

There is an exercise I've used many times in classes

and workshops and I'd like to offer it to you today as a way of finding the gratitude of Thanksgiving and preparing for the birth of your Divine Creator within you. This exercise is based on Stephen Covey's second habit – “Begin with the End in Mind”.

Imagine you are at your own funeral – I know this sounds a little morbid; however, it's the only way to get to the things that really matter. So you are at your funeral and it's time for someone to speak about your life and what it meant to those left behind. Your family has asked four people, one of your co-workers, one of your friends, a family member, and a member of your Church/Spiritual community to speak. Now think about what each might say about you as

Gratitude puts us in touch with our deepest self.

Use this exercise over the next five weeks as we give thanks for life and then as we give birth to a new life of our Creator as the focus. I hope this makes a difference!

Thanks for being You!

**See Page 3 for
Upcoming
Events!**



“Love thy neighbor as thyself”

Lev. 19:18

How well do you love yourself?

How do you love others?

WELLNESS

ADMINISTRATIVE

SPIRITUAL LIFE

COACHING

COACHING

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

