



Coaching for Change, LLC

Houma, LA 70360



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Coaching for Change, LLC  
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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

## *"Everything Is Beautiful"*

Ray Stevens, in 1970, recorded a song titled "Everything is Beautiful". The song today may sound a little cheesy, however, the message is timely. There is beauty in everything, even those situations we think are the worst, illness, death, financial challenges, etc. How can I say that? Because in every traumatic experience of my life there has been a blessing. When I'm in the muck of going through the chaos I have to admit I can't see the blessings and sometimes in my anger and frustration I don't want to

see the blessing. But then at some point the chaos dies down and with some reflection there it is -like a light bulb—the blessing.

As Christians, we are in the season of Lent, moving through the pain and suffering of the crucifixion and eagerly waiting the joy of the Resurrection. I must tell you I am more of a resurrection person than a crucifixion person. Although I know that we cannot get to the Resurrection until we first journey through the pain of crucifixion.

The same is true for everything in life. For

growth to take place within our psyche there is pain and suffering involved. This is why I believe it is so very difficult for individuals to become aware of the meaning of their life.

We are all looking for and yearning for the peace and freedom that comes with an awakened life. However, we don't always want to do what we have to do to get there.

One of the simplest ways of moving towards that awakened life is by "counting your blessings" instead of "your sor-

rows". Each night as you get ready for sleep run through a list of good things that have happened to you during the day. And, on those days when

nothing good has happened—try to ask yourself—what lesson is to be learned from this situation? This is what I meant earlier by seeing the blessing

in the traumatic. The blessing is in the growth towards our dependence and relationship with our Creator God!

**PEACE!**

*"Everything is beautiful in it's own way,"*

*Ray Stevens*



“Love thy neighbor as thyself”

Lev. 19:18

How well do you love yourself?

How do you love others?

Coach/Trainer/Facilitator/Consultant  
In the Areas of:  
**WELLNESS, PERSONNEL ADMINISTRATION, & SPIRITUAL DIRECTION**

### **One-to-One Coaching**

Coaching can be done by phone, in person, or in a group format. The topic is the choice of the participant while the coach acts as the facilitator and questioner for the conversation. Within each of us we have all the answers to all of life's situations and challenges. It is the responsibility of the Coach to bring that insight to life. Coaching sessions range in cost from \$60-\$130 per hour.

Call today to get started!

#### “A Culture of Wellness”

Change the culture of your company or organization to a culture of wellness. Learn what holistic wellness is and how this will enhance productivity and morale, and as a by-product save in health related expenses.

Set up a date for your consult today!

### **Faculty/Staff In-service -**

Call me to schedule your faculty in-service for this upcoming school year 2011-12.

Topics Include:

#### “Shadows & Light”

How we choose everyday and in every situation what will bring peace or unrest to our world.

#### “Variety of Gifts”

What gives us energy and what takes energy away from us – Learn the differences and how to make choices to live life with high energy.

#### “Circle of Life”

How can we balance it all? And just what is it we have to balance. Learn a technique for balancing life and live a life of harmony.

#### “Communication”

Understand why it is important to have all the rules of the “game” and what happens when we don't.

### **Retreats**

Any of the topics can be set up in a retreat format for 1 – 3 days. These are scheduled annually at Lumen Christi Retreat Center, but can be adapted for your group and location.

#### “Journey to the Center”

Using Teresa of Avila's *Interior Castles* the participants journey through the 7 Mansions building Union with God.

#### “Dreams – Unlocking the Mystery”

Using dreams from the Bible participants will learn how to interpret their own dreams in order to open a pathway to the voice of God.

## UPCOMING EVENTS

### Circle of Life Wellness Coaching Program

**Start off your new year with the resolution  
Of being a better You!**

**Make Healthy, Soulful, Self-Care the focus of 2011. We begin with a 1/2 day retreat to get started. Then follow up with 5 weeks of coaching sessions. Each session is 2 hours in length for a total of 14 hours of coaching and training.**

**Learn an intention, challenge, affirmation, action, accountability, and Support process that will take you from where you are to where you want to be!**

**Small groups forming now – 4-6 participants per group. Call to register or to form your own group with friends or co-workers. \$225.00 per participant, Includes 14 hours of coaching, light lunch with 1/2 day retreat and snacks for sessions. 985-804-2903 or e-mail [ktheriot@asthyself.com](mailto:ktheriot@asthyself.com)**

## RETREAT

**AUGUST 12, 13, & 14, 2011**

### “Journey to the Center”

Using St. Teresa of Avila’s teachings in her book “Interior Castles” retreatants will journey through the 7 mansions of their soul finding union with the Creator for which we all yearn.

The Retreat will begin Friday evening – August 12 – with Registration at 6 pm and end on Sunday,

August 14, at Noon.

All denominations are welcome – This retreat is about hearing the voice of our Divine Creator and not naming the voice.

The retreat will take place at Lumen Christi Retreat Center in Schriever, LA. You’ll have time to experience the beauty of the grounds under

the cypress trees and amid the ponds – walk the labyrinth – spend time in meditation – experience contemplative life for the weekend.

Cost:

\$135\* double occupancy

\$150\* single occupancy

\*includes all meals and room charges.

Call 985-804-2903 to register

“The soul here resembles someone on a journey who enters a quagmire or swamp and thus cannot move onward.

And,

In order to advance, a soul must not only walk but fly.”

St. Teresa of Avila

The Book of Her Foundation

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Diocese of Shreveport Catholic Center Staff – Recently held a day of reflection to begin their Lenten Season. Using the Keirsey Temperament Sorter II the staff worked through personality differences becoming aware of the person God created and how to use these gifts to better serve their colleagues and the people of the community they serve.

*“There are different kinds of spiritual gifts but the same Spirit”*

*1Cor. 12:4*

