



## 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.



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Our lives begin to en



Personal Coaching

Living

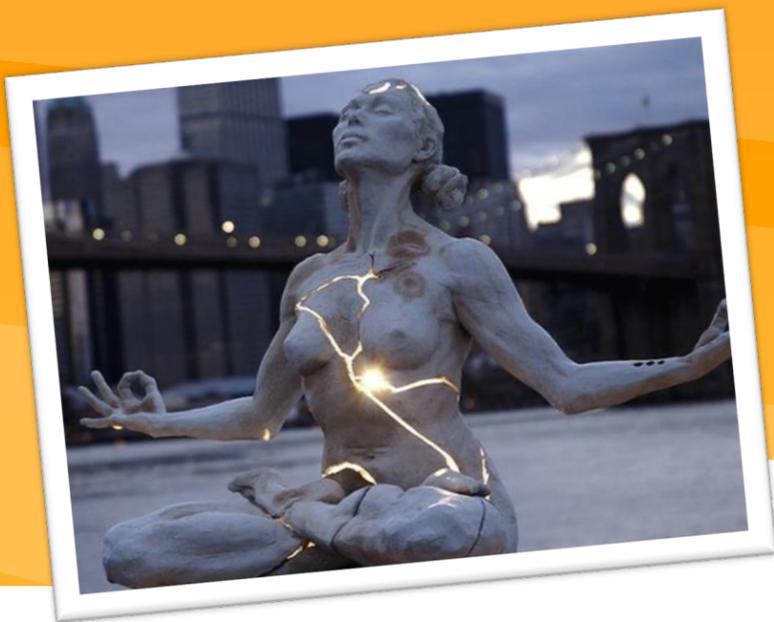
Our lives begin to end the day we become  
~Martin Luther King Jr.

## Learning Who You Are

We are body, mind, spirit and emotions. Working with a personal coach gives you have 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



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

## A chance

We are body, mind, spirit and emotions. When we are not healthy and mutually supportive, we are not healthy. When we are sick for long periods, we are sick. It is the most powerful and emotions are finding the path.

You didn't become and it is unlikely in a day. The path is made with others and offer my hand. answers, but I can support your patience. I can beauty I see.

The courage is