



Coaching for Change, LLC

Houma, LA 70360



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- Masters of Pastoral Studies
Focus in Christian Spirituality
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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 LHCA/LBGH
Board Member 2002-2010
- 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

"Love your neighbor as your- self"

Matt. 19:19

As we move into the season of Love we see the candy hearts and roses in the gift departments and we begin to rummage through the card isles looking for the perfect saying to send to our loved ones. What kind of messages do you send to yourself? What's your self-talk? A person's self-talk is the answer to the question - "Do I love myself enough so that I can be a person-for-

are and so we think it's the other persons' problem when in reality it's ours. Whew! That took a lot of energy!

LOVE

others without betraying my own self out of guilt?"

How many times do we agree to do something just because we want someone to like us. Then we resent it when we have to fulfill the agreement. Whether spoken or unspoken the energy of this resentment is felt by all involved in the situation. So instead of having that someone like us we've made life miserable for all involved, including our self. Does this sound familiar? Does this

ring a bell for you? Stop now and think about a time when you compromised yourself. What feelings did you have - anger, frustration, resentment, shame, guilt?

What's really happening here is we are projecting onto others the feelings of anger, resentment, guilt, shame, etc., that we feel for our self. We are mad at our self for agreeing to something that goes against the very being of who we are. The problem is we don't always know who we

"Do I love myself enough so that I can be a person-for-others without betraying my own self out of guilt?"

All of this takes place in the unconscious mind and until we become aware of this behavior in our conscious mind we really can't do anything to change it.

The unconscious mind is where love resides. It is the house of the true self - the Divinely created self. Finding this self and living from the love of

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“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

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

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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this self is the answer to this question - Do I love myself enough . . . ?

How does one begin to find the Divinely created self? Through self-awareness. There are many paths to self-awareness many of which we've discussed in previous newsletters. The one I believe is least threatening and a good starting point is through a personality profile. The profile I

like to use can be found in "Please Understand Me" by D. Keirsey & M. Bates. It's easy to read and is sure to open doors to the unconscious.

We love others the same way we love our self - so if we have negative self talk and treat our self badly then this negative energy will be passed on to others as we try to love them. If however,

we have positive self-talk and treat our self positively and with respect and dignity this energy of love will be passed on to others. It seems to always come down to the same thing - choice!

Sending energy of respect and love for this season!