

Statement of Strengths and Limitations 2023

I am extremely grateful that the Lord has allowed our paths to cross. In this statement, I would like to share with you, in short, what I do and what I do not do.

First of all, I'll tell you a little about myself.

I grew up in Kentucky, in a Christian home. I rededicated my life to the Lord and really began to know Him personally when I was 13 years old. I felt called into the mission field, with a specific love for Africa, women and children, and the poor. I was able to live in Africa as well as other countries for a time. I still get to live out my passion for **the nations** through continuing to study languages, advocating for a family sponsorship ministry called Embracing Hope Ethiopia, and running a small international gift shop called Sister Bridge which allows me to connect with ministries to women worldwide, selling their items for them. Such a joy!

Another lifelong love has been **music**. Through the years, I have written and recorded songs, which can be found on iTunes, Spotify, Pandora, YouTube, etc. I'm a singer, worship-leader, and music coach for voice, piano, guitar, and songwriting. This has been my employment for over 20 years and I am so thankful!

At Campbellsville University, I received my Bachelor's degree in **Christian Social Ministries**, which brought together many things I loved: the Bible, the Church, psychology, sociology, anatomy and physiology. I minored in Music. After college, I received several certifications that help me in my Holistic Christian Coaching practice.

- 1- **Master Mental Health Coaching Certificate with a Specialization in Biblical Counseling** - American Association of Christian Counseling
- 2- **Christian Life Coaching Certificate** - American Association of Christian Counseling
- 3- **Holistic Nutrition Certificate** - Penn Foster University

I am in my 40's, have been married for over 20 years to a fellow minister, and have 4 teenage daughters. Three of our girls are adopted, and becoming **attachment/trauma-informed** has been vital in our parenting. Our experience in this area has led to my first book entitled **Belonging and Behavior: 12 Weeks of Connection Training** as well as a desire to work with adoptive and foster families in my coaching practice.

Another challenge in my life - that I have seen God ultimately bring beauty out of - is my **health**. For years after my time as a missionary, I had serious adrenal fatigue and many other illnesses. My experiences, as well as all I have learned as a BODi coach (this is a fantastic fitness business formerly called Beachbody) and Holistic Nutrition training, enable me to walk alongside and help women who are *just tired of being tired*.

Through the years, I have experienced and learned so much about how we need self-awareness and healing emotionally, spiritually, mentally, and socially—not just physically. That is why I am so passionate about helping women through **holistic coaching**, addressing all of the pieces that make

up the whole of who we are. I can help with strategies, problem solving, accountability, goal-setting, and more.

I **can be** your coach, your sister in Christ, your accountability, your sounding board, your prayer warrior, and your flashlight into things the Lord wants you to see about yourself, your journey, and Him. We will dig into His Word, and into your mind and heart, to make plans, set goals, and walk a better walk than before.

What I **cannot be** is your professional licensed counselor; your healer; your doctor; your best friend (although I will probably want to be!); or your emergency contact. My limitations are that I do not hold a graduate degree nor am I licensed by the state, as coaches have no need to be. There are referral and confidentiality agreements in our consent form, which is important to understand and make sure you are in full agreement with before signing.

In summary, I am a coach who would love to help you grow in clarity and courage, aiming our focus on Jesus and learning to listen to His still small voice together. But the work as well as the successes will be *yours and His*, not mine. My strongest belief is that He wants **shalom** - perfect peace - to reign in our lives even in the middle of turmoil; and secondly, I believe there are areas in our lives that don't *have* to be in turmoil in the first place. He is a Waymaker and He gives *truths and tools* sometimes to let *us* work with Him in *making* the way.

My specific focuses are:

Holistic Christian Care - mental, emotional, physical, spiritual, social aspects of being

Adoption Training Care - building connection, training parents, healing for children and teens