



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

New Year Resolutions?

Merry Christmas and blessings for the New Year of 2011!

Whew! We made it through Christmas Day – the packages wrapped the stockings stuffed, and the meal was a success!

The events getting ready for the Christmas season can be very hectic, but in the end it's all worth it—we celebrate the birth of Christ in each of us and offer gifts in love and honor.

As we continue to celebrate and bring in the new year many of us begin to reflect on 2010 and how we might have a better 2011.

First let's reflect on how well we've taken care of ourselves during the last year. Remember "Love your neighbor as yourself" Matt. 19:19. We can only give to others what we have first given to our self. If we

don't first love the self that our Creator created then we can't give divine love to others.

There are 12 areas in the "Circle of Life".



As you can see self-care is at the center.

Each morning each of us wakes up with a full pie of energy and it's our choice how we distribute the energy to each of the areas of life. If our desire for distribution doesn't match the reality of our choice of distribution we are in need for

a change—hence, the "New Year Resolution". But before we start naming things we need to change let's take a look at why. Are we wanting to change because it's what we "should" be doing or is the change because it will feed our soul?

Changing because of "Should's" is temporary. Changing because it feeds our Soul is systemic and the change will last a lifetime.

Feeding our soul is getting in touch with the Spirit of our Creator and the purpose of our creation. As we live from the purpose of our Creation everything in life falls into place. Self-Care happens automatically, because our mind, heart, and soul are all in alignment. We can consciously understand the meaning of our bodies as the "temple" holding the

Spirit is the foundation of wellness. It's how systemic change happens.

spiritual being of our creation.

Hearing the voice of the Spirit of our Creator, following the journey set at the time of our creation is the most important step in self care.

We speak of wellness in terms of body, mind and spirit. Everything builds on the spirit. Without the willingness of spirit self care is superficial and short lived. Spirit is the foundation of wellness. It's how systemic change happens.

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For
Upcoming
Events



"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

