

Bridges To Healing Newsletter



Life Coach & Career Coach Kathy Ogburn offers her Bridge To Healing

Beth: Tell me the difference between a Life Coaching and Career Counseling?

Kathy: A career coach specializes in career development and includes life components but the focus is on career. Career coaching also includes very practical how-to steps. It is methodical and structured. It includes career exploration for options, and job search skills, so, resume writing, networking, interviewing, negotiating; basically, matching natural talents to the right job. Life coaching is really bigger. It is like being a personal trainer in self actualization. Career coaching is more nuts & bolts, like practical steps; life coaching is heavily influenced by the teachings of the law of attraction and co-creating with the Universe.

Life coaching is big on self awareness. Learning about the capital "S", the spiritual Self, increasing our awareness of how we are all part of the Infinite Source, and we all have a tremendous amount of power. Life coaching is empowering and helps us to see more clearly what we want and what our choices are. It empowers us to take responsibility. Being coached helps us come to the realization that we don't have to control things. We really don't even want to control things. Once we let go of controlling, we are open and able to work with and be supported by the Universe.

Beth: What made you decide to move into being a Life Coach?

Kathy: The great opportunity of working with clients not only in the

career compartment of their lives but in all the other parts of their lives, whatever they are excited about, whatever they are agitated about. Life coaching is a great opportunity to work with people to heal and become super empowered, actually transformed.

Beth: What kind of clients do you work with and what sort of situations might they utilize your assistance?

Kathy: People who are stuck but not willing to stay stuck...People who are confused and want clarity ...People who want focus for a project...People who need staying power...People who want answers. They may be in transition type situations, creating a change, adjusting to a change, could be big or small life changes. Clients have come to me for help for a multitude of reasons, for example: deciding whether or not to have a baby, relaxing into retirement after years of being productive/re-creating personal identities to match the slower years, managing the transition of a child leaving for college setting goals and identifying action steps, deciding to go back to work after the youngest child entered kindergarten, entrepreneurial clients wanting help with how to balance personal life and business life, and the list goes on. Its about working to enhance the quality of life.

More of this interview can be seen on our website at bridgestohealing.info or on my blog at <http://bethsbridge.blogspot.com>.

Welcome To Dana Woodward

Bridges To Healing is very proud to welcome Dana Woodward into our Center. Dana practices a wide variety of massage therapy techniques and will offer to Bridges To Healing Thai Massage, Neuro-Muscular Reprogramming and Thai Foot Massage. For more information about Dana and her many talents, please go to our website at: bridgestohealing.info and click on the "practitioners" section or call 530-320-3499. We are very proud and excited to work with Dana.

New Trauma Massage Program

Certified Massage Therapist, Marlene Berger is offering a unique program for Trauma Massage. Victims of violent crime, domestic abuse, military, family of active military and those suffering Post Traumatic Stress Disorder can be offered assistance in their healing through a clinical and professional healing environment. For more information, please contact us at 530-320-3499.



Upcoming Events

July

6th Free Drop In
Healing Clinic
11th Colfax Area
Chamber of
Commerce Mixer
31st Next Tai Chi
Set Begins

August

3rd Free Drop In
Healing Clinic

Coming Soon!!!

- ♦ Friday Family Fun Yoga Class
- ♦ Ashtanga Yoga
- ♦ Teen Yoga
- ♦ Monthly Wellness Education Speakers & Presentations
- ♦ Back To School Schedule
- ♦ Chiropractor Dr. Wellborn

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***Next issue:

More about Dana Woodward, Monthly Wellness Education Speakers & Presentations, Chiropractic in August, Friday Family Fun Yoga

Namaste

Coupons available for
those on our mail list

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