



Coaching for Change, LLC

Houma, LA 70360



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
- Certified in Spiritual Direction
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

"Take Time for Yourself"

The end of this month be-
gins the holiday season,
Halloween, then Thanks-
giving, then Christmas and
finally the New Year. Life
can get so hectic during this
time that we forget to enjoy
the season and the people
around us. "Take time for
yourself" - Easier said than
done, right!

There are many ways we
can care for ourselves in the
mist of the chaos of the
holiday season. Our belief
system dictates how we
handle the stress and busy-
ness. Mike Dooley says,
"thoughts become things"
and Bruce Lipton, Ph.D.,
has written a book on the
subject, "Biology of Belief".
We now have scientific
research to prove the mind
body connection - what we
think is what will be. May I
suggest you read Lipton's
book if you want the expla-
nation. I don't think I could
do justice to his work in this

short an article.

Knowing that our thoughts
create our atmosphere I
want to suggest each of us
take time for meditation
each day, especially during
this hectic holiday season.
Taking 10 minutes each day
to clear your mind, sit, and
just "be" can make all the
difference in creating har-
mony. When I say meditate
I'm not talking about some-
thing complicated. I'm
suggesting something very
simple. First sit in a posi-
tion where you can be com-
fortable without moving for
at least 10 minutes. This
could be sitting cross
legged on the floor, it could
be in a chair with both feet
on the floor, and some peo-
ple like to meditate lying
down. Once you're com-
fortable close your eyes and
clear your mind. Just as
soon as you begin to try to
clear your mind, your to do
list will appear, along with

everything you did wrong
in the past week. Allow the
thoughts to pass through
your mind. Imagine each
thought on a ticker tape
and allow them to just pass
through. You'll be sur-
prised how easy this can be
and how well it works.
Once everything has passed
on by, your mind will seem
black - empty, and that's
just what you want to ex-
perience. Allow yourself to
stay in this "empty space"
for a few minutes. When
you are ready to come back
to reality begin to wiggle
your toes and fingers then
open your eyes. This sim-
ple practice can bring hours
of peace and harmony to
your holiday season.

Meditation is one way for
us to hear the voice of our
Creator; we hear the voice
of the Soul. Teresa of Avila
explains it as spending time
in the 7th Mansion. Thomas
Keating calls it Centering

"Thoughts become things". Mike Dooley

Prayer. Anthony de Mello
wrote a book on the subject
titled, "Sadhana". All are
different, and all are the
same. Each of these special
people is teaching us how
to listen to the Voice, not
name the Voice.

This month I will begin
directing a weekly medita-
tion. The place and time
has yet to be determined.
Keep checking the website
for more information.

See you there!

Look for:

Sunset Labyrinth
walks & evenings
of meditation.



“Love thy neighbor as thyself”

Lev. 19:18

How well do you love yourself?

How do you love others?

A SPIRITUALITY FOR WELL-BEING

Wellness is a word we hear much about these days. “A Spirituality for Well-Being” takes wellness to a deeper level and produces permanent change in lifestyle. It is a systemic journey to the person we were created to be – the person our Creator created – not the person our Society created. Together we peel away the different layers of Society’s “shoulds” and get the “real” you.

There are different ways to peel away these layers – those used by CFC are:

One-on-one Coaching process

Asking questions to pull the truth hidden deep within the self

Spiritual Direction

Walking with another on their journey to a relationship with the Divine – Recognizing the Divine in everyday life.

Retreats

Inspirational Talks/Writings with reflection time.

Can be in a weekend format, or at home self-directed format

Workshops/Trainings

Customized to fit your unique needs and environment

The ultimate goal is bring out the giftedness of each person.

UPCOMING EVENTS

RETREATS

February 3-4-5, 2012

“Dreams of the Bible”

Dreams have long been known as messages from God. Using just a few examples from the Bible the group will discover the meaning of these messages and how they can be used to understand their own dreams as messages from God.

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. We will begin at 6 pm on Friday and end at 12 noon on Sunday.

Participants will:

- Understand the meaning of Dreams.
- Unlock the symbolism of your dreams, and
- Experience the dream group process

Cost:

\$210 double occupancy
 \$240 single occupancy
 *includes all meals and room charges.
 Call 985-804-2903 to register

*“The church has long known of somnia a Deo (dreams sent from God).”
 C.G. Jung*

August 10-11-12, 2012

“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 10 — with Registration at 6 pm and end on Sunday, August 12th 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:

\$210 double occupancy
 \$240 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

ON-SITE TRAININGS

DEVELOPING A CULTURE OF WELLNESS

(Length 1-1.5 hours) – What is a culture of wellness and how will it benefit the company? In this session participants will gain an understanding of a culture of holistic wellness and how it positively affects the risk management of the company. Participants will hear suggestions on how to implement the change with little to no additional costs.

BALANCING THE PIE

(Length 1.5 – 4 hours) Each morning we wake up with a full pie of energy. It is our choice as to how we distribute the pieces of that pie. Participants will look at the 12 areas of life and learn more about how they are distributing their pieces and what changes they may want to make. In the longer version of this workshop the participants will learn an intention, challenge, affirmation, action, accountability, and support process that will take them from where they are to where they want to be!

WHO AM I? WHO ARE YOU?

(Length 4 hours) – Using the Keirsey Bates instrument this workshop will give participants insights into their own behavior and gain an understanding of why others behave the way they do. Participants will begin the journey in learning the language of the “self” and of the “other” person.

COMMUNICATION CAN BE FUN

(Length 3-3.5 hours) - A new innovative, fun way to learn the consequences of ineffective communication and the harmony gained with proper communication. While playing the card game Barnaga participants will experience the necessity of good communication. During the debriefing process participants will be introduced to the “Four Agreements” of Don Miguel Ruiz. Participants will leave with new insight into self communication and communication with others.

GIFTS, TALENTS, SKILLS & VALUES

(Length 2.5 hours) What are the gifts, talents, and skills given to each of us at the time of our Creation? What are our values? Where did they come from? Do I actually own them? Which ones do I want to bring into my future? In this session participants will begin to peel back the layers of ego covering the real YOU and will continue opening the doors to the journey of self-discovery.

PROFESSIONALISM & LEADERSHIP AT ANY LEVEL

(Length 2 – 4 hours) What to wear? What to do & when? How can I be a leader? Why do I need to be a leader? What’s my leadership style? How can nature teach us about leadership? This presentation will answer all of these questions and leave the participants with a spirit of collaboration and a sense of common vision, along with common sense ideas of courtesy in the workplace.

**Any of these trainings/
workshops can be
customized for your
unique environment.**