



Coaching for Change, LLC

Houma, LA 70360

“DRAMA IN THE WORKPLACE”



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- 32 Years in Human Resources with Diocese of Houma-Thibodaux
- LA Business Group on Health Wellness Work Group Member/Co-Chair
- Coaching For Change, LLC established in 2002
- 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
- Certified Spiritual Director with Haden Institute/N. Carolina
- National Wellness Institute Member
- National Association of Church Personnel Administrators - (NACPA) Past President & Board Member 1996-2000

These stories have names, “As the Company Turns”, “Peyton Place”, “These are the Days of Our Lives, etc. We all know what office drama looks like and it’s effects on productivity and the culture of the workplace, the environment. Maybe you’ve even been a part of it at some point. I think all of us have experienced it from some perspective and have disliked the outcome. But do we know why it happens and how we can put an end to it?

Drama is about insecurities and fear, much like many other negative aspects of our lives. However, when we can name it we can stop participating in it, participating within ourselves and with others.

The insecurities stem from *not being good enough, the boss won't like what I'm doing, pure boredom with the work, etc.* All of these and others you can name for yourself are the root of office drama. The fear comes from *what's happening at home, fear from ill health of self or family members, fear of losing the job, fear of not being able to pay the bills, etc.* We could go on and on with naming the fears and insecurities, we all have them we've all experienced them.

The problem isn't really about having the fears and insecurities as much as it is about not being aware that we have them. When we don't know we have the fear or insecurity we can't name it and therefore, we can't stop it, we

can't handle it appropriately. Some call this “sleepwalking” through life. We just go on and allow our emotions from the fears and insecurities to have control over us.

So what's the remedy? Understanding and acceptance! Yes, understanding of one's self and acceptance of our own limitations and the limitations of others. We can't give to others what we don't already give to ourselves. So, if all we have within our self is fear and insecurities then we will project those fears and insecurities onto all those we come in contact.

Call me to help you put an end to the office drama!



“Love thy neighbor as thyself”

Lev. 19:18

How well do you love yourself?

How do you love others?

OFFICE CULTURE

- Do you have office drama?
- Do you have employees who just “don’t get it”?
- Do you spend more time “keeping the peace” than on production?
- Would you like to have office harmony?
- Is “attitude” an issue in the workplace?

A culture of wellness is a culture where individuals understand themselves and the person they were created to be and are able to bring this same understanding, acceptance, and caring to others. Bringing peace and harmony to the workplace.

If you answered yes to any of these questions — Call me— 985-804-2903

I can help solve these issues!

GROUP 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.

* *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 Barna 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.

* *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.

* *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.

ONE-ON-ONE COACHING

* *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!

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

The one-on-one coaching sessions take the group trainings to a different level. These sessions (60 min each) take the information learned in the group trainings and bring it into the reality of the individuals’ life. By peeling away the layers of the persona the individual is able to accept and understand the self as they were created to be. Thereby, bringing professionalism, productivity, leadership, loyalty and harmony to the workplace culture!

UPCOMING EVENTS

“Journey to the Center”

RETREAT

AUGUST 12, 13, & 14, 2011

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

