

Cathy Teoste

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mcteoste@cathyteoste.com

Author, Blogger, Personal Essay Writer, Coach

Travel Writer, Cruise & Travel Ambassador

Fields of Expertise

- **Women's Development:** self-care, sense of self and identity issues, life balance, midlife, major life changes, recreating and reinventing self and life.
 - **Holistic Health and Wellness:** meditation, mindfulness, sacred space, stress reduction, Mind/body/spirit emotional and spiritual well-being
 - **Cruise Travel:** General cruise information, Carnival Cruise lines, Ports of Call, Caribbean Islands
 - **Island Life - Beach Lifestyle**
 - **Beaches in Caribbean and East Coast US**
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Highlights

- www.cathyteoste.com Professional Author, Writer, Coach: Website and Blog - Articles and Clips
 - www.beachwisdom.com Travel Blog and Website
 - Creator of **Sister Travel Adventures Series** - Blog & Facebook
 - Collection of Essays: *Dancing on the Beach*
 - Signature Coaching Program: *Step into Yourself - Step into Your Life*
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My writing is as diverse and comprehensive as my interests, passions, experiences and my life. My personal essays are deep with emotion culminating in insight and the wisdom I have gained. I write about issues such as dissociation, depression, sense of self, identity, midlife, major life changes, grief, dying and death with deep understanding from my own experiences.

Writing about and sharing my travel adventures I share how these experiences influence, affect and inform my sense of self and life. I am passionate about helping others to navigate their life journey into becoming their authentic self, following their interests, passions and dreams traveling to places that inspire and enrich who they are and live a life of adventure, fun and joy.

Manuscripts in Process

- **Memoir: Through the Woods to the Sea - Stepping into Myself Stepping into My Life**
- **Fiction Novel: Working Title: Season's Dreams**

Education

Master of Arts Lesley University, Cambridge, MA 2007 *Holistic Health and Wellness*
Bachelor of Arts in Liberal Studies Lesley University, Cambridge, MA 2005 *Holistic Studies*
OFC Certification Early Childhood Education Mass Bay Community College, Wellesley, MA 1986

Spirituality and Healing in Medicine Harvard Medical School/Mind Body Institute, Boston, MA 2006
Clinical Training in Mind/Body Medicine Harvard Medical School/Mind Body Institute, Boston, MA 2005

Additional Training/Certifications

Usui Shiki Ryoho Reiki method of Natural Healing 2006
Bartending/Mixology Certification Bartending University, Jacksonville, NC 2009

Volunteer Service

The Christine Center Willard, WI Sept. 2008-August 2009

Founding Partner of *The Mermaid's Purse*
Art Gallery/Gift Shop
North Topsail Dr. Surf City, NC
May 2011
Currently: Silent Financial Investor

Supplemental Employment History

Surf City IGA Surf City, NC June 2011 - Present - Head Cashier

The GypsySun Surf City, NC Oct. 2009- Sept. 2010

Holistic Wellness Coach/Practitioner

Shop Clerk/Cashier

Kinder Care Learning Center Inc., Framingham, MA 1983-1990

Director of Daycare Center

Assistant Director/Head Teacher

Healthy and Safety Program Coordinator

Infant/Toddler/Preschool Teacher

Zayre Corp. Home Office, Framingham, MA 1975-1983

Administrative Assistant, Reproduction Dept.