



## More About Kathryn

I have an avid passion for life. I'm a writer (4 books on Amazon), mystic, photographer, coach. I'm victorious over stage 3b liver cancer (no chem. or radiation). I have achieved peace after the suicide of my 28 year-old son. I've lived in over seven cities so I've learned how to start over, and over, and over. I'm a serial entrepreneur, now on my 9<sup>th</sup> or 10<sup>th</sup> business and my education has given me a Master's in the dynamics of change and transformation. I've spent over 30 years meditating and exploring spirituality; becoming a lay community minister in the Unitarian Universalist faith, and I'm glad to report that with age comes a certain comfort and skill in living.

I believe we are body, mind, emotions and spirit and that's how I live my life and coach my clients. We get sick, depressed and feel stuck when these are not aligned. We feel vibrant, excited and joyous when they are. Coaching is the process of creating alignment through out our entire being.

As a certified Conversational Intelligence® coach I'm excited to help my clients increase their ability to connect, navigate relationships and grow with each other. As you develop your Conversational Intelligence® you learn to understand how your brain and body interact to produce moods and color the understanding of your experiences so you can manage them better.

With my certification in Conversational Intelligence® I'm able to combine all of these with neuroscience, integrating brain science, psychology and spiritual insight to help my clients become strong, self-compassionate, vibrantly alive people.



Bridge To Partnership

## Working with a Person

Our lives begin to end the day we become silent about things



Personal Coaching

Bridge To Partnership

Our lives begin to end the day we become silent about things that we love  
~Martin Luther King



# Learning Who You Are

We are body, mind, spirit and emotions. Working with a personal coach gives you someone to reflect back to you the subtle aspects (emotions, thinking, spirit) of your life and being come into focus. I believe that the subtle is the most powerful, but it is often overlooked in the apparent urgency of everyday life. Following your path does not mean everything in life becomes easy and stress free - what it does mean is that *you* remain at peace, no matter what your life looks like.

## Intention

Intention is not what your mind says it is - intention is what your emotions are telling you. Learn how to see what you are doing so that

you can change it. Sometimes it takes a mirror (me) to be able to see your reflection.

## Perspective

"Poor me" and "why me" are major blocks to self-empowerment. Acceptance is the first step to creating change. When you become OK with the way things are, then the path to new possibilities simply opens up so you can choose.

## Relationships

If you want your relationships to work you need to be in a good relationship with yourself! Shame, guilt, projection and fear are all ways of 'protecting' ourselves from knowing the truth and therefore using our power. Working together you will learn to forgive and love yourself.

## Values

Ah, values... we hold some with extraordinary passion and others barely hold our attention. We have a 'will of water' or a 'whim of iron' and don't even notice the contradiction. By clarifying what's important we can step out of illusion and into reality with open eyes and a sure step.

Illness is a wake up  
A chance to rediscover what you are  
and why you are

We are body, mind, spirit and emotions. When they are balanced and mutually supportive we are healthy. When we are unbalanced for long periods then we become sick. It is the most subtle that has the most power so your thoughts and emotions are the key to finding the path to health!

You didn't become sick in a day and it is unlikely that you will heal in a day. The path to healing takes time. It is made easier by working with others and as a health coach I offer my hand. I don't have answers, but I can ask questions. I can support you with love and patience. I can reflect back the beauty I see.

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**Take a chance - peek inside and discover who you really are!**